

3-4-50: Chronic Disease Deaths in San Diego County 2000-2018



Figure 1: 3-4-50 Death Percentages

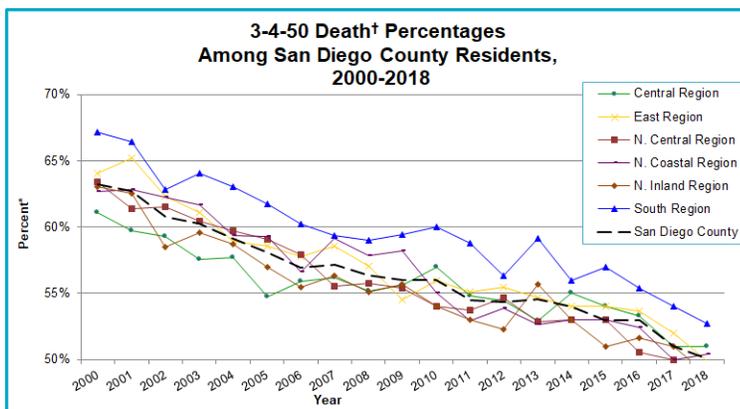
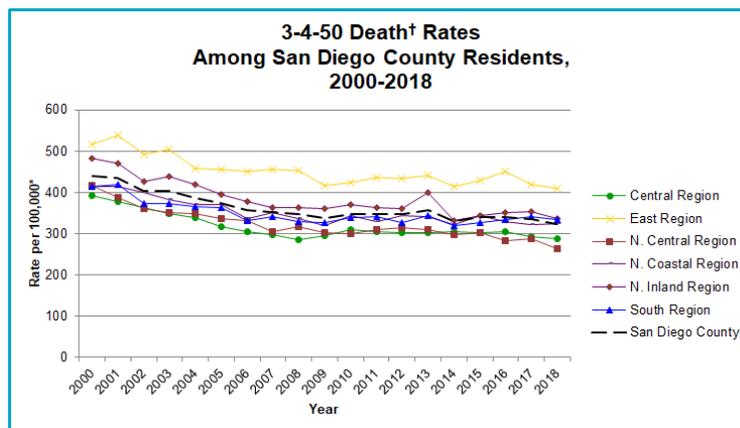


Figure 2: 3-4-50 Death Rates



†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—San Diego County

- From 2000 to 2018, the overall percent of all deaths due to chronic disease decreased in the six Health and Human Services Agency (HHS) regions, even though the number of deaths have slightly increased. (Figure 1).
- Overall, chronic disease death rates have decreased in all HHS regions from 2000 to 2018 (Figure 2).
- Among the HHS regions, South Region had the highest percent of deaths due to chronic disease every year from 2000 to 2018.
- Among the HHS regions, Central Region had the lowest rate of deaths due to chronic disease every year from 2000 to 2015, with the exception of 2002, 2010, 2014, and 2016-2018 when North Central Region had the lowest rate.
- Despite a decrease, chronic diseases still account for 50% of all deaths in San Diego County.



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

What does 3-4-50 look like in San Diego County?

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

3 BEHAVIORS

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.

TOBACCO USE

- In 2018, East Region had the highest percent of adults who were current smokers.

LACK OF PHYSICAL ACTIVITY*

- In 2018, North Coastal Region had the highest percent of children engaged in physical activity for at least 1 hour daily.

POOR NUTRITION~

- In 2018, Central Region had the highest percent of residents who 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 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.

CANCER

- In 2018, cancer was the leading cause of death across the HHS regions.

HEART DISEASE & STROKE*

- In 2018, East and South Regions had the highest percent of adults who had ever been diagnosed with heart disease.

DIABETES*

- In 2018, South Region had the highest percent of adults who had ever been diagnosed with diabetes.

LUNG DISEASE

- In 2018, South Region had the highest percent of residents who had ever been diagnosed with asthma.

CAUSE OVER 50% OF DEATHS

In 2018, cancer, heart disease and stroke, diabetes, and lung disease caused 50% of all deaths in San Diego County.

In 2018, South Region had the highest percent of deaths due to chronic disease at 53% and both North Central Region and North Inland Region had the lowest at 49%.

*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.