

# 3-4-50: Chronic Disease Deaths in San Diego County—East Region, 2000-2011

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—East Region

- From 2000 to 2011, the percent of all deaths due to 3-4-50 chronic disease has decreased in the East Region and its Subregional Areas (SRAs), while the overall number of deaths have remained relatively stable.
- Overall, 3-4-50 chronic disease death rates have decreased in the East Region and its SRAs from 2000 to 2011.
- Among the East Region SRAs, Laguna-Pine Valley and Spring Valley had the highest percentage of deaths due to 3-4-50 chronic disease in 2011.
- Among the East Region SRAs, La Mesa had the highest 3-4-50 chronic disease death rate in 2011.
- Despite a decrease from 2000, 3-4-50 chronic diseases accounted for 55% of all deaths in the East Region in 2011.

Figure 1: 3-4-50 Death Percentages

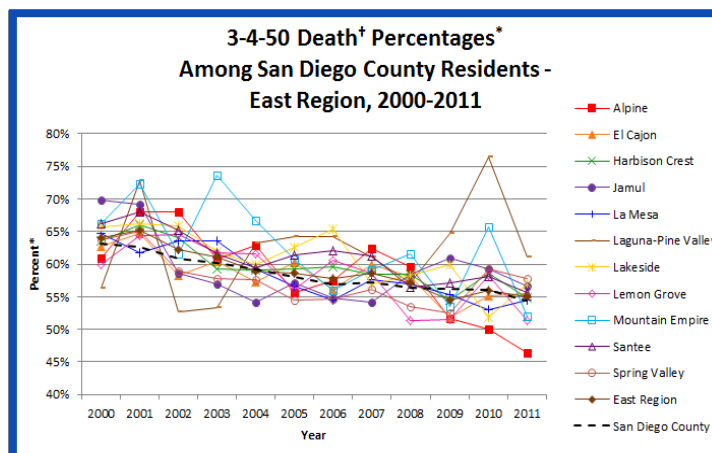
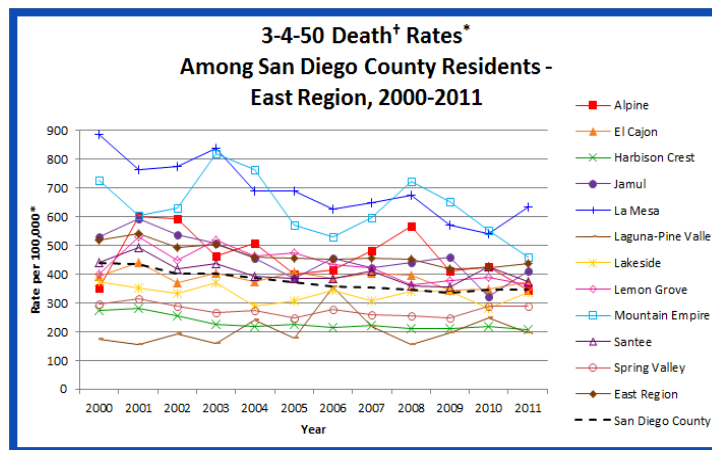


Figure 2: 3-4-50 Death Rates



†3-4-50 deaths include stroke, coronary heart disease (CHD), diabetes, COPD, asthma, and cancer.  
 \*3-4-50 deaths as a percentage of all cause deaths. Rates per 100,000 population.



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

In East Region,  
3-4-50 is actually 3-4-55

In San Diego County,  
3-4-50 is actually 3-4-54

## 3 BEHAVIORS

### TOBACCO USE

- In 2011, 1 out of 8 East Region teens and adults were current smokers.

### LACK OF PHYSICAL ACTIVITY

- In 2011, 7 out of 10 East Region children engaged in fewer than five days of physical activity, lasting at least one hour, per week.

### POOR NUTRITION

- In 2011, more than 1 out of 5 East Region residents ate fast food three or more times every week.

### TOBACCO USE

- In 2011, 1 out of 8 San Diego County teens and adults were current smokers.

### LACK OF PHYSICAL ACTIVITY

- In 2011, 6 out of 10 San Diego County children engaged in fewer than five days of physical activity, lasting at least one hour, per week.

### POOR NUTRITION

- In 2011, nearly 1 out of 5 San Diego County residents ate fast food three or more times every week.

## 4 CHRONIC DISEASES

### CANCER

- In 2011, cancer was the leading cause of death in the East Region.

### HEART DISEASE & STROKE

- In 2011, 7.7% of East Region adults had ever been diagnosed with heart disease.

### DIABETES

- In 2011, 8.5% of East Region adults had ever been diagnosed with diabetes.

### LUNG DISEASE

- In 2011, 1 out of 6 East Region residents had ever been diagnosed with asthma.

### CANCER

- In 2011, cancer was the leading cause of death in San Diego County.

### HEART DISEASE & STROKE

- In 2011, 5.8% of San Diego County adults had ever been diagnosed with heart disease.

### DIABETES

- In 2011, 7.8% of San Diego County adults had ever been diagnosed with diabetes.

### LUNG DISEASE

- In 2011, 1 out of 7 San Diego County residents had ever been diagnosed with asthma.

## CAUSE OVER 50% OF DEATHS

In 2011, cancer, heart disease and stroke, diabetes, and lung disease caused 55% of all deaths in the East Region.

In 2011, cancer, heart disease and stroke, diabetes, and lung disease caused 54% of all deaths in San Diego County.