3-4-50: Chronic Disease Deaths in San Diego County—North Coastal Region, 2000-2018

3 Behaviors
poor diet, tobacco use, and physical inactivity

contribute to

4 Chronic Diseases
cancer, heart disease & stroke, type II diabetes, and lung disease

that result in over

50 Percent
of all deaths worldwide

Figure 1: 3-4-50 Death Percentages

3-4-50 Death† Percentages Among San Diego County Residents - North Coastal Region, 2000-2018

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 50% of all deaths are due to these four chronic diseases.

3-4-50 in San Diego County—North Coastal Region

- From 2000 to 2018, the overall percent of all deaths due to chronic disease decreased in the North Coastal 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 North Coastal Region and its SRAs from 2000 to 2018 (Figure 2).

- Among the North Coastal Region SRAs, Oceanside had the highest percentage of deaths due to chronic disease in 2018.

- Among the North Coastal Region SRAs, Carlsbad had the highest chronic disease death rate in 2018.

- Despite a decrease, chronic diseases still account for 50% of all deaths in the North Coastal Region.

Figure 2: 3-4-50 Death Rates

3-4-50 Death† Rates Among San Diego County Residents - North Coastal Region, 2000-2018
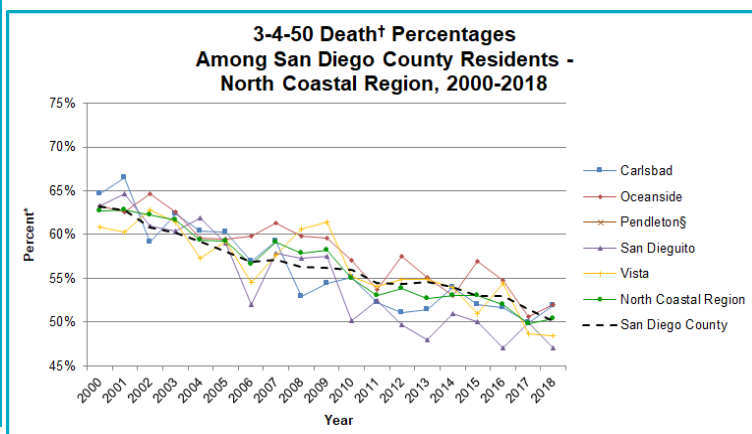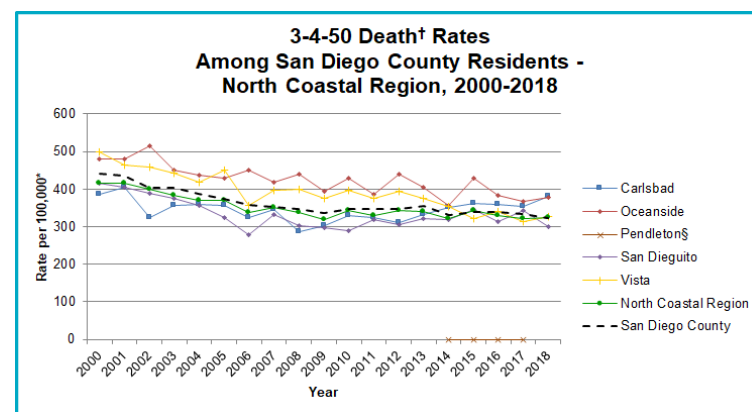
†3-4-50 deaths include stroke, coronary heart disease (CHD), diabetes, COPD, asthma, and cancer.
*3-4-50 deaths as a percentage of all cause deaths. Rates per 100,000 population.

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

In North Coastal Region, 3-4-50 is actually *3-4-50*	In San Diego County, 3-4-50 is actually *3-4-50*

3 BEHAVIORS

TOBACCO USE* • In 2018, 1 out of every 11 North Coastal Region adults were current smokers.	**TOBACCO USE** • In 2018, 1 out of every 9 San Diego County adults were current smokers.
LACK OF PHYSICAL ACTIVITY* • In 2018, 64.3% of North Coastal Region children engaged in physical activity for at least 1 hour daily.	**LACK OF PHYSICAL ACTIVITY** • In 2018, 37.2% of San Diego County children engaged in physical activity for at least 1 hour daily.
POOR NUTRITION*~ • In 2018, 1 out of 6 North Coastal Region residents had difficulty finding affordable fresh fruits/vegetables often in their neighborhood.	**POOR NUTRITION~** • In 2018, 1 out of 5 San Diego County residents had difficulty finding affordable fresh fruits/vegetables often in their neighborhood.

4 CHRONIC DISEASES

CANCER • In 2018, cancer was the leading cause of death in North Coastal Region.	**CANCER** • In 2018, cancer was the leading cause of death in San Diego County.
HEART DISEASE & STROKE • In 2018, 8.7% of North Coastal Region adults had ever been diagnosed with heart disease.	**HEART DISEASE & STROKE** • In 2018, 7.4% of San Diego County adults had ever been diagnosed with heart disease.
DIABETES • In 2018, over 1 out of 9 North Coastal Region adults had ever been diagnosed with diabetes.	**DIABETES** • In 2018, 1 out of 10 San Diego County adults had ever been diagnosed with diabetes.
LUNG DISEASE • In 2018, 1 out of 7 North Coastal Region residents had ever been diagnosed with asthma.	**LUNG DISEASE** • In 2018, 1 out of every 6 San Diego County residents had ever been diagnosed with asthma.

CAUSE OVER 50% OF DEATHS

In 2018, cancer, heart disease and stroke, diabetes, and lung disease caused *50%* of all deaths in the North Costal Region.	In 2018, cancer, heart disease and stroke, diabetes, and lung disease caused *50%* 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.