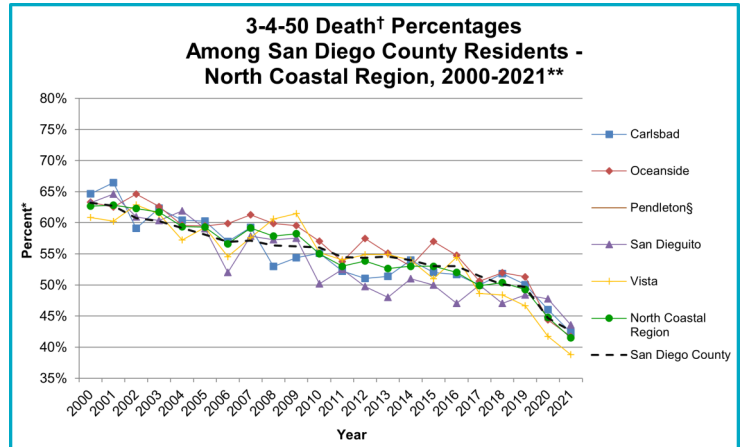


## 3-4-50: Chronic Disease Deaths in San Diego County Short Brief — North Coastal Region, 2000-2021

(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

Figure 1: 3-4-50 Death Percentages



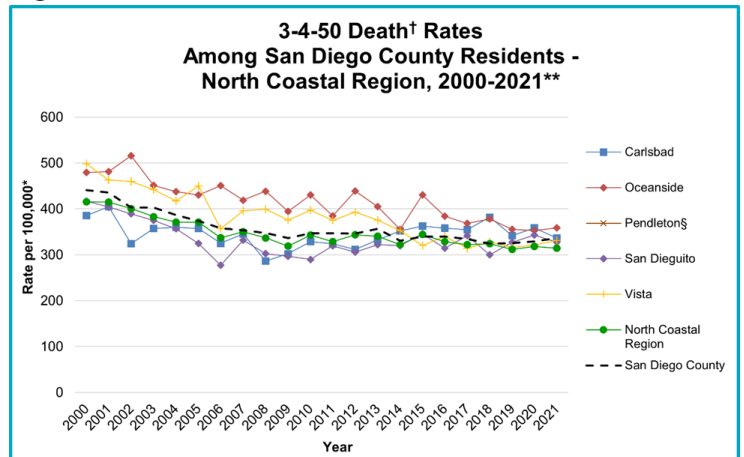
### What is 3-4-50?

Three-four-fifty refers to three behaviors that contribute to four chronic diseases and result in 50% or more deaths worldwide.<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—North Coastal Region

- From 2000-2021, the overall percent of deaths due to 3-4-50 chronic diseases decreased in the North Coastal Region and its subregional areas (SRAs) (Figure 1).
- Overall, 3-4-50 chronic disease death rates have decreased in the North Coastal Region and its SRAs from 2000-2021 (Figure 2).
- Among the North Coastal Region SRAs, San Diegoito had the highest percentage of deaths due to 3-4-50 chronic diseases in 2021.
- Among the North Coastal Region SRAs, Oceanside 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 41% of all deaths in the North Coastal Region in 2021.

Figure 2: 3-4-50 Death Rates



†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).

\*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.

\*\*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.



### QR CODES:

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For more information and data, go to  
[www.SDHealthStatistics.com](http://www.SDHealthStatistics.com)

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

**In North Coastal Region,  
3-4-50 is actually 3-4-41**

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

## 3 BEHAVIORS

### TOBACCO USE

- In 2021, 4.0% of adults in North Coastal Region reported being current smokers.

### LACK OF PHYSICAL ACTIVITY~

- In 2020, nearly 1 in 2 children in North Coastal Region spent 5 or more hours on sedentary activities on typical weekend days.

### POOR NUTRITION

- In 2020, 51.7% of children in North Coastal 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 second leading cause of death in North Coastal Region.

### HEART DISEASE & STROKE

- In 2021, 10.3% of adults in North Coastal Region had ever been diagnosed with heart disease.

### DIABETES

- In 2021, 8.1% of adults in North Coastal Region had ever been diagnosed with diabetes.

### LUNG DISEASE

- In 2021, 14.9% of residents (ages 1 year and older) in North Coastal 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 2021, cancer, heart disease and stroke, diabetes, and lung disease caused 41% of all deaths in the North Coastal Region.**

**In 2021, cancer, heart disease and stroke, diabetes, and lung disease caused 43% of all deaths in San Diego County.**