

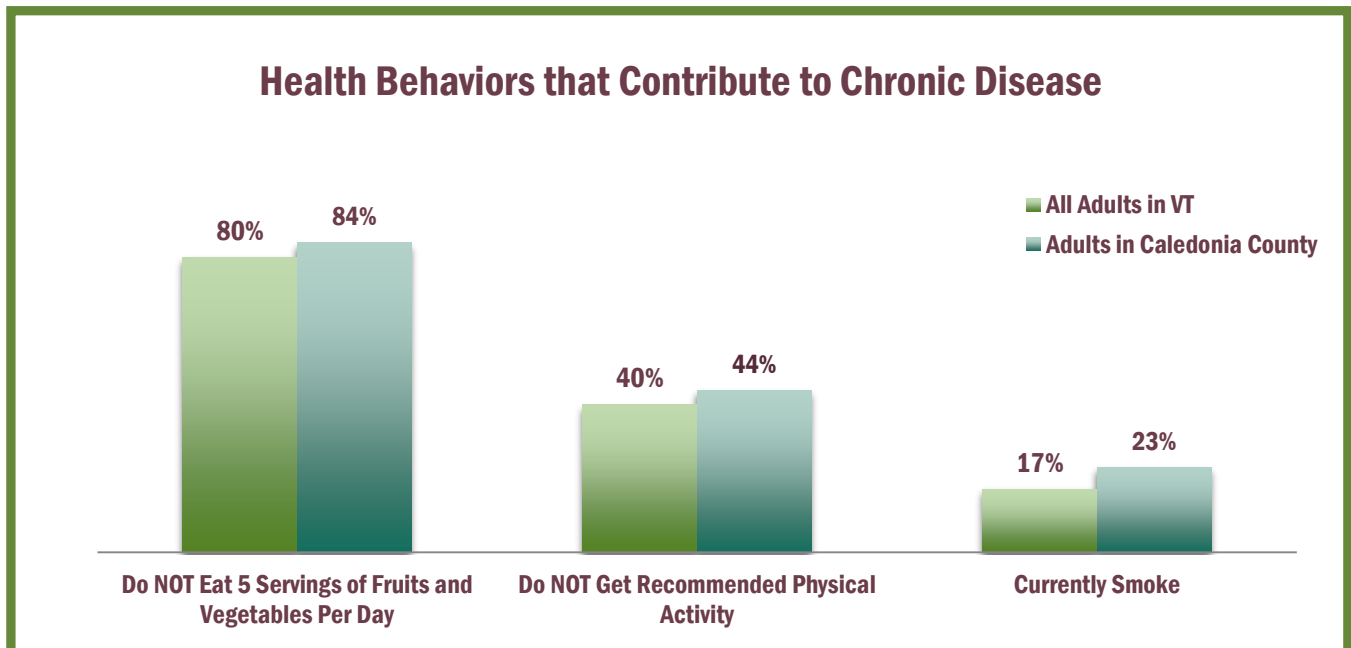
Chronic Disease in Caledonia County



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 Caledonia 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. Over four out of five adults in Caledonia County do not eat enough fruits and vegetables (84%) and over two in five do not get the recommended amount of physical activity (44%). Almost one in four (23%) adults currently smoke.



(*) 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

- More than one in seven (15%) of Caledonia County adults have been diagnosed with a lung disease.
- One in ten residents have been diagnosed with cardiovascular disease (10%). One in eleven have ever been diagnosed with diabetes (9%) or cancer (8%).
- Adults in Caledonia County have higher rates of hypertension (35%).

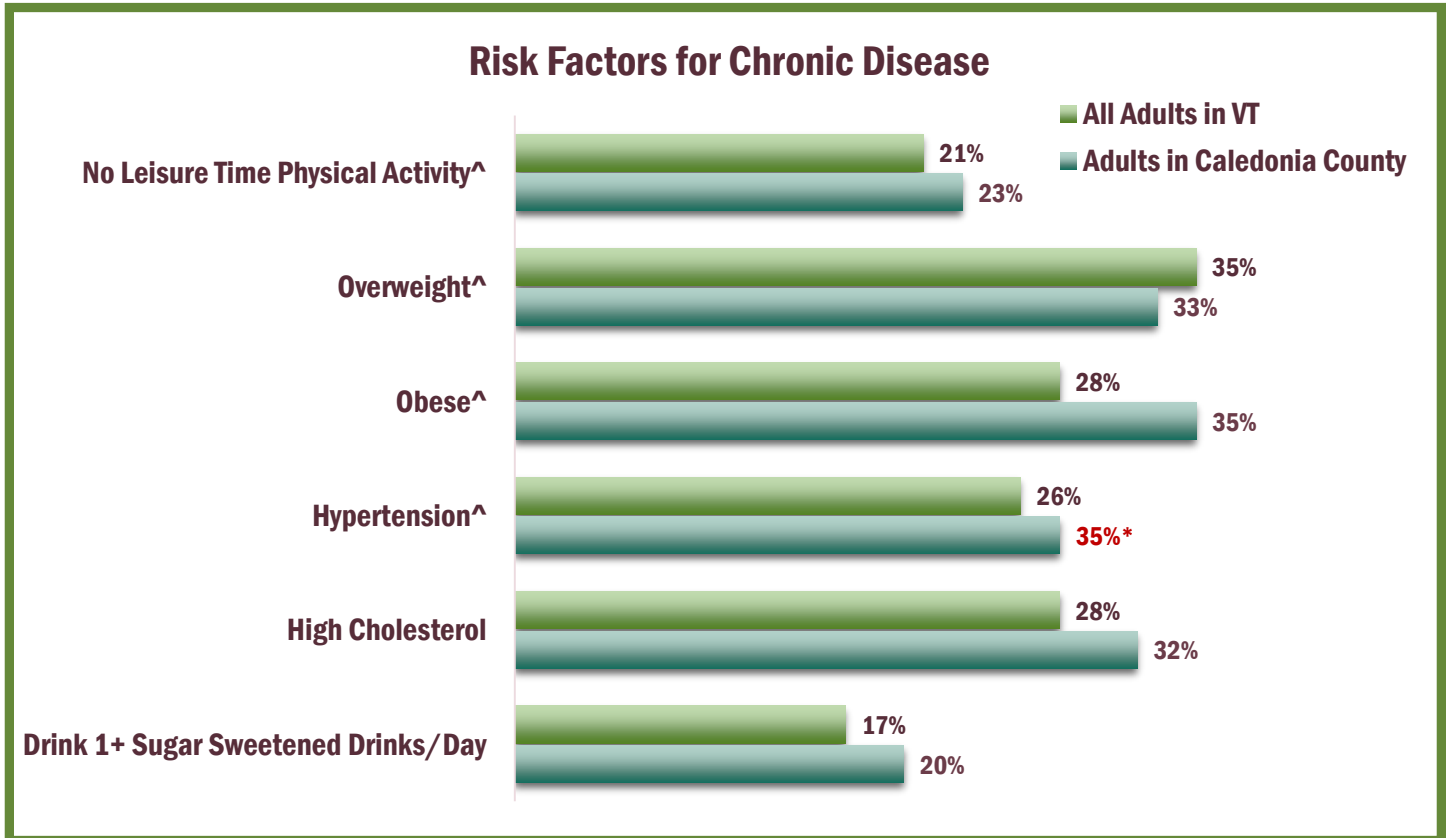
RESULTING IN MORE THAN 50 PERCENT OF DEATHS

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

Chronic Disease	Vermont		Caledonia County	
	% Adults Diagnosed	% of All Deaths	% Adults Diagnosed	% of All Deaths
Lung Diseases (Asthma/COPD)	16% (12%/6%)	6%	15% (11%/7%)	3%
Diabetes	8%	3%	9%	2%
Cardiovascular Diseases	8%	21%	10%	23%
Cancer	8%	23%	8%	23%

(*) 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.