

## 3-4-50: Chronic Disease Deaths in San Diego County Short Brief — East Region, 2000-2021

(Click Here for Detailed Brief)

**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.<sup>1</sup> These chronic diseases are potentially preventable through modifying diet, physical activity, and smoking behaviors. In San Diego County 43% of all deaths are due to these four chronic diseases.

### 3-4-50 in San Diego County—East Region

- From 2000-2021, the overall percent of all deaths due to 3-4-50 chronic diseases decreased in the East Region and its subregional areas (SRAs) (Figure 1).
- From 2000-2021, 3-4-50 chronic disease death rates have decreased in the East Region and its SRAs with the exception of the Alpine, El Cajon, Harbison Crest/El Cajon<sup>^</sup>, Laguna-Pine Valley, Lakeside, Lemon Grove, Santee, and Spring Valley SRAs, where the rates have increased (Figure 2).
- Among the East Region SRAs, Lakeside had the highest percentage of deaths due to 3-4-50 chronic diseases in 2021.
- Among the East Region SRAs, Mountain Empire had the highest death rate due to 3-4-50 chronic diseases in 2021.
- Despite a decrease, 3-4-50 chronic diseases still accounted for 44% of all deaths in the East Region in 2021.

Figure 1: 3-4-50 Death Percentages

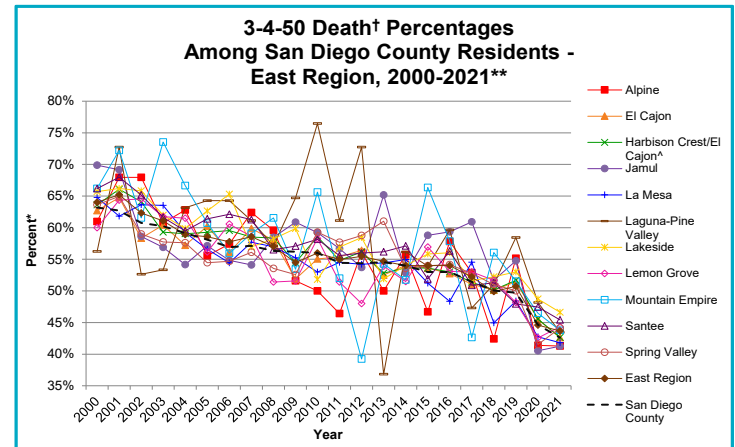
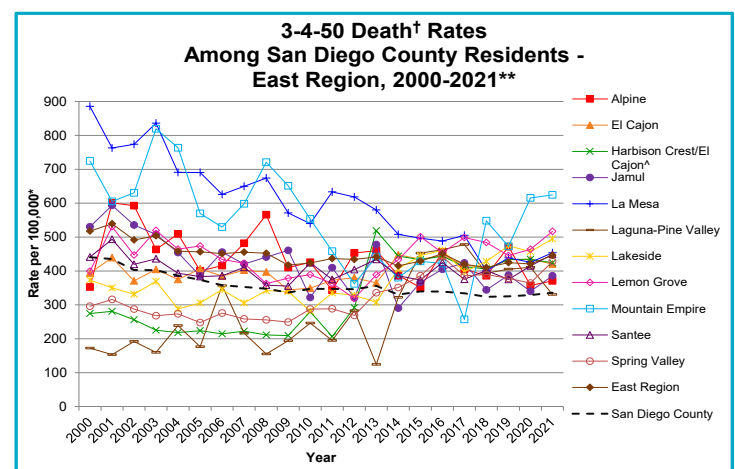


Figure 2: 3-4-50 Death Rates



<sup>†</sup>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).

<sup>^</sup>Harbison Crest/El Cajon is an aggregation of the Harbison Crest and El Cajon SRAs. Due to geographic limitations, the Harbison Crest SRA is not shown alone. See the Data Guide for more information.

<sup>\*</sup>3-4-50 deaths as a percentage of all cause deaths. Rates per 100,000 population. Population estimates for 2020 and 2021 were derived using the 2010 Census and data should be considered preliminary.

<sup>\*\*</sup>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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[www.SDHealthStatistics.com](http://www.SDHealthStatistics.com)

# What does 3-4-50 look like in East Region?

**In East Region,  
3-4-50 is actually 3-4-44**

**In San Diego County,  
3-4-50 is actually 3-4-43**

## 3 BEHAVIORS

### TOBACCO USE

- In 2021, 6.8% of adults in East Region reported being current smokers.

### LACK OF PHYSICAL ACTIVITY\*~

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

### POOR NUTRITION\*

- In 2020, 67.8% of children in East Region ate less than 5 servings of fruits/vegetables daily.

### TOBACCO USE

- In 2021, 6.1% of adults in San Diego County reported being current smokers.

### LACK OF PHYSICAL ACTIVITY~

- In 2020, over 1 in 3 children in San Diego County spent 5 or more hours on sedentary activities on typical weekend days.

### POOR NUTRITION

- In 2020, 62.8% of children in San Diego County ate less than 5 servings of fruits/vegetables daily.

## 4 CHRONIC DISEASES

### CANCER

- In 2021, cancer was the leading cause of death in East Region.

### HEART DISEASE & STROKE

- In 2021, 8.5% of adults in East Region had ever been diagnosed with heart disease.

### DIABETES

- In 2021, 12.9% of adults in East Region had ever been diagnosed with diabetes.

### LUNG DISEASE

- In 2021, 16.2% of residents (ages 1 year and older) in East Region had ever been diagnosed with asthma.

### CANCER

- In 2021, cancer was the leading cause of death in San Diego County.

### HEART DISEASE & STROKE

- In 2021, 6.7% of adults in San Diego County had ever been diagnosed with heart disease.

### DIABETES

- In 2021, 8.5% of adults in San Diego County had ever been diagnosed with diabetes.

### LUNG DISEASE

- In 2021, 14.2% of residents (ages 1 year and older) in San Diego County had ever been diagnosed with asthma.

## CAUSE OVER 50% OF DEATHS

**In 2020, cancer, heart disease and stroke, diabetes, and lung disease caused 44% of all deaths in the East Region.**

**In 2021, cancer, heart disease and stroke, diabetes, and lung disease caused 43% 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.