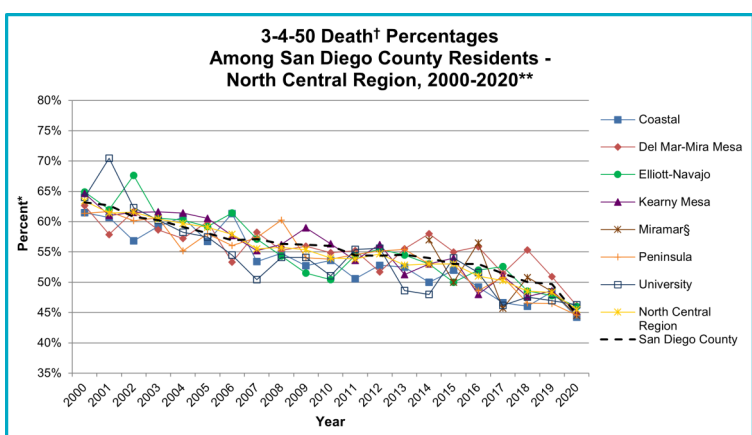


# 3-4-50: Chronic Disease Deaths in San Diego County Short Brief – North Central Region, 2000-2020

[\(Click Here for Detailed Brief\)](#)



Figure 1: 3-4-50 Death Percentages



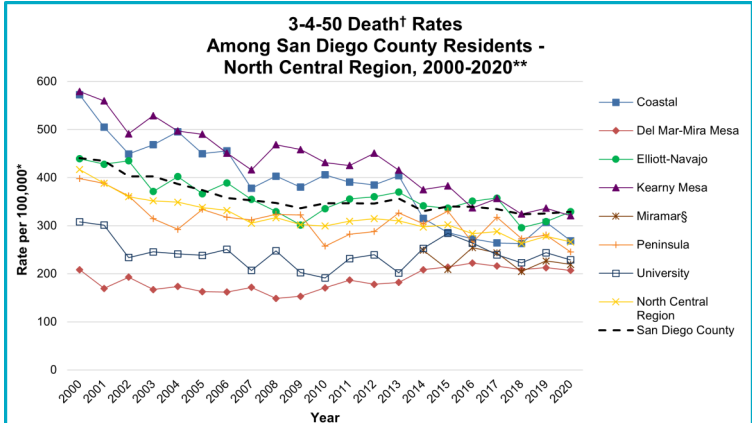
**What is 3-4-50?**

Three-four-fifty refers to three behaviors that contribute to four chronic diseases and result in 50% or more deaths worldwide.<sup>1</sup> 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—North Central Region**

- From 2000 to 2020, the overall percent of all deaths due to 3-4-50 chronic diseases decreased in the North Central Region and its Subregional Areas (SRAs) (Figure 1).
- Overall, 3-4-50 chronic disease death rates have decreased in the North Central Region and its SRAs from 2000 to 2020 (Figure 2).
- Among the North Central Region SRAs, University, Del Mar-Mira Mesa, and Elliott-Navajo, had the highest percentages of deaths due to 3-4-50 chronic diseases in 2020.
- Among the North Central Region SRAs, Elliott-Navajo 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 46% of all deaths in the North Central Region.

Figure 2: 3-4-50 Death Rates



†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.



**QR CODES:**  
QR codes are similar to barcodes. Use your smartphone to scan the QR Code and navigate directly to the report online for download. Download a free QR code reader from your app provider.

For more information and data, go to [www.SDHealthStatistics.com](http://www.SDHealthStatistics.com)

<sup>1</sup>World 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 North Central Region?

**In North Central Region, 3-4-50 is actually 3-4-46**

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

## 3 BEHAVIORS

### TOBACCO USE

- In 2020, 2.5% of North Central Region adults were current smokers.

### LACK OF PHYSICAL ACTIVITY~

- In 2020, over 1 in 5 North Central Region children spent 5 or more hours on sedentary activities on typical weekend days.

### POOR NUTRITION

- In 2020, 58.6% of North Central 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 leading cause of death in North Central Region.

### HEART DISEASE & STROKE

- In 2020, 6.0% of North Central Region adults had ever been diagnosed with heart disease.

### DIABETES\*

- In 2020, 4.2% of North Central Region adults had ever been diagnosed with diabetes.

### LUNG DISEASE

- In 2020, nearly 1 in 8 North Central 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 46% of all deaths in the North Central 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.