

3-4-50: Chronic Disease Deaths in San Diego County—South 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—South Region

- From 2000 to 2010, the percent of all deaths due to chronic disease has decreased in the South Region and its Subregional Areas (SRAs), while the number of deaths have remained relatively stable.
- Overall, chronic disease death rates have decreased in the South Region and its SRAs from 2000 to 2010.
- Among the South Region SRAs, National City had the highest percentage of deaths due to chronic disease in 2010.
- Among the South Region SRAs, Chula Vista had the highest chronic disease death rate in 2010.
- Despite a decrease since 2000, chronic diseases accounted for 60% of all deaths in the South Region in 2010.

Figure 1: 3-4-50 Death Percentages

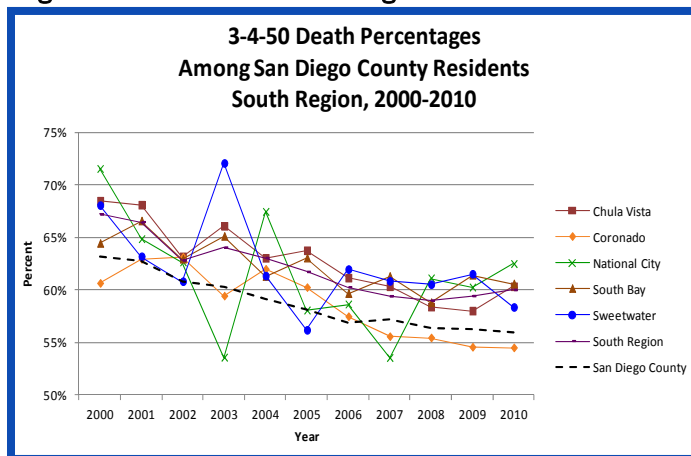
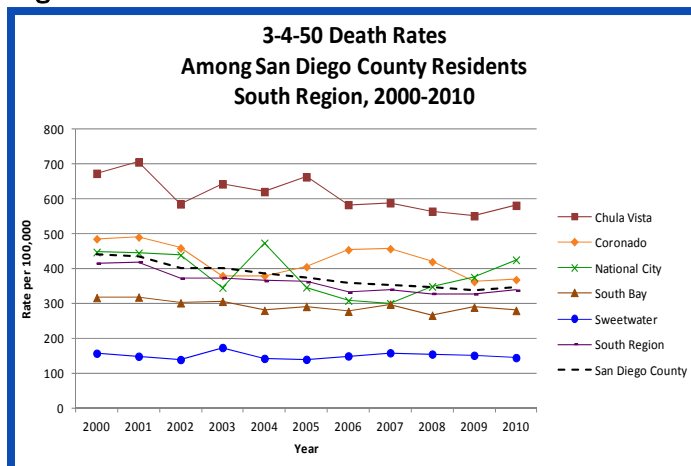


Figure 2: 3-4-50 Death Rates



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

What does 3-4-50 look like in the South Region?

In the South Region,
3-4-50 is actually 3-4-60

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

3 BEHAVIORS

TOBACCO USE

- In 2009, 1 out of 9 South Region teens and adults were current smokers.

LACK OF PHYSICAL ACTIVITY

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

POOR NUTRITION

- In 2009, over 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 South Region.

HEART DISEASE & STROKE

- Heart disease and stroke, combined, accounted for 1 out of every 3 deaths in the South Region in 2010.

DIABETES

- South Region residents aged 65+ were 6 times more likely to die from diabetes compared to the South Region overall.

LUNG DISEASE

- One out of ten of South Region adults had ever been diagnosed with asthma in 2009.

CANCER

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

HEART DISEASE & STROKE

- As of 2009, 6.4% of San Diego County adults had ever been diagnosed with heart disease.

DIABETES

- In 2010, residents aged 65+ years were at greatest risk for death due to diabetes.

LUNG DISEASE

- One out of eight of San Diego County residents 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 60% of all deaths in the South Region.

In 2010, cancer, heart disease and stroke, diabetes, and lung cancer caused 56% of all deaths in San Diego County.