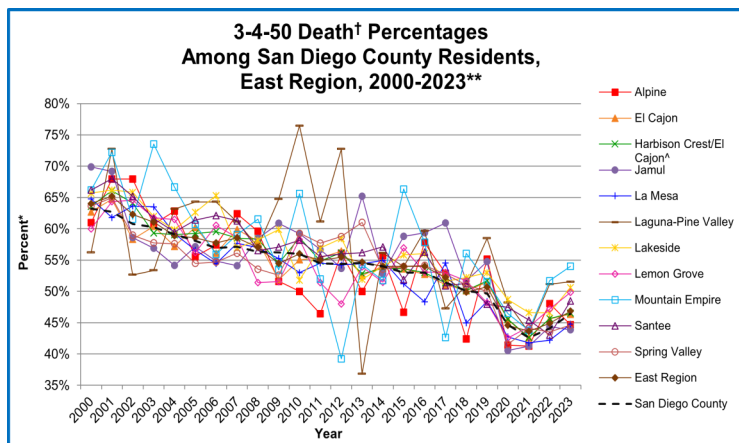


3-4-50: Chronic Disease Deaths in San Diego County Short Brief — East Region, 2000-2023

(Click Here for Detailed Brief)



Figure 1: 3-4-50 Death Percentages



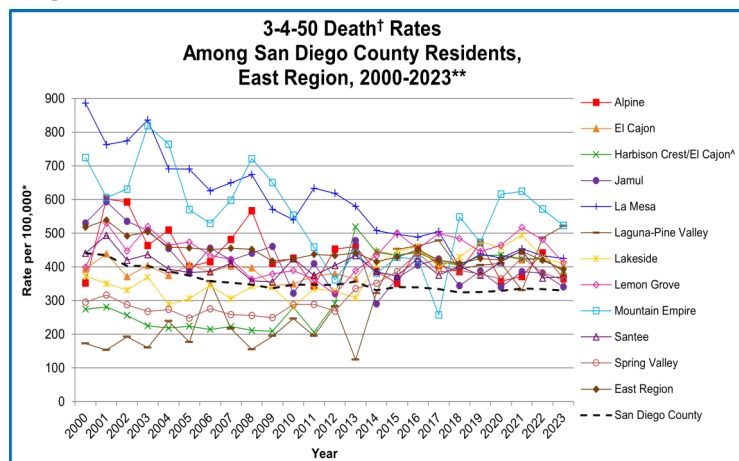
What is 3-4-50?

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 46% of all deaths are due to these four chronic diseases.

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

- From 2000-2023, 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 2000-2023, 3-4-50 chronic disease death rates have decreased in the East Region and its SRAs with the exception of the Alpine, Harbison Crest/EI Cajon[^], Laguna-Pine Valley, Lakeside, Lemon Grove, and Spring Valley SRAs, where the rates have increased (Figure 2).
- Among the East Region SRAs, Mountain Empire had the highest percentage of deaths due to 3-4-50 chronic diseases in 2023.
- Among the East Region SRAs, Mountain Empire had the highest death rate due to 3-4-50 chronic diseases in 2023.
- Despite a decrease, 3-4-50 chronic diseases still accounted for 47% of all deaths in the East Region in 2023.

Figure 2: 3-4-50 Death Rates



*3-4-50 deaths as a percentage of all cause deaths. Rates per 100,000 population.

[^]Harbison Crest/EI 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.

[†]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).

^{**}For data years 2020-2022, 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.

Source: California Department of Public Health, 2000-2013 Death Statistical Master Files, 2014-2023 California Vital Records Business Intelligence System (VRBIS). Starting in data year 2023, San Diego County resident deaths that occurred out of state are now included. SANDAG, Current Population Estimates. Population estimates for 2020 and 2021 were derived using the 2010 decennial census and data should be considered preliminary. 2022-2023 population estimates were derived from the 2020 decennial census.

Prepared by County of San Diego (CoSD), Health and Human Services Agency (HHSA), Public Health Services (PHS), Community Health Statistics Unit, February 2025.

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

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



**In East Region,
3-4-50 is actually 3-4-47**

**In San Diego County,
3-4-50 is actually 3-4-46**

3 BEHAVIORS

TOBACCO USE*

- In 2023, 1.8% of adults in East Region reported being current smokers.

LACK OF PHYSICAL ACTIVITY~

- In 2023, 31.2% of adults in East Region were not moderately active in the last week.

POOR NUTRITION*

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

TOBACCO USE

- In 2023, 5.3% of adults in San Diego County reported being current smokers.

LACK OF PHYSICAL ACTIVITY~

- In 2023, 32.7% of adults in San Diego County were not moderately active in the last week.

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 2023, cancer was the second leading cause of death in East Region.

HEART DISEASE & STROKE

- In 2023, 7.3% of adults in East Region had ever been diagnosed with heart disease.

DIABETES

- In 2023, 8.2% of adults in East Region had ever been diagnosed with diabetes.

LUNG DISEASE

- In 2023, 16.3% of residents (ages 1 year and older) in East Region had ever been diagnosed with asthma.

CANCER

- In 2023, cancer was the leading cause of death in San Diego County.

HEART DISEASE & STROKE

- In 2023, 6.9% of adults in San Diego County had ever been diagnosed with heart disease.

DIABETES

- In 2023, 8.8% of adults in San Diego County had ever been diagnosed with diabetes.

LUNG DISEASE

- In 2023, 13.2% of residents (ages 1 year and older) in San Diego County had ever been diagnosed with asthma.

CAUSE OVER 50% OF DEATHS

In 2023, cancer, heart disease and stroke, diabetes, and lung disease caused 47% of all deaths in the East Region.

In 2023, cancer, heart disease and stroke, diabetes, and lung disease caused 46% of all deaths in San Diego County.



*Indicates a statistically unstable estimate. Proceed with caution. Estimate is included for trending purposes.

~Includes "Moderate physical activities make you breathe somewhat harder than normal...for a total of 150 minutes" spent on your free time in the past 7 days.
Data Sources: UCLA Center for Health Policy Research, Los Angeles, CA. AskCHIS. Available at <http://ask.chis.ucla.edu>. (Accessed April 23, 2025). County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, Leading Causes of Death Tables by HHSA Region, 2011-2023. Available at https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/community_health_statistics/CHSU_Mortality.html#leading.