

3-4-50: Chronic Disease Deaths in San Diego County—Central Region, 2000-2010

3 Behaviors
 contribute to
4 Chronic Diseases
 that cause over
50 percent
 of all deaths worldwide.

What is 3-4-50?

Chronic diseases are now the major cause of death and disability worldwide, having surpassed infectious diseases and injuries. This reflects a significant change in diet habits, physical activity levels, and tobacco use.

These chronic diseases are important to consider together because they are common causes of disability and death in San Diego County. They are also highly influenced by three unhealthy behaviors; behaviors that cause many cases of specified chronic conditions that are preventable.

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

- From 2000 to 2010, the percent of all deaths due to chronic disease has decreased in the Central Region and its Subregional Areas (SRAs), while the number of deaths have remained relatively stable.
- Overall, chronic disease death rates have decreased in the Central Region and its SRAs from 2000 to 2010.
- Among the Central Region SRAs, Southeastern San Diego had the highest percentage of deaths due to chronic disease in 2010.
- Among the Central Region SRAs, Southeastern San Diego had the highest chronic disease death rate in 2010.
- Despite a decrease since 2000, chronic diseases accounted for 57% of all deaths in the Central Region in 2010.

Figure 1: 3-4-50 Death Percentages

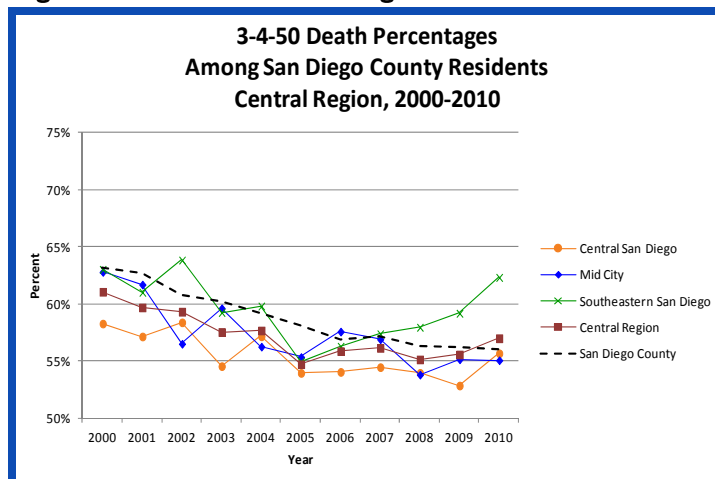
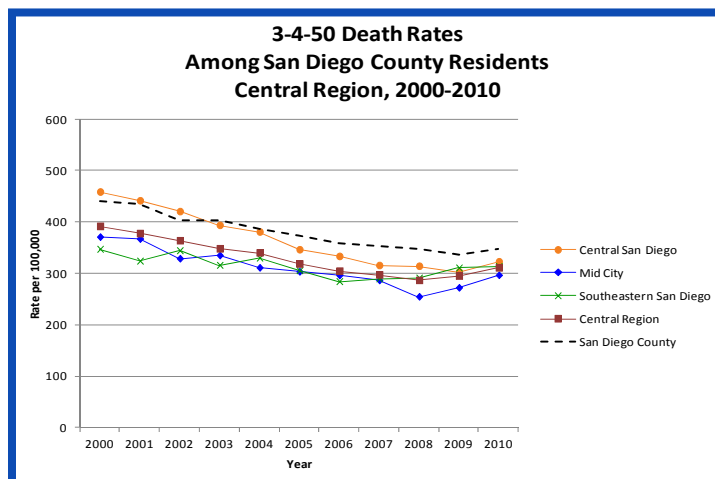


Figure 2: 3-4-50 Death Rates



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

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

In Central Region,
3-4-50 is actually 3-4-57

In San Diego County,
3-4-50 is actually 3-4-56

3 BEHAVIORS

TOBACCO USE

- In 2009, 1 out of 7 Central Region teens and adults were current smokers.

LACK OF PHYSICAL ACTIVITY

- Nearly one-quarter of Central Region adults did not walk for transportation, fun or exercise every week in 2009.

POOR NUTRITION

- In 2009, 1 out of 5 residents ate fast food three or more times every week.

TOBACCO USE

- In 2009, 1 out of 8 San Diego County teens and adults were current smokers.

LACK OF PHYSICAL ACTIVITY

- One-quarter of San Diego County adults did not walk for transportation, fun or exercise every week in 2009.

POOR NUTRITION

- In 2009, 1 out of 5 residents ate fast food three or more times every week.

4 CHRONIC DISEASES

CANCER

- In 2010, cancer was the leading cause of death in the Central Region.

HEART DISEASE & STROKE

- One out of ten Central Region adults had ever been diagnosed with heart disease in 2009.

DIABETES

- In 2009, 12% of adults residing in the Central Region had ever been diagnosed with diabetes.

LUNG DISEASE

- Central Region residents were at greater risk for death, hospitalization, and emergency department discharge due to asthma compared to the county overall in 2009.

CANCER

- In 2010, cancer was the leading cause of death in San Diego County.

HEART DISEASE & STROKE

- One out of fifteen of San Diego County residents had ever been diagnosed with heart disease in 2009.

DIABETES

- In 2009, 8% of San Diego County adults had ever been diagnosed with diabetes.

LUNG DISEASE

- One out of eight San Diego County adults had ever been diagnosed with Asthma in 2009.

CAUSE OVER 50% OF DEATHS

In 2010, cancer, heart disease and stroke, diabetes, and lung cancer caused 57% of all deaths in Central Region.

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