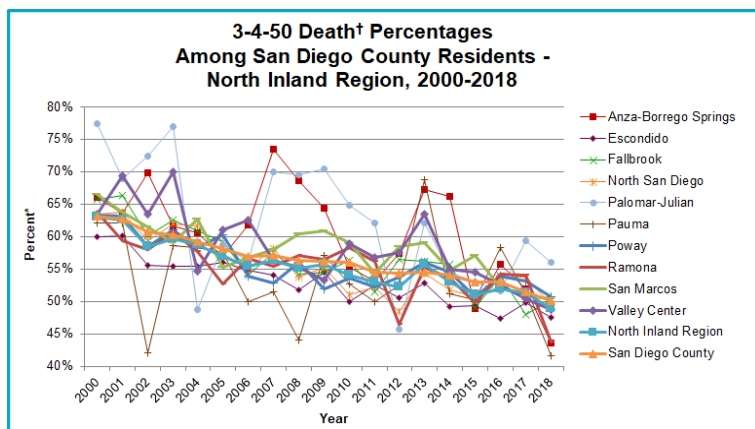


3-4-50: Chronic Disease Deaths in San Diego County—North Inland Region, 2000-2018



Figure 1: 3-4-50 Death Percentages



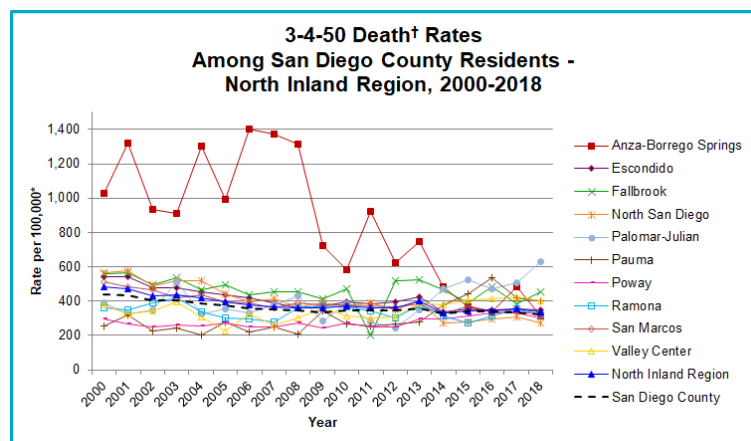
What is 3-4-50?

Three-four-fifty refers to three behaviors that contribute to four chronic diseases and result in 50% or more deaths worldwide. 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 Inland Region

- From 2000 to 2018, the overall percent of all deaths due to chronic disease decreased in the North Inland 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 Inland Region and its SRAs from 2000 to 2018, with the exception of the Palomar-Julian, Pauma, Poway and Valley Center SRAs, where the rates have increased (Figure 2).
- Among the North Inland Region SRAs, Palomar-Julian had the highest percentage of deaths due to chronic disease in 2018.
- Among the North Inland Region SRAs, Palomar-Julian had the highest chronic disease death rate in 2018.
- Despite a decrease, chronic diseases still account for more than 49% of all deaths in the North Inland Region.

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.



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 Inland Region?

**In North Inland 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 2018, 1 out of every 12 North Inland Region adults were current smokers.

LACK OF PHYSICAL ACTIVITY*

- In 2018, 35.4% of North Inland Region children engaged in physical activity for at least 1 hour daily.

POOR NUTRITION*~

- In 2018, 1 out of 5 North Inland Region residents had difficulty finding affordable fresh fruits/vegetables often in their neighborhood.

TOBACCO USE

- In 2018, 1 out of every 9 San Diego County adults were current smokers.

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 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 Inland Region.

HEART DISEASE & STROKE*

- In 2018, 5.0% of North Inland Region adults had ever been diagnosed with heart disease.

DIABETES*

- In 2018, nearly 1 out of 14 North Inland Region adults had ever been diagnosed with diabetes.

LUNG DISEASE*

- In 2018, 1 out of every 7 North Inland Region residents had ever been diagnosed with asthma.

CANCER

- In 2018, cancer was the leading cause of death in San Diego County.

HEART DISEASE & STROKE

- In 2018, 7.4% of San Diego County adults had ever been diagnosed with heart disease.

DIABETES

- In 2018, 1 out of 10 San Diego County adults had ever been diagnosed with diabetes.

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 49% of all deaths in the North Inland 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.