

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

(Click Here for Detailed Brief)

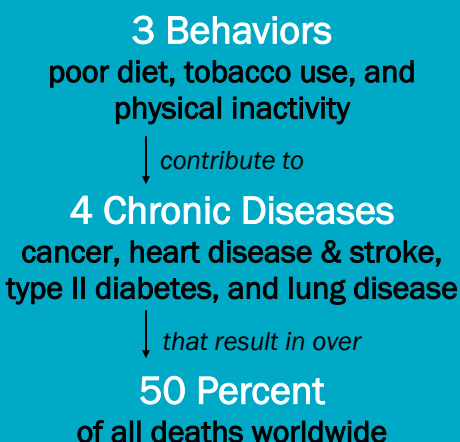
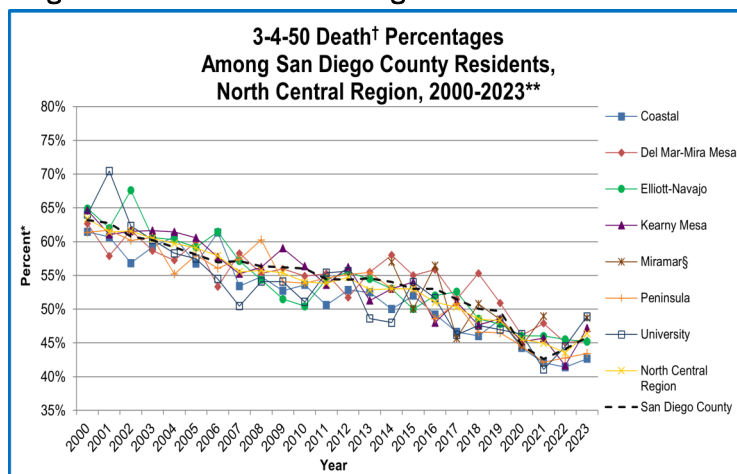


Figure 1: 3-4-50 Death Percentages



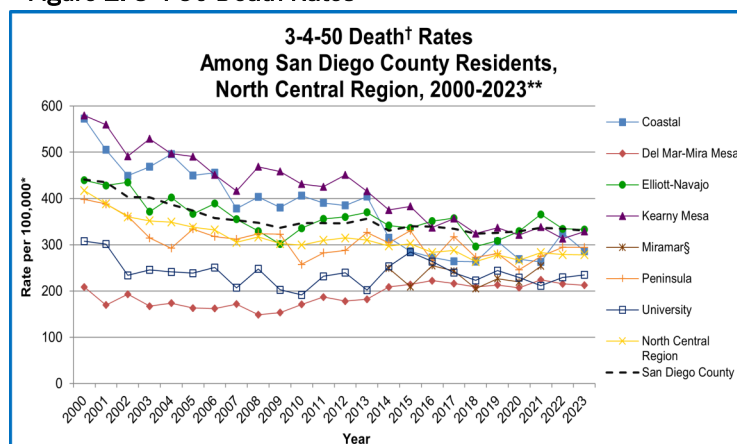
What is 3-4-50?

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—North Central Region

- From 2000-2023, the overall percent of all deaths due to 3-4-50 chronic diseases decreased in the North Central Region and its subregional areas (SRAs) (Figure 1).
- Overall, 3-4-50 chronic disease death rates have decreased in the North Central Region and its SRAs from 2000-2023 with the exception of Del Mar-Mira Mesa SRA (Figure 2).
- Among the North Central Region SRAs, Miramar and University Regions had the highest percentage of deaths due to 3-4-50 chronic diseases in 2023.
- Among the North Central Region SRAs, Elliott-Navajo 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 46% of all deaths in the North Central 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.

†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).

§Rates and percentages not calculated for fewer than 5 events for the years 2000 to 2019. Rates and percentages not calculated for fewer than 11 events for the years 2020-2022. Rates not calculated for fewer than 20 events starting with the year 2023. Rates and percentages not calculated in cases where zip code is unknown.

**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 (HHS), 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 North Central Region?



**In North Central Region,
3-4-50 is actually 3-4-46**

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

3 BEHAVIORS

TOBACCO USE*

- In 2023, 1.6% of adults in North Central Region reported being current smokers.

LACK OF PHYSICAL ACTIVITY~

- In 2023, 23.7% of adults in North Central Region were not moderately active in the last week.

POOR NUTRITION

- In 2020, 58.6% of children in North Central 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 leading cause of death in North Central Region.

HEART DISEASE & STROKE

- In 2023, 5.8% of adults in North Central Region had ever been diagnosed with heart disease.

DIABETES

- In 2023, 4.6% of adults in North Central Region had ever been diagnosed with diabetes.

LUNG DISEASE

- In 2023, 10.8% of residents (ages 1 year and older) in North Central 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 46% of all deaths in the North Central Region.

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*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 HHS Region, 2011-2023. Available at https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/community_health_statistics/CHSU_Mortality.html#leading.