

3-4-50: Chronic Disease Deaths in San Diego County—South Region, 2000-2015

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

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 53% of all deaths are due to these four chronic diseases.

3-4-50 in San Diego County—South Region

- From 2000 to 2015, the overall percent of all deaths due to chronic disease decreased in the South Region and its Subregional Areas (SRAs), even though the number of deaths have remained relatively stable (Figure 1).
- Overall, chronic disease death rates have decreased in the South Region and its SRAs from 2000 to 2015, with the exception of Sweetwater, where the rate has increased (Figure 2).
- Among the South Region SRAs, South Bay had the highest percentage of deaths due to chronic disease in 2015.
- Among the South Region SRAs, National City had the highest chronic disease death rate in 2015.
- Despite a decrease, chronic diseases still account for more than 50% of all deaths in the South Region.

Figure 1: 3-4-50 Death Percentages

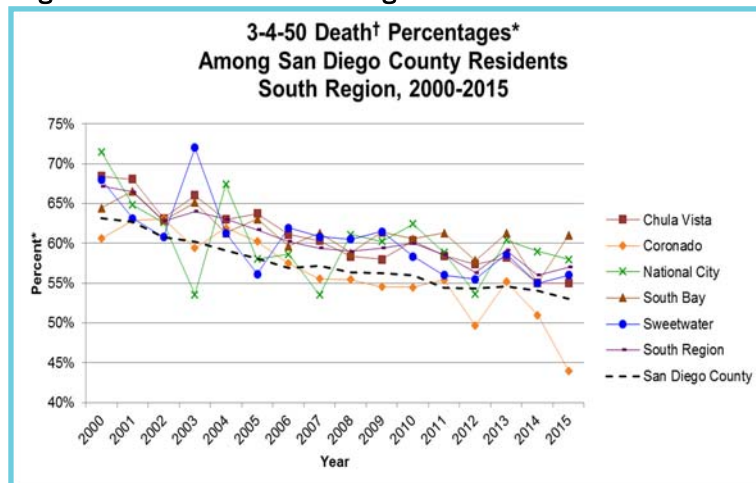
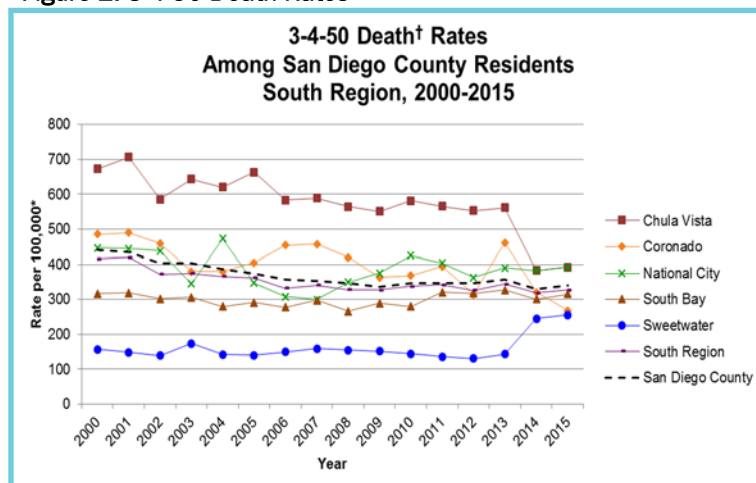


Figure 2: 3-4-50 Death Rates



†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.



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What does 3-4-50 look like in South Region?

**In South Region,
3-4-50 is actually 3-4-57**

**In San Diego County,
3-4-50 is actually 3-4-53**

3 BEHAVIORS

TOBACCO USE*

- In 2015, 1 out of every 8 South Region adults were current smokers.

LACK OF PHYSICAL ACTIVITY*

- In 2015, 6.0% of South Region children engaged in physical activity for at least 1 hour daily.

POOR NUTRITION

- In 2015, 1 out of 4 South Region residents ate fast food three or more times every week.

TOBACCO USE

- In 2015, 1 out of every 7 San Diego County adults were current smokers.

LACK OF PHYSICAL ACTIVITY*

- In 2015, 18.3% of San Diego County children engaged in physical activity for at least 1 hour daily.

POOR NUTRITION

- In 2015, over 1 out of 5 San Diego County residents ate fast food three or more times every week.

4 CHRONIC DISEASES

CANCER

- In 2015, cancer was the second leading cause of death in South Region.

HEART DISEASE & STROKE*

- In 2015, 7.2% of South Region adults had ever been diagnosed with heart disease.

DIABETES*

- In 2015, over 1 out of 7 South Region adults had ever been diagnosed with diabetes.

LUNG DISEASE*

- In 2015, nearly 1 out of every 5 South Region residents had ever been diagnosed with asthma.

CANCER

- In 2015, cancer was the leading cause of death in San Diego County.

HEART DISEASE & STROKE

- In 2015, 8.8% of San Diego County adults had ever been diagnosed with heart disease.

DIABETES

- In 2015, 1 out of 10 San Diego County adults had ever been diagnosed with diabetes.

LUNG DISEASE

- In 2015, over 1 out of every 7 San Diego County residents had ever been diagnosed with asthma.

CAUSE OVER 50% OF DEATHS

In 2015, cancer, heart disease and stroke, diabetes, and lung disease caused 57% of all deaths in the South Region.

In 2015, cancer, heart disease and stroke, diabetes, and lung disease caused 53% of all deaths in San Diego County.