

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

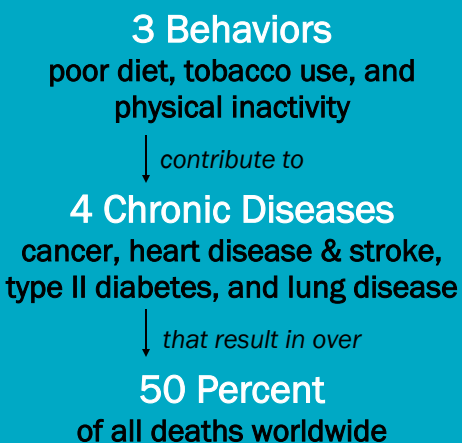


Figure 1: 3-4-50 Death Percentages

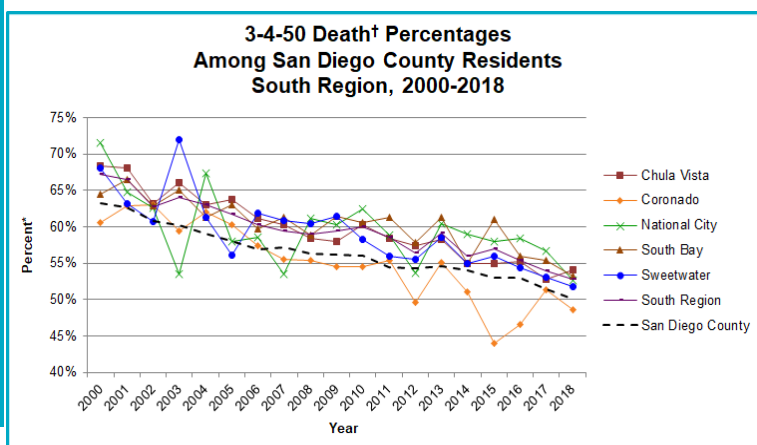
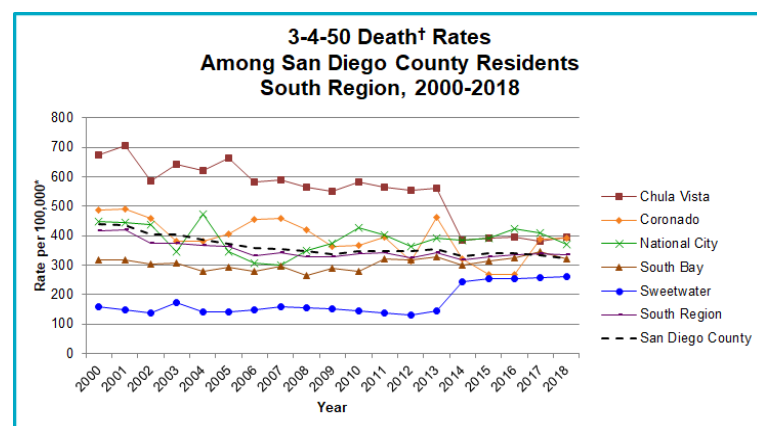


Figure 2: 3-4-50 Death Rates



†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—South Region

- From 2000 to 2018, the overall percent of all deaths due to chronic disease decreased in the South Region and its Subregional Areas (SRAs) (Figure 1).
- Overall, chronic disease death rates have remained relatively stable from 2000 to 2018 (Figure 2).
- Among the South Region SRAs, Chula Vista had the highest percentage of deaths due to chronic disease in 2018.
- Among the South Region SRAs, Chula Vista had the highest chronic disease death rate in 2018.
- Despite a decrease, chronic diseases still account for more than 50% of all deaths in the South Region.



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 South Region?

**In South Region,
3-4-50 is actually 3-4-53**

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

3 BEHAVIORS

TOBACCO USE*

- In 2018, 1 out of every 8 South Region adults were current smokers.

LACK OF PHYSICAL ACTIVITY*

- In 2018, 26.8% of South Region children engaged in physical activity for at least 1 hour daily.

POOR NUTRITION~

- In 2018, 1 out of 8 South 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 South Region.

HEART DISEASE & STROKE*

- In 2018, 10% of South Region adults had ever been diagnosed with heart disease.

DIABETES*

- In 2018, 1 out of 6 South Region adults had ever been diagnosed with diabetes.

LUNG DISEASE

- In 2018, nearly 1 out of every 5 South 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 53% of all deaths in the South 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.