

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

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

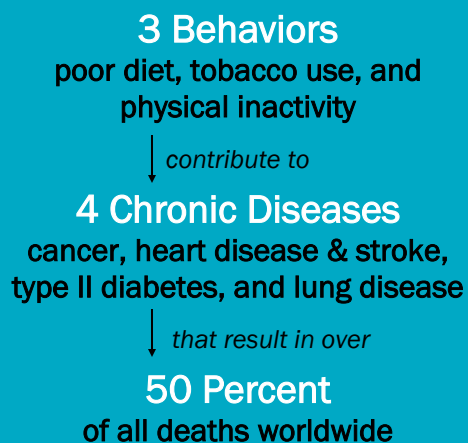


Figure 1: 3-4-50 Death Percentages

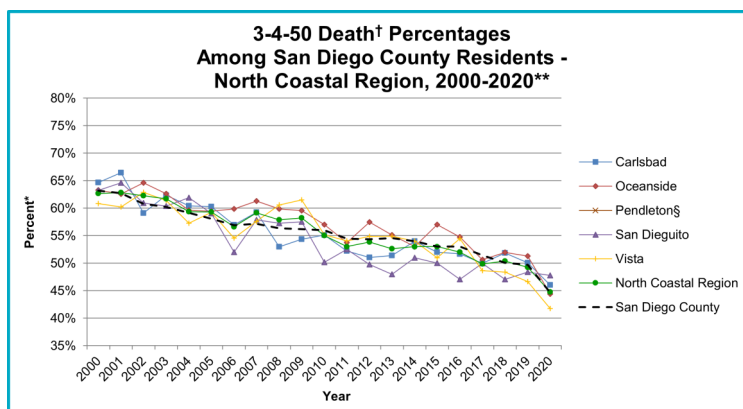
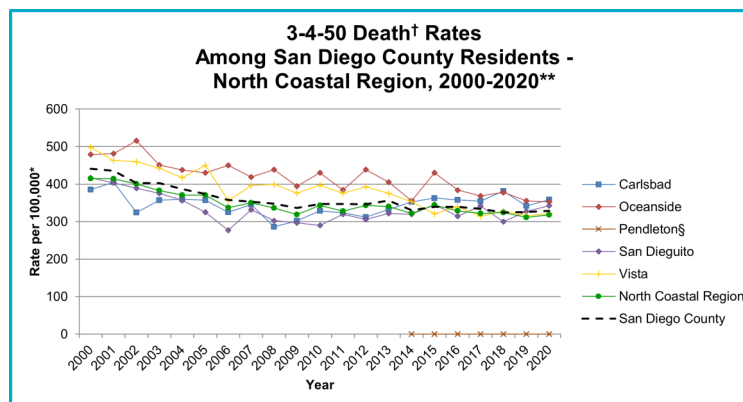


Figure 2: 3-4-50 Death Rates



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.¹ 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 Coastal Region

- From 2000 to 2020, the overall percent of deaths due to 3-4-50 chronic diseases decreased in the North Coastal Region and its Subregional Areas (SRAs) (Figure 1).
- Overall, 3-4-50 chronic disease death rates have decreased in the North Coastal Region and its SRAs from 2000 to 2020 (Figure 2).
- Among the North Coastal Region SRAs, San Dieguito had the highest percentage of deaths due to 3-4-50 chronic diseases in 2020.
- Among the North Coastal Region SRAs, Carlsbad 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 45% of all deaths in the North Coastal Region.

[†]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



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

**In North Coastal Region,
3-4-50 is actually 3-4-45**

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

3 BEHAVIORS

TOBACCO USE*

- In 2020, 6.8% of North Coastal Region adults were current smokers.

LACK OF PHYSICAL ACTIVITY~

- In 2020, nearly 1 in 2 North Coastal Region children spent 5 or more hours on sedentary activities on typical weekend days.

POOR NUTRITION

- In 2020, 51.7% of North Coastal 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 Coastal Region.

HEART DISEASE & STROKE

- In 2020, 3.9% of North Coastal Region adults had ever been diagnosed with heart disease.

DIABETES

- In 2020, 5.4% of North Coastal Region adults had ever been diagnosed with diabetes.

LUNG DISEASE

- In 2020, over 1 in 6 North Coastal 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 45% of all deaths in the North Coastal 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.