

3-4-50: Chronic Disease Deaths in San Diego County—North Coastal Region, 2000-2019

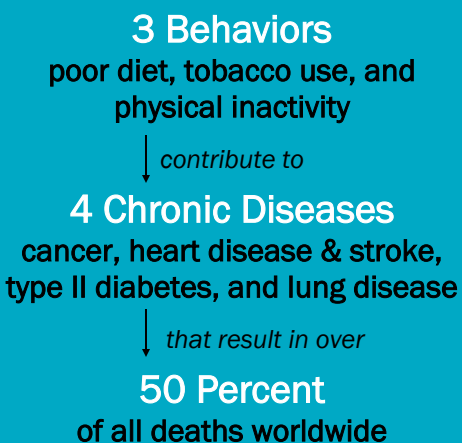


Figure 1: 3-4-50 Death Percentages

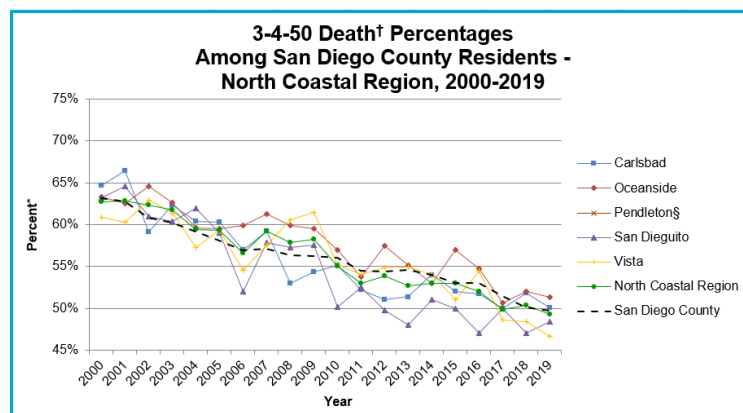
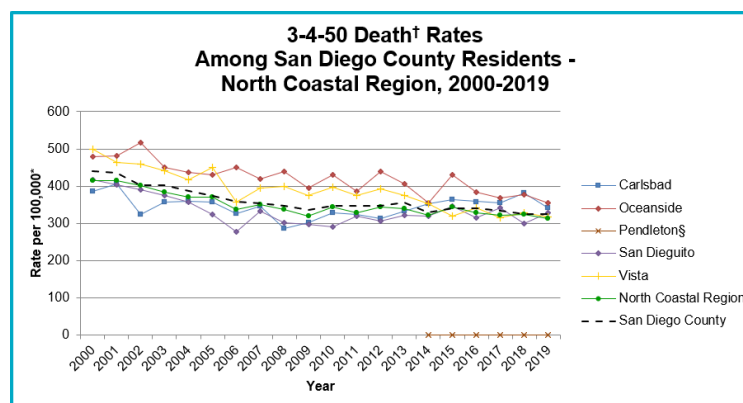


Figure 2: 3-4-50 Death Rates



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

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

- From 2000 to 2019, 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 all cause deaths have increased (Figure 1).
- Overall, chronic disease death rates have decreased in the North Coastal Region and its SRAs from 2000 to 2019 (Figure 2).
- Among the North Coastal Region SRAs, Oceanside had the highest percentage of deaths due to chronic disease in 2019.
- Among the North Coastal Region SRAs, Oceanside had the highest chronic disease death rate in 2019.
- Despite a decrease, chronic diseases still account for 49% of all deaths in the North Coastal Region.



QR CODES:

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

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

**In North Coastal Region,
3-4-50 is actually 3-4-49**

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

3 BEHAVIORS

TOBACCO USE*

- In 2019, 1 in 16 North Coastal Region adults were current smokers.

LACK OF PHYSICAL ACTIVITY~

- In 2019, over 2 in 5 North Coastal Region children spent 5 or more hours on sedentary activities on typical weekend days.

POOR NUTRITION

- In 2019, 46.5% of North Coastal Region children ate less than 5 servings of fruits/vegetables daily.

TOBACCO USE

- In 2019, nearly 1 in 14 San Diego County adults were current smokers.

LACK OF PHYSICAL ACTIVITY~

- In 2019, over 1 in 3 San Diego County children spent 5 or more hours on sedentary activities on typical weekend days.

POOR NUTRITION

- In 2019, 62.1% of San Diego County children ate less than 5 servings of fruits/vegetables daily.

4 CHRONIC DISEASES

CANCER

- In 2019, cancer was the leading cause of death in North Coastal Region.

HEART DISEASE & STROKE

- In 2019, 9.1% of North Coastal Region adults had ever been diagnosed with heart disease.

DIABETES*

- In 2019, over 1 in 15 North Coastal Region adults had ever been diagnosed with diabetes.

LUNG DISEASE

- In 2019, 1 in 9 North Coastal Region residents had ever been diagnosed with asthma.

CANCER

- In 2019, cancer was the leading cause of death in San Diego County.

HEART DISEASE & STROKE

- In 2019, 6.2% of San Diego County adults had ever been diagnosed with heart disease.

DIABETES

- In 2019, over 1 in 11 San Diego County adults had ever been diagnosed with diabetes.

LUNG DISEASE

- In 2019, nearly 1 in 6 San Diego County residents had ever been diagnosed with asthma.

CAUSE OVER 50% OF DEATHS

In 2019, cancer, heart disease and stroke, diabetes, and lung disease caused 49% of all deaths in the North Coastal Region.

In 2019, 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 "5 to less than 8 hours" and "8 or more hours" spent on sedentary activities on typical weekend days.