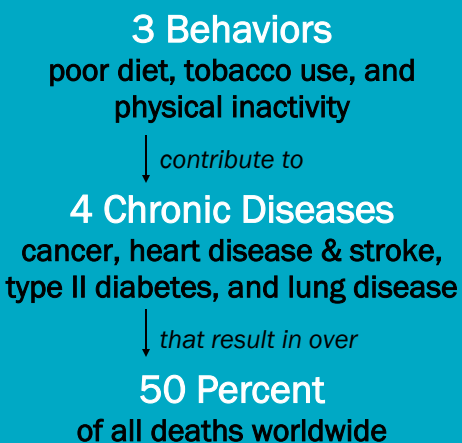


3-4-50: Chronic Disease Deaths in San Diego County—East Region, 2000-2016



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. These chronic diseases are potentially preventable through modifying diet, physical activity, and smoking behaviors. In San Diego County 53% of all deaths are due to these four chronic diseases.

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

- From 2000 to 2016, the overall percent of all deaths due to chronic disease decreased in the East Region and its Subregional Areas (SRAs), even though the number of deaths have increased (Figure 1).
- Overall, chronic disease death rates have decreased in the East Region and its SRAs from 2000 to 2016, 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, Laguna-Pine Valley had the highest percentage of deaths due to chronic disease in 2016.
- Among the East Region SRAs, La Mesa had the highest chronic disease death rate in 2016.
- Despite a decrease, chronic diseases still account for more than 50% of all deaths in the East Region.

Figure 1: 3-4-50 Death Percentages

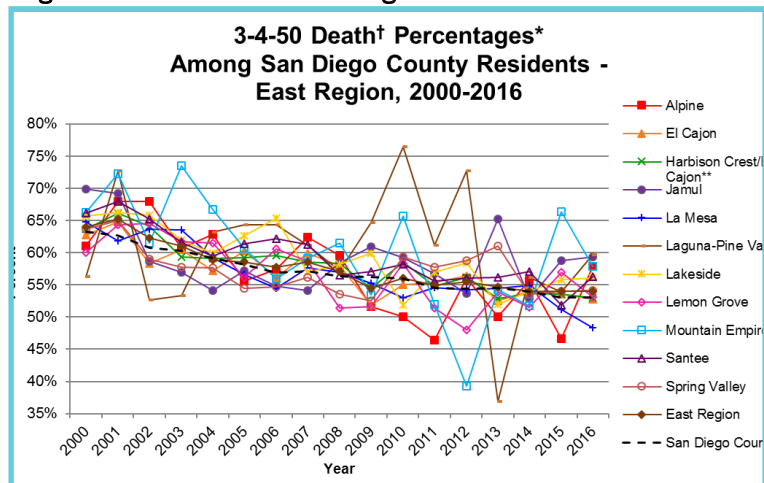
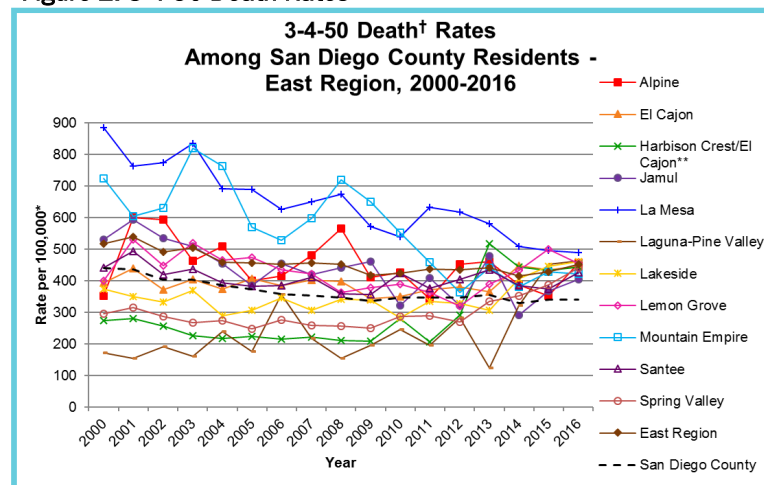


Figure 2: 3-4-50 Death Rates



†3-4-50 deaths include stroke, coronary heart disease (CHD), diabetes, COPD, asthma, and cancer.
 *3-4-50 deaths as a percentage of all cause deaths. Rates per 100,000 population.



QR CODES:

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

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

**In East Region,
3-4-50 is actually 3-4-54**

**In San Diego County,
3-4-50 is actually 3-4-53**

3 BEHAVIORS

TOBACCO USE

- In 2016, 1 out of every 10 East Region adults were current smokers.

LACK OF PHYSICAL ACTIVITY*

- In 2016, 25.4% of East Region children engaged in physical activity for at least 1 hour daily.

POOR NUTRITION

- In 2016, 1 out of 3 East Region residents ate fast food three or more times every week.

TOBACCO USE

- In 2016, 1 out of every 11 San Diego County adults were current smokers.

LACK OF PHYSICAL ACTIVITY

- In 2016, 33.3% of San Diego County children engaged in physical activity for at least 1 hour daily.

POOR NUTRITION

- In 2016, 1 out of 4 San Diego County residents ate fast food three or more times every week.

4 CHRONIC DISEASES

CANCER

- In 2016, cancer was the leading cause of death in East Region.

HEART DISEASE & STROKE*

- In 2016, 5.9% of East Region adults had ever been diagnosed with heart disease.

DIABETES*

- In 2016, almost 1 out of 10 East Region adults had ever been diagnosed with diabetes.

LUNG DISEASE*

- In 2016, over 1 out of every 8 East Region residents had ever been diagnosed with asthma.

CANCER

- In 2016, cancer was the leading cause of death in San Diego County.

HEART DISEASE & STROKE

- In 2016, 4.7% of San Diego County adults had ever been diagnosed with heart disease.

DIABETES

- In 2016, 1 out of 13 San Diego County adults had ever been diagnosed with diabetes.

LUNG DISEASE

- In 2016, 1 out of every 8 San Diego County residents had ever been diagnosed with asthma.

CAUSE OVER 50% OF DEATHS

In 2016, cancer, heart disease and stroke, diabetes, and lung disease caused 54% of all deaths in the East Region.

In 2016, cancer, heart disease and stroke, diabetes, and lung disease caused 53% of all deaths in San Diego County.