

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

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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

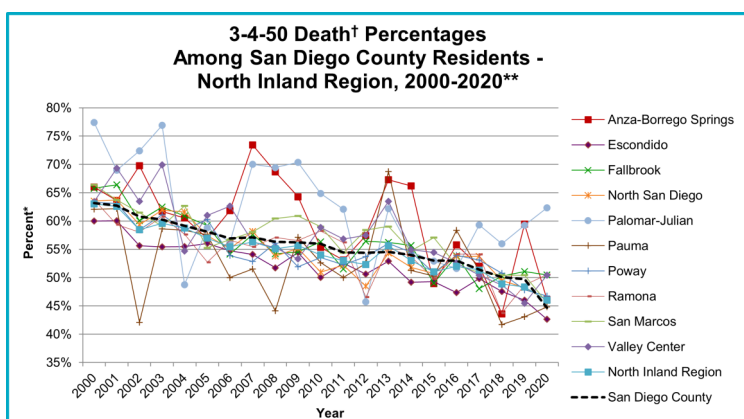
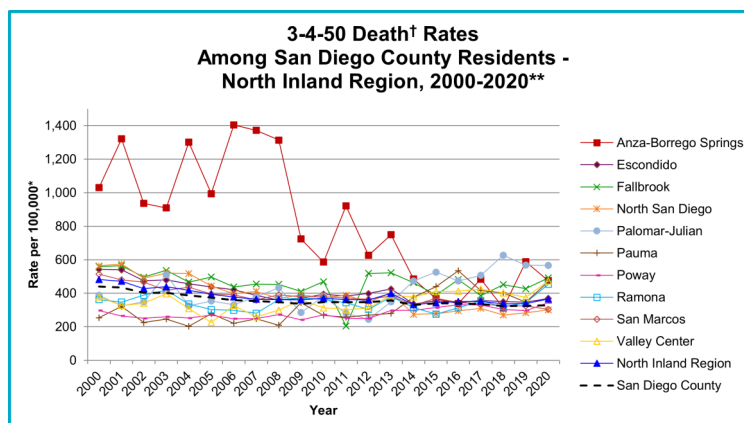


Figure 2: 3-4-50 Death Rates



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 Inland Region

- From 2000 to 2020, the overall percent of deaths due to 3-4-50 chronic diseases decreased in the North Inland Region and its Subregional Areas (SRAs) (Figure 1).
- Overall, 3-4-50 chronic disease death rates have decreased in the North Inland Region and half of its SRAs from 2000 to 2020. (Figure 2).
- Among the North Inland Region SRAs, Palomar-Julian had the highest percentage of deaths due to 3-4-50 chronic diseases in 2020.
- Among the North Inland Region SRAs, Palomar-Julian 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 46% of all deaths in the North Inland 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.



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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 3-4-46

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

3 BEHAVIORS

TOBACCO USE

- In 2020, 3.7% of North Inland Region adults were current smokers.

LACK OF PHYSICAL ACTIVITY~

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

POOR NUTRITION

- In 2020, 76.4% of North Inland 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 Inland Region.

HEART DISEASE & STROKE

- In 2020, 8.0% of North Inland Region adults had ever been diagnosed with heart disease.

DIABETES

- In 2020, 8.7% of North Inland Region adults had ever been diagnosed with diabetes.

LUNG DISEASE

- In 2020, 1 in 7 North Inland 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 46% of all deaths in the North Inland 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.