

# 3-4-50: Chronic Disease Deaths in San Diego County Short Brief 2000-2022

(Click Here for Detailed Brief)

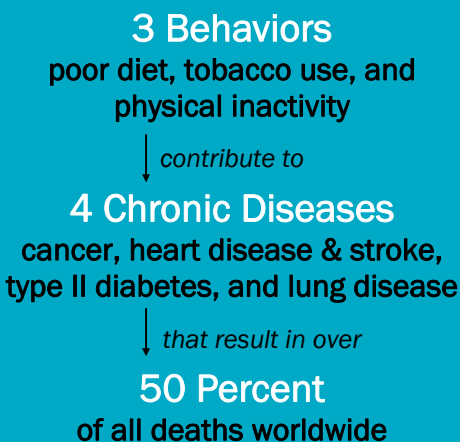


Figure 1: 3-4-50 Death Percentages

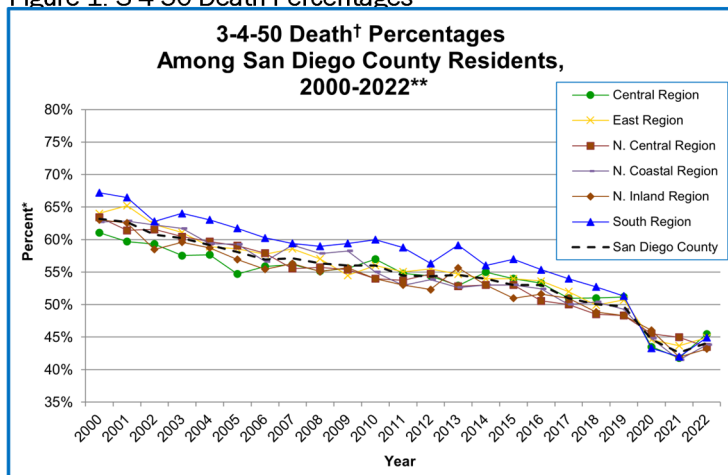
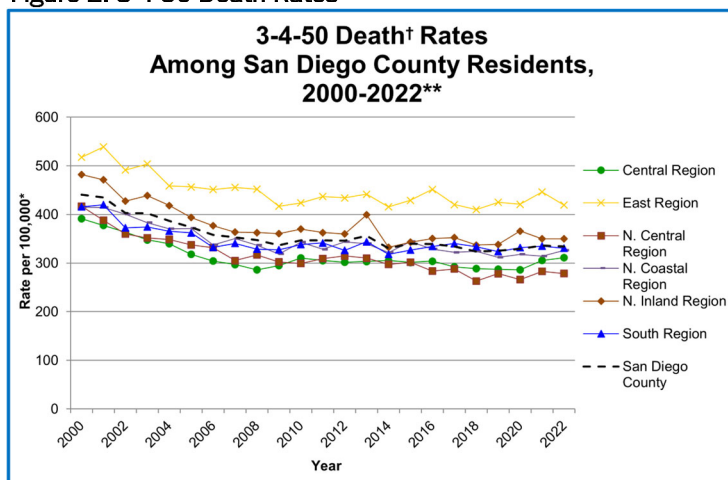


Figure 2: 3-4-50 Death Rates



## 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, 44% of all deaths are due to these four chronic diseases.

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

- From 2021-2022, the overall percent of deaths due to 3-4-50 chronic diseases increased in all Health and Human Services Agency (HHS) regions, except North Central Region (Figure 1).
- Overall, 3-4-50 chronic disease death rates have decreased in all HHS regions from 2000-2022 (Figure 2).
- Among the HHS regions, Central, East, and South Regions had the highest percent of deaths due to 3-4-50 chronic diseases in 2022.
- Among the HHS regions, Central Region had the lowest death rates due to 3-4-50 chronic diseases every year from 2000 to 2015, with the exception of 2002, 2010, and 2014. From 2016-2022, North Central Region had the lowest death rates due to 3-4-50 chronic diseases.
- Despite a decrease, 3-4-50 chronic diseases still accounted for 44% of all deaths in San Diego County in 2022.

\*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).  
 §Percents and rates not calculated for fewer than 5 events for the years 2000 to 2019. Percents and rates not calculated for fewer than 11 events for the years 2020-2022. Percents and rates not calculated in cases where zip code is unknown.  
 \*\*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, 2014-2022 California Vital Records Business Intelligence System (VRBIS), SANDAG, Current Population Estimates. 2020-2021 population estimates were derived using the 2010 decennial census and data should be considered preliminary. 2022 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, January 2024.

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



# What does 3-4-50 look like in San Diego County?



In San Diego County, 3-4-50 is actually 3-4-44

## 3 BEHAVIORS

### TOBACCO USE

- In 2022, 4.6% 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.

### TOBACCO USE

- In 2022, Central Region had the highest percent of adults who were current smokers (8.7%).

### LACK OF PHYSICAL ACTIVITY~

- In 2020, North Coastal Region had the highest percent of children who spent 5 or more hours on sedentary activities on typical weekend days.

### POOR NUTRITION

- In 2020, North Inland Region had the highest percent of children who ate less than 5 servings of fruits/vegetables daily.

## 4 CHRONIC DISEASES

### CANCER

- In 2022, cancer was the leading cause of death in San Diego County.

### HEART DISEASE & STROKE

- In 2022, 7.2% of adults in San Diego County had ever been diagnosed with heart disease.

### DIABETES

- In 2022, 7.9% of adults in San Diego County had ever been diagnosed with diabetes.

### LUNG DISEASE

- In 2022, 15.2% of residents (ages 1 year and older) in San Diego County had ever been diagnosed with asthma.

### CANCER

- In 2022, cancer was the leading cause of death in five HHS regions: Central, East, North Central, North Inland, and South.

### HEART DISEASE & STROKE

- In 2022, North Inland Region had the highest percent of adults who had ever been diagnosed with heart disease (8.6%).

### DIABETES

- In 2022, East Region had the highest percent of adults who had ever been diagnosed with diabetes (14.6%).

### LUNG DISEASE

- In 2022, North Inland Region had the highest percent of residents (ages 1 year and older) who had ever been diagnosed with asthma (17.7%).

## CAUSE OVER 50% OF DEATHS

In 2022, cancer, heart disease and stroke, diabetes, and lung disease caused 44% of all deaths in San Diego County.

In 2022, Central, East, and South Regions had the highest percent of deaths due to 3-4-50 chronic diseases at 45%, while North Inland Region had the lowest at 43%.



~Includes "5 to less than 8 hours" and "8 or more hours" spent on sedentary activities on typical weekend days.

Data Sources: UCLA Center for Health Policy Research, Los Angeles, CA. AskCHIS. Available at <http://ask.chis.ucla.edu>. Most recent data available presented. County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, Leading Causes of Death Tables by HHS Region, 2011-2022. Available at [https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/community\\_health\\_statistics/CHSU\\_Mortality.html#leading](https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/community_health_statistics/CHSU_Mortality.html#leading).