

## 3-4-50: Chronic Disease Deaths in San Diego County—North Central Region, 2000-2017

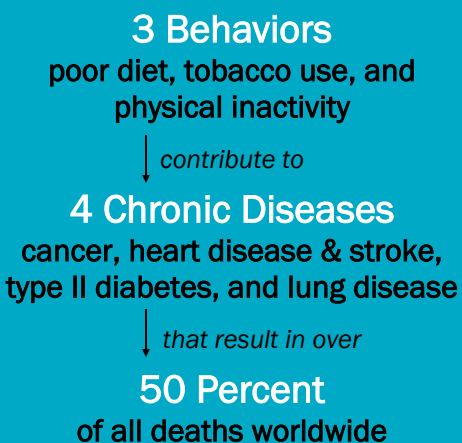


Figure 1: 3-4-50 Death Percentages

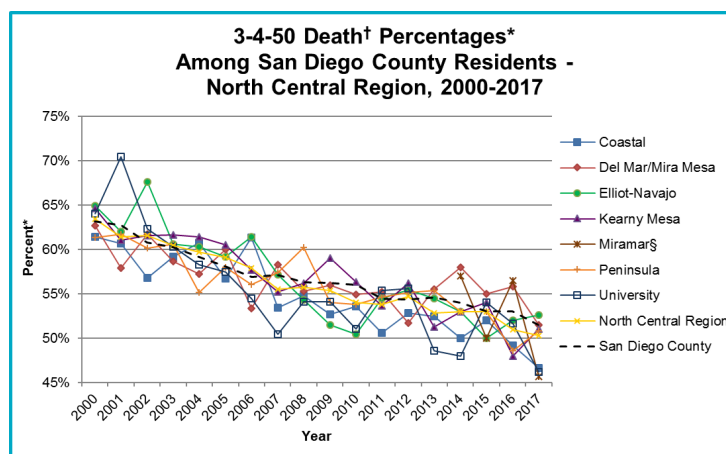
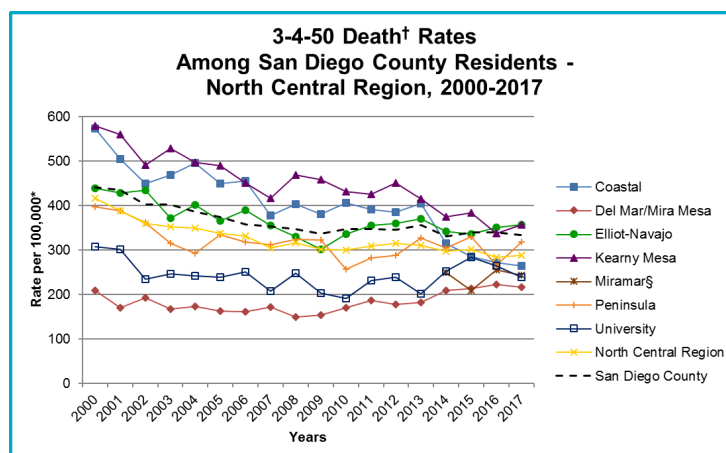


Figure 2: 3-4-50 Death Rates



†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.

### 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 51% of all deaths are due to these four chronic diseases.

### 3-4-50 in San Diego County—North Central Region

- From 2000 to 2017, the overall percent of all deaths due to chronic disease decreased in the North Central Region and its Subregional Areas (SRAs), even though the number of deaths have slightly increased. (Figure 1).
- Overall, chronic disease death rates have decreased in the North Central Region and its SRAs from 2000 to 2017 with the exception of the Del Mar/Mira Mesa SRA which increased by 3.6% (Figure 2).
- Among the North Central Region SRAs, Elliott-Navajo had the highest percentages of deaths due to chronic disease in 2017.
- Among the North Central Region SRAs, Elliott-Navajo had the highest chronic disease death rate in 2017.
- Despite a decrease, chronic diseases still account for 50% of all deaths in the North Central Region.



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

# What does 3-4-50 look like in North Central Region?

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

**In San Diego County,  
3-4-50 is actually 3-4-51**

## 3 BEHAVIORS

### TOBACCO USE

- In 2017, 1 out of every 11 North Central Region adults were current smokers.

### LACK OF PHYSICAL ACTIVITY\*

- In 2017, 42.6% of North Central Region children engaged in physical activity for at least 1 hour daily.

### POOR NUTRITION~

- In 2017, 1 out of 9 North Central Region residents had difficulty finding affordable fresh fruits/vegetables often in their neighborhood.

### TOBACCO USE

- In 2017, 1 out of every 10 San Diego County adults were current smokers.

### LACK OF PHYSICAL ACTIVITY

- In 2017, 33.7% of San Diego County children engaged in physical activity for at least 1 hour daily.

### POOR NUTRITION~

- In 2017, 1 out of 6 San Diego County residents had difficulty finding affordable fresh fruits/vegetables often in their neighborhood.

## 4 CHRONIC DISEASES

### CANCER

- In 2017, cancer was the leading cause of death in North Central Region.

### HEART DISEASE & STROKE\*

- In 2017, 4.8% of North Central Region adults had ever been diagnosed with heart disease.

### DIABETES\*

- In 2017, 1 out of 16 North Central Region adults had ever been diagnosed with diabetes.

### LUNG DISEASE

- In 2017, 1 out of every 7 North Central Region residents had ever been diagnosed with asthma.

### CANCER

- In 2017, cancer was the leading cause of death in San Diego County.

### HEART DISEASE & STROKE

- In 2017, 5.5% of San Diego County adults had ever been diagnosed with heart disease.

### DIABETES

- In 2017, 1 out of 11 San Diego County adults had ever been diagnosed with diabetes.

### LUNG DISEASE

- In 2017, 1 out of every 7 San Diego County residents had ever been diagnosed with asthma.

## CAUSE OVER 50% OF DEATHS

**In 2017, cancer, heart disease and stroke, diabetes, and lung disease caused 50% of all deaths in the North Central Region.**

**In 2017, cancer, heart disease and stroke, diabetes, and lung disease caused 51% of all deaths in San Diego County.**

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

~Includes "sometimes" and "never" able to find affordable fresh fruits and vegetables often in neighborhood.