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—San Diego County

- From 2000 to 2020, the overall percent of deaths due to 3-4-50 chronic diseases decreased in the six Health and Human Services Agency (HHSA) regions (Figure 1).
- Overall, 3-4-50 chronic disease death rates have decreased in all HHSA regions from 2000 to 2020 (Figure 2).
- Among the HHSA regions, North Inland Region and North Central Region had the highest percent of deaths due to 3-4-50 chronic diseases in 2020.
- Among the HHSA regions, Central Region had the lowest death rates due to 3-4-50 chronic diseases every year from 2000 to 2015, with the exception of 2002, 2010, 2014, and 2016-2020 when North Central Region had the lowest rate.
- Despite a decrease, 3-4-50 chronic diseases still account for 45% of all deaths in San Diego County.

Figure 1: 3-4-50 Death Percentages

![Figure 1: 3-4-50 Death Percentages](image1)

Figure 2: 3-4-50 Death Rates

![Figure 2: 3-4-50 Death Rates](image2)

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

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

### 3 BEHAVIORS

#### TOBACCO USE
- In 2020, nearly 1 in 21 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 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 San Diego County.

- In 2020, North Inland Region and North Central Region had the highest percent of deaths due to chronic disease at 46%, while South Region had the lowest at 43%.

*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.