

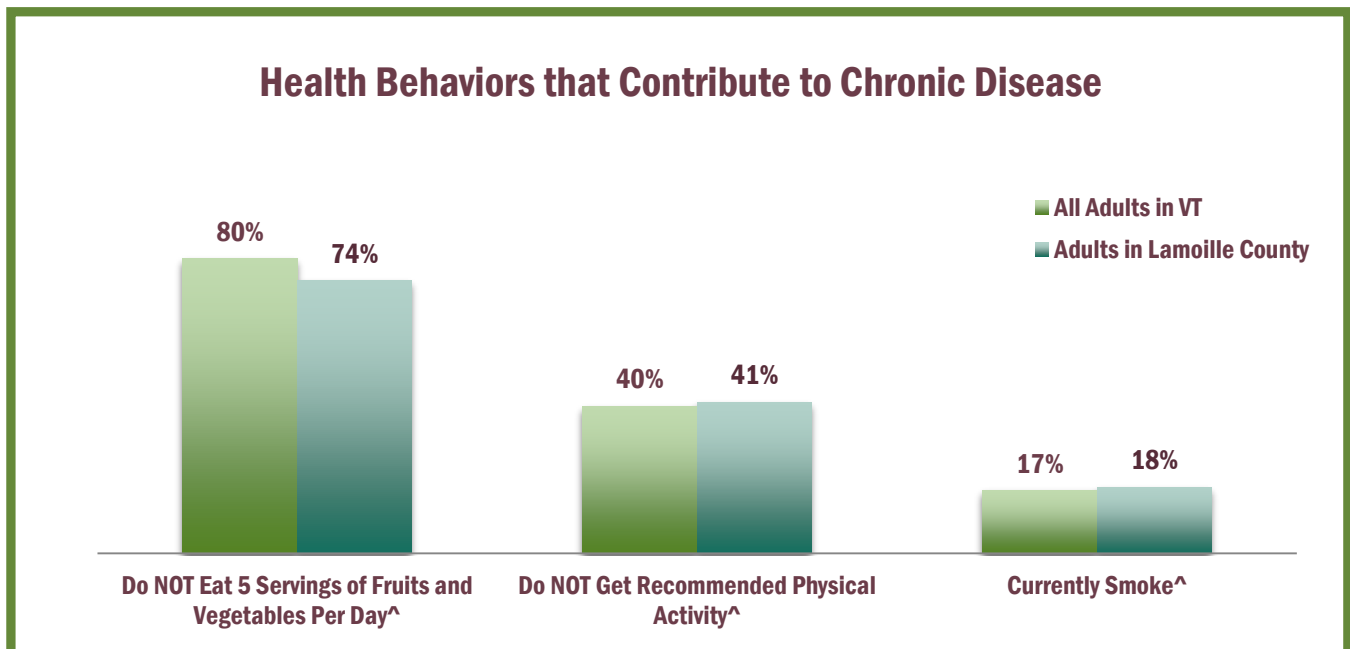
Chronic Disease in Lamoille County



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 Lamoille 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. Three out of four adults in Lamoille County do not eat enough fruits and vegetables (74%) and two in five do not get the recommended amount of physical activity (41%). Nearly one in five Lamoille County adults currently smoke (18%).



(*) notes statistical difference

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

LEAD TO 4 CHRONIC DISEASES

- One in eight Lamoille County adults have been diagnosed with lung disease (12%).
- 8% have ever had cancer and 7% have been diagnosed with cardiovascular disease or diabetes.
- Lamoille County adults are significantly less likely to be obese than all Vermont adults (21% vs. 28%).

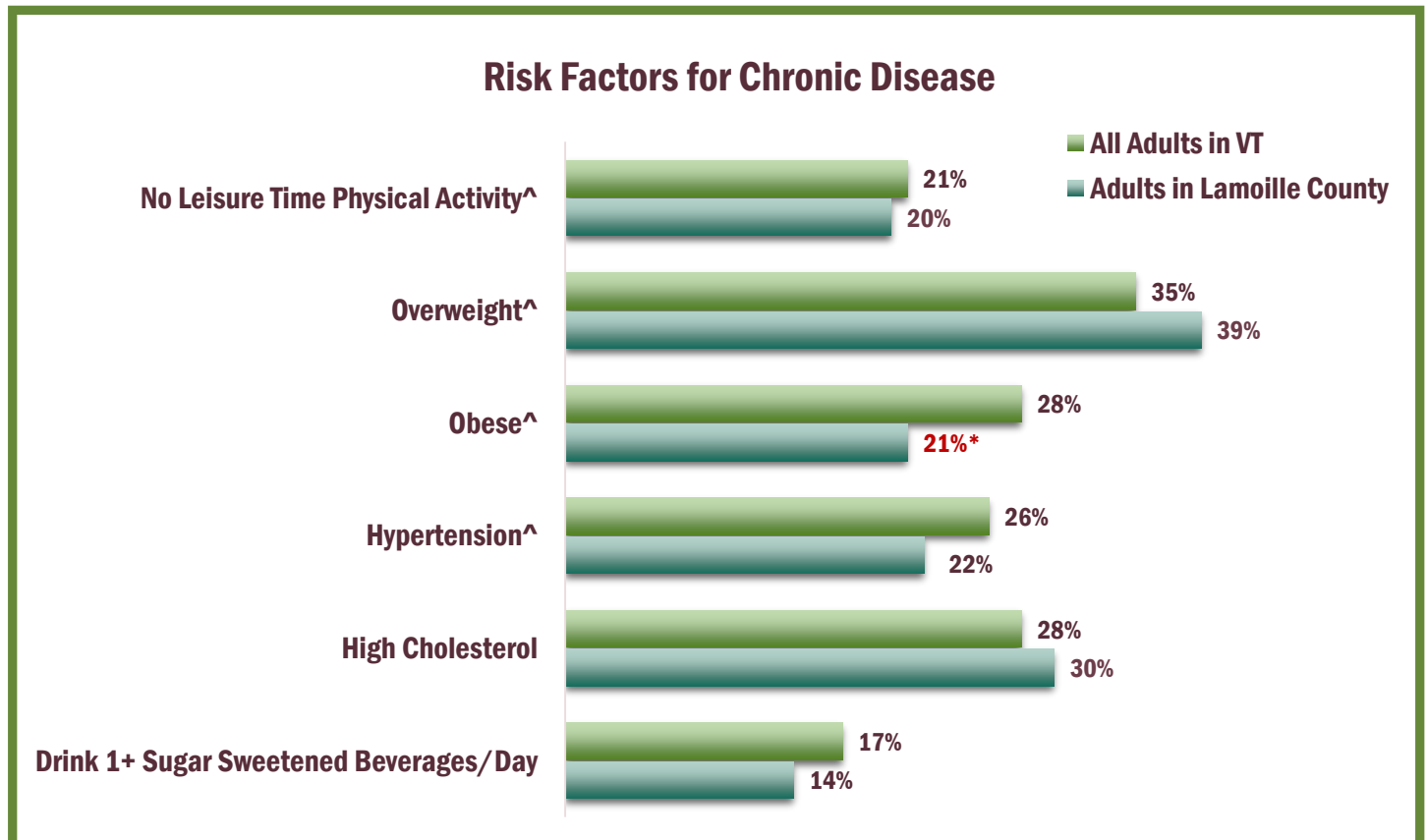
RESULTING IN MORE THAN 50 PERCENT OF DEATHS

- In all, these four diseases account for 55% of Lamoille County residents' deaths.

| Chronic Disease | Vermont | | Lamoille County | |
|-----------------------------|--------------------|-----------------|--------------------|-----------------|
| | % Adults Diagnosed | % of All Deaths | % Adults Diagnosed | % of All Deaths |
| Lung Diseases (Asthma/COPD) | 16% (12%/6%) | 6% | 12% (8%/6%) | 6% |
| Diabetes | 8% | 3% | 7% | 4% |
| Cardiovascular Diseases | 8% | 21% | 7% | 19% |
| Cancer | 8% | 23% | 8% | 26% |

(* notes statistical difference)

Data Source: BRFSS 2016/17
VT Vital Stats 2016



(* notes statistical difference)

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

For more information on the data presented here, email 3-4-50@vermont.gov.