

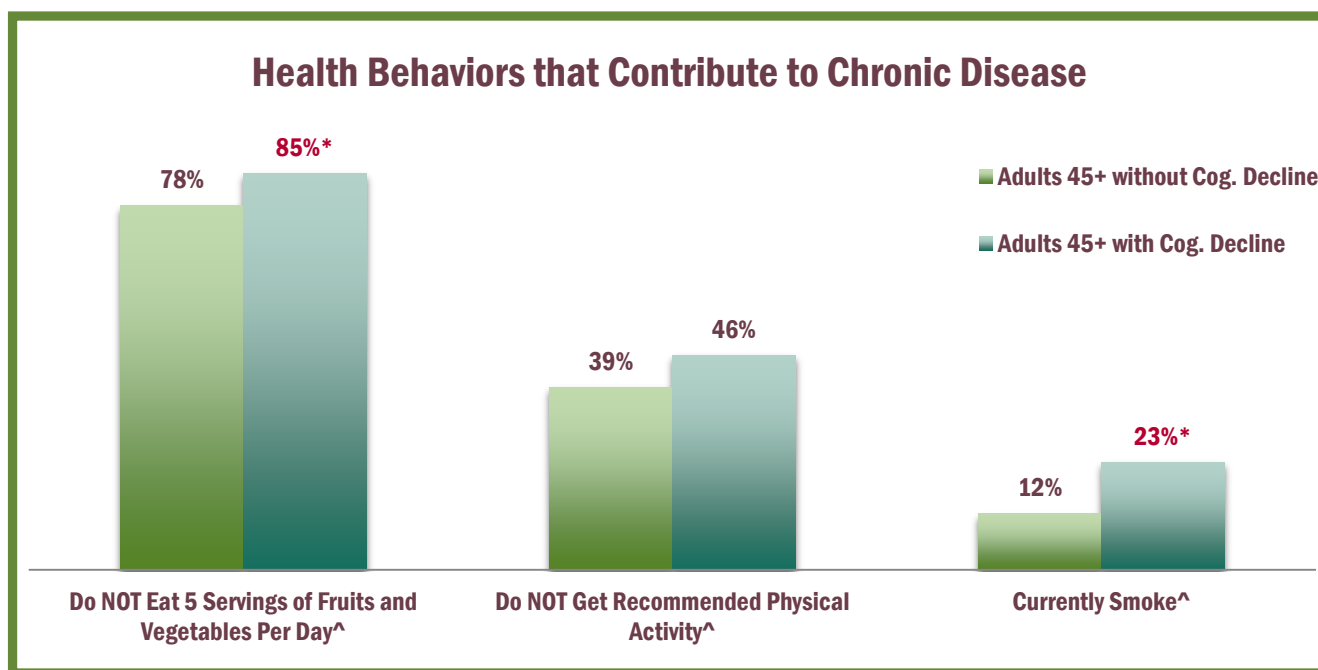
Chronic Disease and Cognitive Decline

Vermonters with cognitive decline are affected by chronic disease more than those without cognitive decline. Cognitive decline is defined as confusion or memory loss that occurred often or worsened in the last 12 months, among adults age 45 and older. Individuals with cognitive decline have higher rates of both chronic diseases and related unhealthy behaviors. Most notable are differences related to smoking, lung disease and cardiovascular (heart) disease. Programs and policies to reduce the behaviors that lead to chronic diseases should be appropriate or adapted for individuals with cognitive decline.

3-4-50 is a simple concept to help us understand and take action to reduce the impact of chronic disease. It stands for **3 behaviors** that lead to **4 chronic diseases** resulting in more than **50 percent of all deaths** in Vermont. This data brief compares the rates of these behaviors and chronic diseases between Vermont adults with cognitive decline and adults without cognitive decline.

3 BEHAVIORS

Poor nutrition, lack of physical activity and tobacco use are three health behaviors that contribute to the development and severity of chronic disease. Vermonters with cognitive decline are more likely to not eat the recommended amount of fruits and vegetables and to smoke. Nearly nine out of 10 Vermonters with cognitive decline (85%) do not eat the recommended amount of fruits and vegetables and almost half (46%) do not get enough physical activity. Nearly a quarter (23%) of adults with cognitive decline smoke – a rate twice as high as those without cognitive decline.



(*) notes statistical difference

Data Source: BRFSS 2013 & 2016
[^]Data are age-adjusted to the U.S. 2000 population

LEAD TO 4 CHRONIC DISEASES

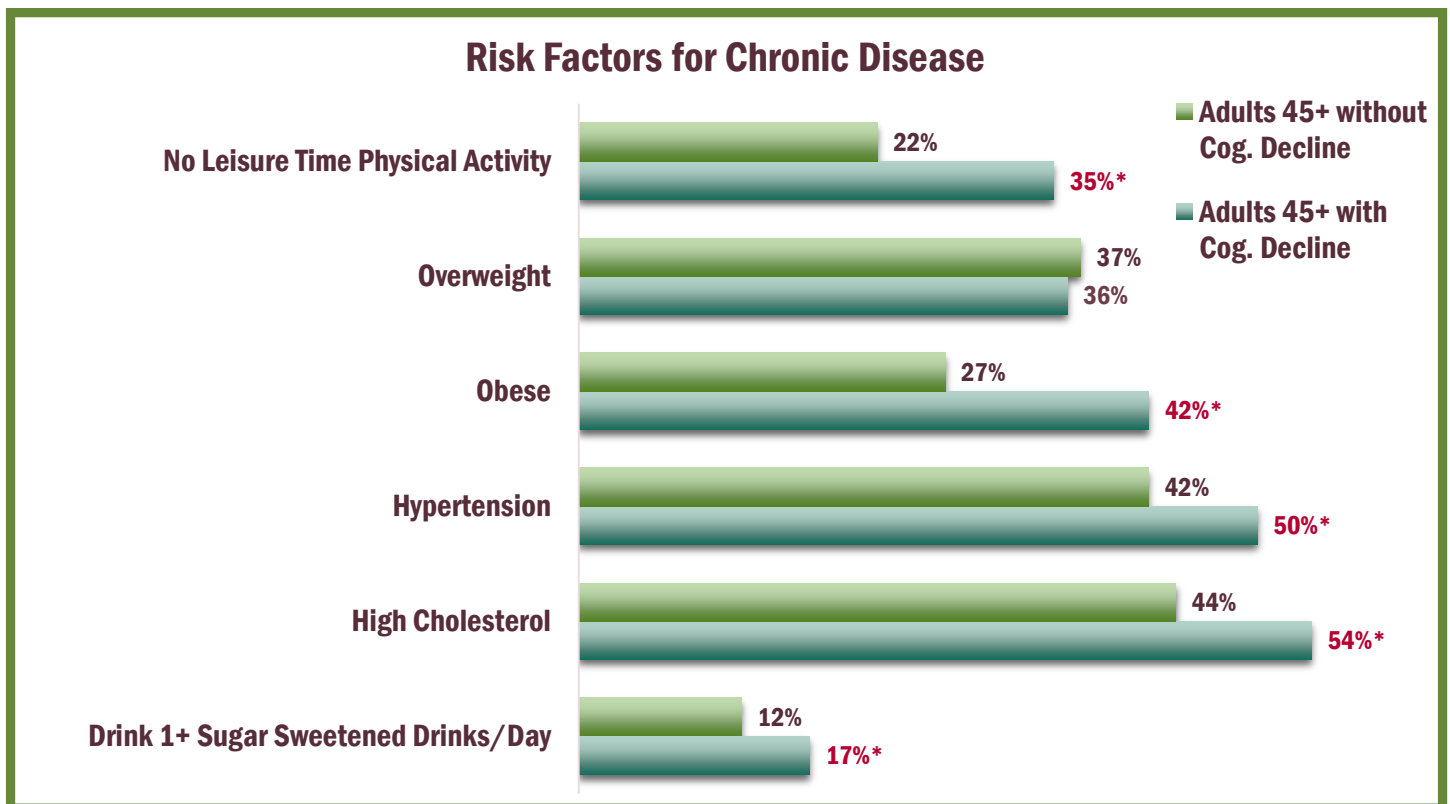
Vermonters with cognitive decline are more likely to be diagnosed with lung disease, cardiovascular disease and cancer than Vermonters without cognitive decline.

- They are more than twice as likely to have lung disease (28%) or cardiovascular disease (28%) than those without cognitive decline.
- Adults with cognitive decline had higher rates of several chronic disease risk factors, including no leisure time physical activity, obesity, hypertension, high cholesterol, and drinking 1 or more sugar-sweetened beverages a day.

Chronic Disease Diagnosis	Adults 45+ without Cognitive Decline	Adults 45+ with Cognitive Decline
Lung Disease (Asthma/COPD)	13% (9%/7%)	28%* (17%*/21%*)
Diabetes	12%	17%
Cardiovascular Disease	11%	28%*
Cancer	11%	17%*

(*) notes statistical difference

Data Source: BRFSS 2016



Data Source: BRFSS 2013 & 2016

(*) notes statistical difference

For questions related to the data presented here, email 3-4-50@vermont.gov.