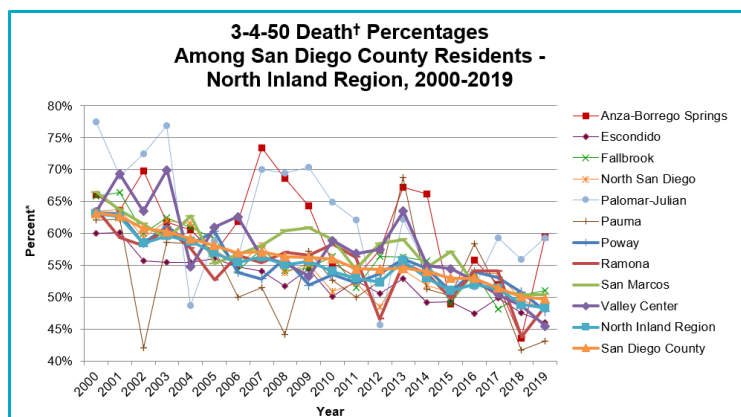


3-4-50: Chronic Disease Deaths in San Diego County—North Inland Region, 2000-2019

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



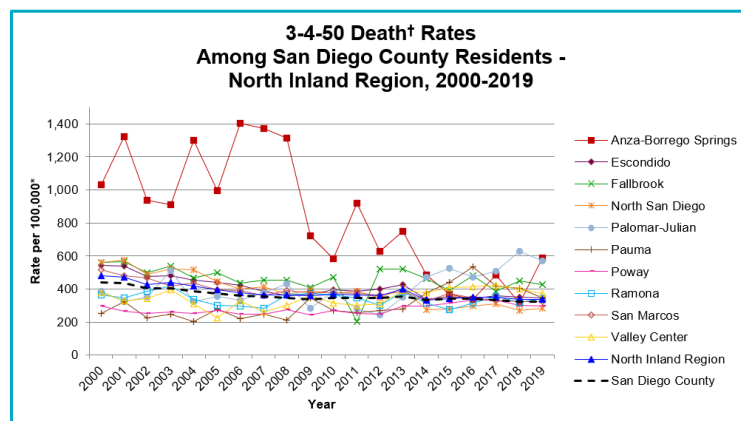
What is 3-4-50?

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 2019, 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 all cause deaths have increased (Figure 1).
- Overall, chronic disease death rates have decreased in the North Inland Region and its SRAs from 2000 to 2019, with the exception of the Palomar-Julian and Pauma SRAs, where the rates have increased (Figure 2).
- Among the North Inland Region SRAs, Anza-Borrego Springs and Palomar-Julian had the highest percentage of deaths due to chronic disease in 2019.
- Among the North Inland Region SRAs, Anza-Borrego Springs had the highest chronic disease death rate in 2019.
- Despite a decrease, chronic diseases still account for more than 48% 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 3-4-48**

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

3 BEHAVIORS

TOBACCO USE

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

LACK OF PHYSICAL ACTIVITY~

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

POOR NUTRITION

- In 2019, 64.8% of North Inland 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 Inland Region.

HEART DISEASE & STROKE

- In 2019, 6.1% of North Inland Region adults had ever been diagnosed with heart disease.

DIABETES

- In 2019, 1 in 11 North Inland Region adults had ever been diagnosed with diabetes.

LUNG DISEASE

- In 2019, nearly 1 in 6 North Inland 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, just 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 48% of all deaths in the North Inland Region.

In 2019, cancer, heart disease and stroke, diabetes, and lung disease caused 50% of all deaths in San Diego County.