

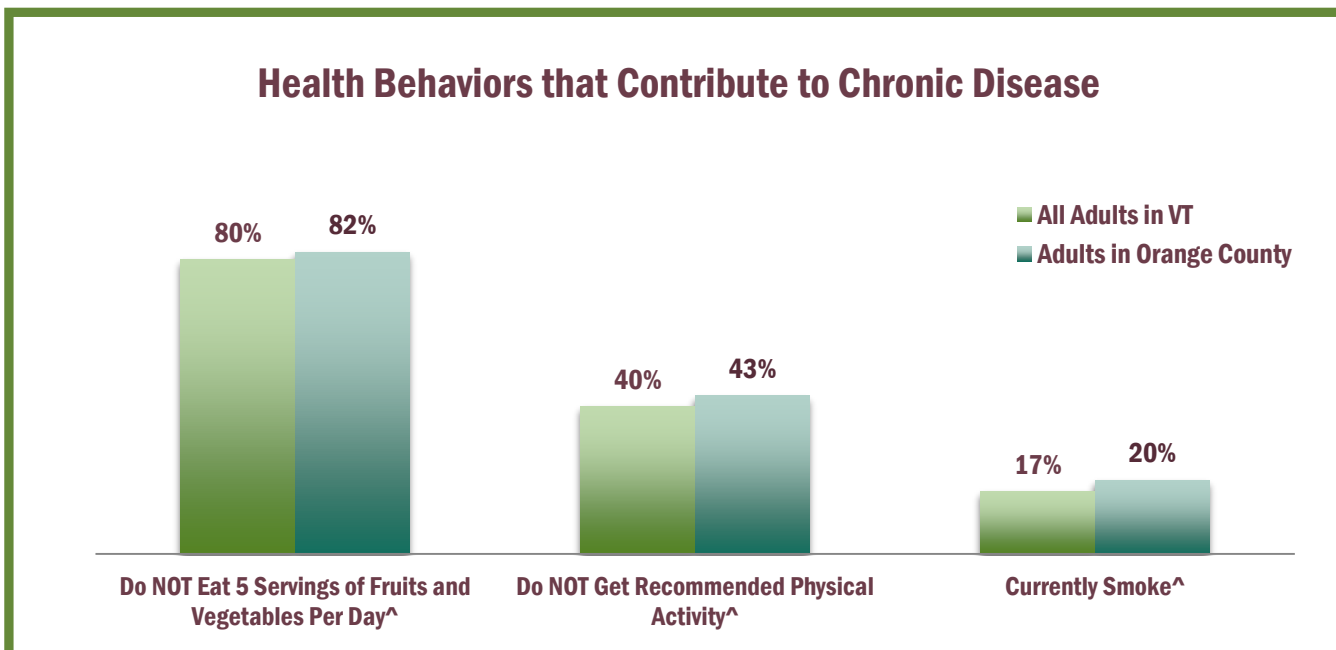
### Chronic Disease in Orange County



3-4-50 is a simple concept to help us grasp the reality that 3 health behaviors contribute to 4 chronic diseases that claim the lives of more than 50 percent of Vermonters. This data brief compares these measures of all Vermont adults to adults living in Orange County.

#### 3 BEHAVIORS

Lack of physical activity, poor nutrition and tobacco use are three behaviors that contribute to the development and severity of chronic disease. Four out of five adults in Orange County do not eat enough fruits and vegetables (82%) and two in five do not get the recommended amount of physical activity (43%). One in five Orange County adults currently smoke (20%).



(\*) notes statistical difference

Data Source: BRFSS 2013/15; 2015/17; and 2016/17  
<sup>^</sup>Data are age-adjusted to the U.S. 2000 population

## LEAD TO 4 CHRONIC DISEASES

- One in seven Orange County adults have been diagnosed with lung disease (15%).
- One in eleven have ever been diagnosed with diabetes or cardiovascular disease (9%).
- 6% of Orange County adults have ever been diagnosed with cancer.

## RESULTING IN MORE THAN 50 PERCENT OF DEATHS

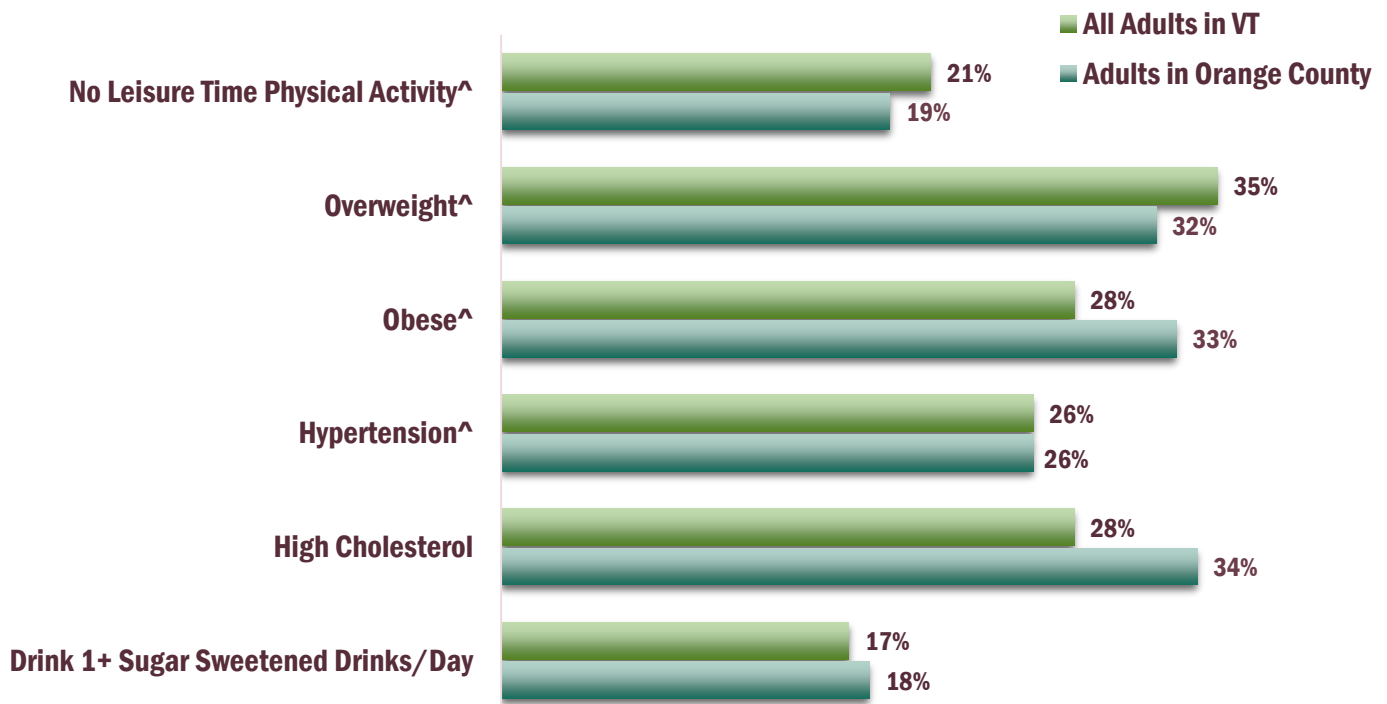
- In all, these four diseases account for 52% of Orange County residents' deaths.

| Chronic Disease             | Vermont            |                 | Orange County      |                 |
|-----------------------------|--------------------|-----------------|--------------------|-----------------|
|                             | % Adults Diagnosed | % of All Deaths | % Adults Diagnosed | % of All Deaths |
| Lung Diseases (Asthma/COPD) | 16% (12%/6%)       | 6%              | 15% (10%/6%)       | 6%              |
| Diabetes                    | 8%                 | 3%              | 9%                 | 2%              |
| Cardiovascular Diseases     | 8%                 | 21%             | 9%                 | 25%             |
| Cancer                      | 8%                 | 23%             | 6%                 | 20%             |

(\*) notes statistical difference

Data Source: BRFSS 2016/17  
VT Vital Stats 2016

## Risk Factors for Chronic Disease



(\*) notes statistical difference

Data Source: BRFSS 2013/17; 2015/17; and 2016/17  
<sup>^</sup>Data are age-adjusted to the U.S. 2000 population

For more information on the data presented here, email [3-4-50@vermont.gov](mailto:3-4-50@vermont.gov).