

3-4-50: Chronic Disease Deaths in San Diego County Short Brief – East Region, 2000-2020

(Click Here for Detailed Brief)



Figure 1: 3-4-50 Death Percentages

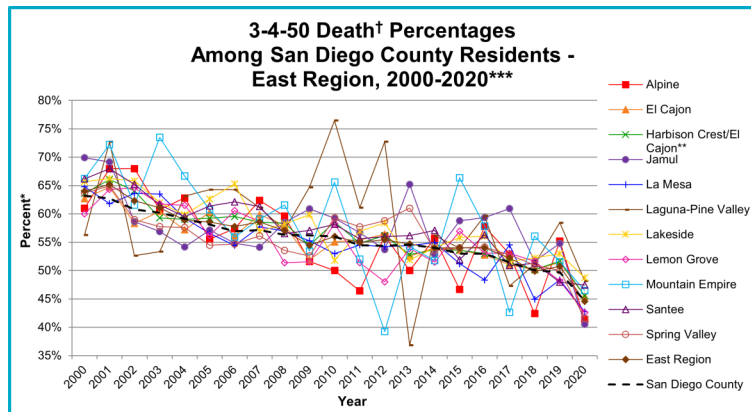
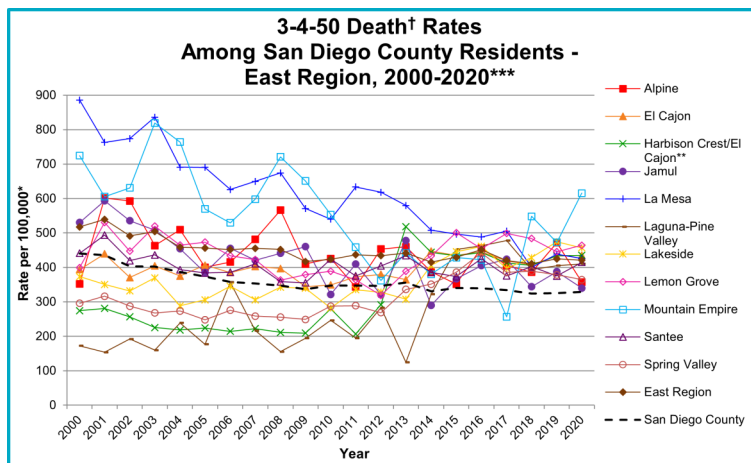


Figure 2: 3-4-50 Death Rates



What is 3-4-50?

Three-four-fifty refers to three behaviors that contribute to four chronic diseases and result in 50% or more deaths worldwide.¹ These chronic diseases are potentially preventable through modifying diet, physical activity, and smoking behaviors. In San Diego County 45% of all deaths are due to these four chronic diseases.

3-4-50 in San Diego County—East Region

- From 2000 to 2020, the overall percent of all deaths due to 3-4-50 chronic diseases decreased in the East Region and its Subregional Areas (SRAs) (Figure 1).
- From 2000 to 2020, 3-4-50 chronic disease death rates have decreased in the East Region and its SRAs with the exception of the Alpine, El Cajon, Harbison Crest/El Cajon, Laguna-Pine Valley, Lakeside, Lemon Grove, and Spring Valley SRAs, where the rates have increased (Figure 2).
- Among the East Region SRAs, Lakeside had the highest percentage of deaths due to 3-4-50 chronic diseases in 2020.
- Among the East Region SRAs, Mountain Empire had the highest death rate due to 3-4-50 chronic diseases in 2020.
- Despite a decrease, 3-4-50 chronic diseases still account for 45% of all deaths in the East Region.

†3-4-50 deaths include stroke, coronary heart disease (CHD), diabetes, COPD, asthma, and cancer. Beginning with 2017, COPD includes chronic lower respiratory diseases (COPD/chronic lower respiratory diseases).
 *3-4-50 deaths as a percentage of all cause deaths. Rates per 100,000 population. Population estimates for 2020 were derived using the 2010 Census and data should be considered preliminary. 3-4-50 percentages for 2020 should be considered preliminary.
 **The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality including those of 3-4-50 chronic diseases.



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For more information and data, go to
www.SDHealthStatistics.com

¹World Health Organization (WHO). "WHO reveals leading causes of death and disability worldwide: 2000-2019", <https://www.who.int/news/item/09-12-2020-who-reveals-leading-causes-of-death-and-disability-worldwide-2000-2019> (Accessed October 21, 2022).

What does 3-4-50 look like in East Region?

**In East Region,
3-4-50 is actually 3-4-45**

**In San Diego County,
3-4-50 is actually 3-4-45**

3 BEHAVIORS

TOBACCO USE*

- In 2020, 5.5% of East Region adults were current smokers.

LACK OF PHYSICAL ACTIVITY*~

- In 2020, nearly 2 in 5 East Region children spent 5 or more hours on sedentary activities on typical weekend days.

POOR NUTRITION*

- In 2020, 67.8% of East Region children ate less than 5 servings of fruits/vegetables daily.

TOBACCO USE

- In 2020, 4.6% of San Diego County adults were current smokers.

LACK OF PHYSICAL ACTIVITY~

- In 2020, over 1 in 3 San Diego County children spent 5 or more hours on sedentary activities on typical weekend days.

POOR NUTRITION

- In 2020, 62.8% of San Diego County Children ate less than 5 servings of fruits/vegetables daily.

4 CHRONIC DISEASES

CANCER

- In 2020, cancer was the second leading cause of death in East Region.

HEART DISEASE & STROKE

- In 2020, 6.4% of East Region adults had ever been diagnosed with heart disease.

DIABETES

- In 2020, 8.3% of East Region adults had ever been diagnosed with diabetes.

LUNG DISEASE

- In 2020, 1 in 8 East Region residents had ever been diagnosed with asthma.

CANCER

- In 2020, cancer was the leading cause of death in San Diego County.

HEART DISEASE & STROKE

- In 2020, 5.9% of San Diego County adults had ever been diagnosed with heart disease.

DIABETES

- In 2020, 7.3% of San Diego County adults had ever been diagnosed with diabetes.

LUNG DISEASE

- In 2020, over 1 in 8 San Diego County residents had ever been diagnosed with asthma.

CAUSE OVER 50% OF DEATHS

In 2020, cancer, heart disease and stroke, diabetes, and lung disease caused 45% of all deaths in the East Region.

In 2020, cancer, heart disease and stroke, diabetes, and lung disease caused 45% of all deaths in San Diego County.

*Indicates a statistically unstable estimate. Proceed with caution. Estimate is included for trending purposes.

~Includes "5 to less than 8 hours" and "8 or more hours" spent on sedentary activities on typical weekend days.