Chronic Disease in Essex County

3 BEHAVIORS · No Physical Activity · Poor Diet · Tobacco Use **LEAD TO**

4 DISEASES · Cancer · Heart Disease & Stroke · Type 2 Diabetes · Lung Disease **RESULT IN**

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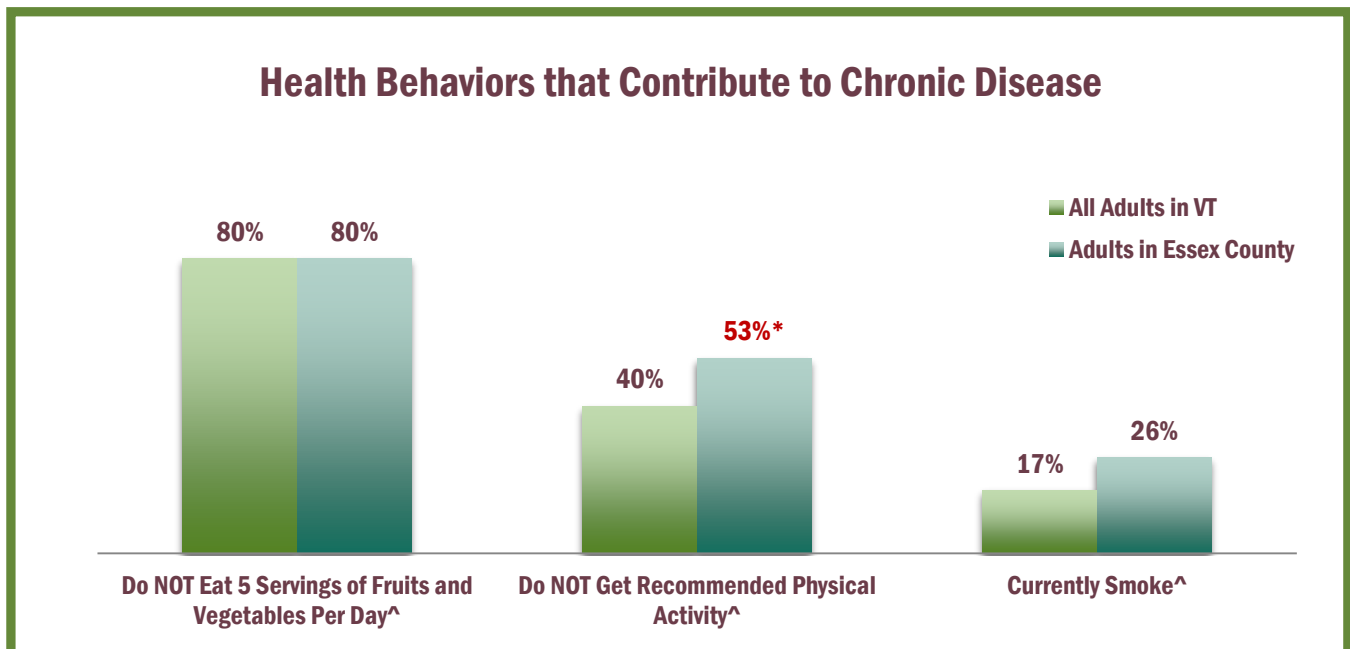
3-4-50 is a simple concept to help us grasp the reality that 3 health behaviors contribute to 4 chronic diseases that claim the lives of more than 50 percent of Vermonters. This data brief compares these measures of all Vermont adults to adults living in Essex County.

3 BEHAVIORS

Lack of physical activity, poor nutrition and tobacco use are three behaviors that contribute to the development and severity of chronic disease. More than four out of five adults in Essex County do not eat enough fruits and vegetables (80%). Over half of Essex County adults do not get the recommended amount of physical activity (53%) – a significantly higher proportion compared to all adults in Vermont. A quarter (26%) of Essex County adults currently smoke.

Health Behaviors that Contribute to Chronic Disease

Legend:
- All Adults in VT
- Adults in Essex County

	Do NOT Eat 5 Servings of Fruits and Vegetables Per Day^	Do NOT Get Recommended Physical Activity^	Currently Smoke^
All Adults in VT	80%	40%	17%
Adults in Essex County	80%	53%*	26%

(*) notes statistical difference

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

3 › 4 › 50
VERMONT

LEAD TO 4 CHRONIC DISEASES

- Essex county adults are more likely to have ever been diagnosed with diabetes (13%) or cardiovascular disease (14%) than Vermont adults overall.

- Essex County residents are more likely to have COPD than Vermont adults overall (12% vs. 6%)

- Essex County adults are more likely to not engage in any leisure time physical activity (30%).
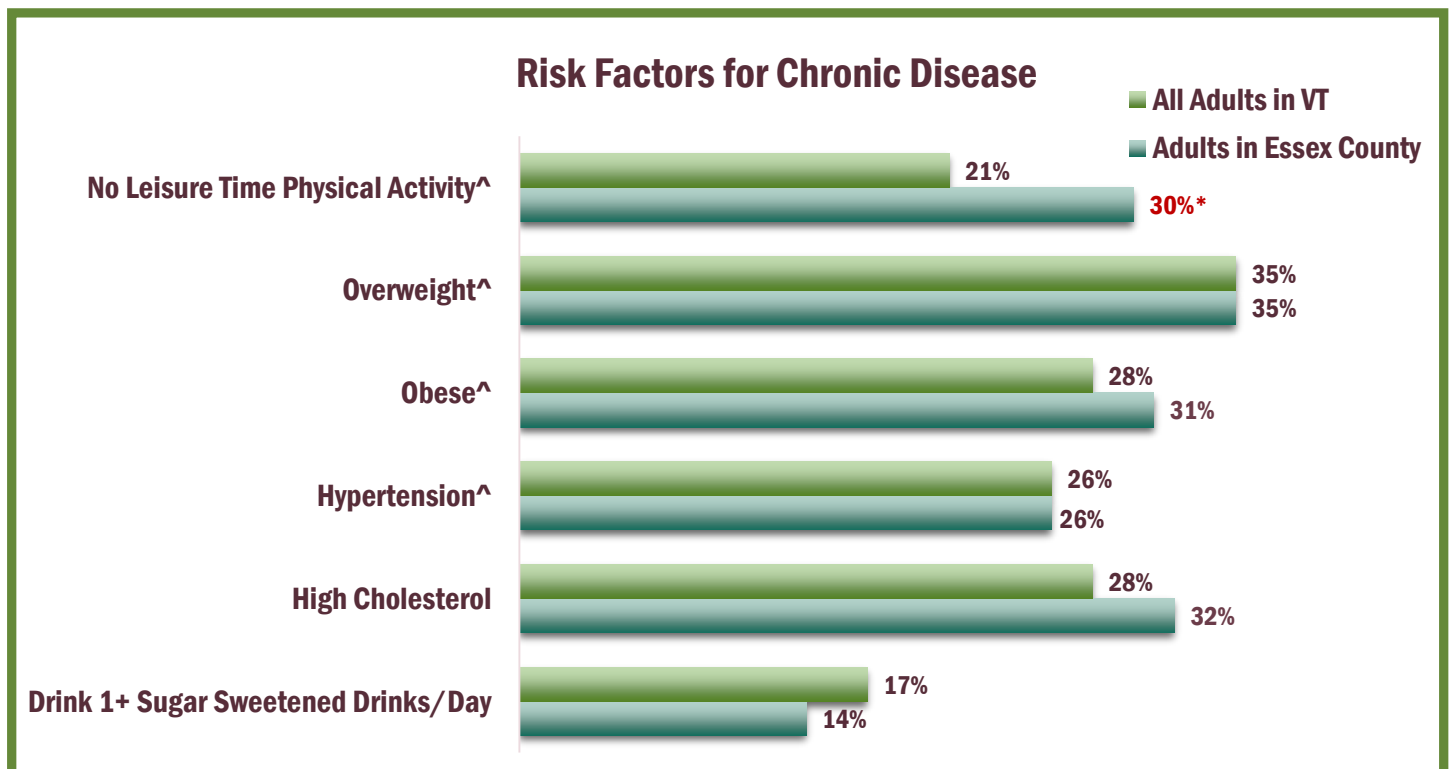
Chronic Disease	Vermont		Essex County	
	% Adults Diagnosed	% of All Deaths	% Adults Diagnosed	% of All Deaths
Lung Diseases (Asthma/COPD)	16% (12%/6%)	6%	20% (12%/**12%***)	4%
Diabetes	8%	3%	**13%***	0%
Cardiovascular Diseases	8%	21%	**14%***	24%
Cancer	8%	23%	11%	21%

(*) notes statistical difference

Data Source: BRFSS 2016/17
VT Vital Stats 2016

RESULTING IN MORE THAN 50 PERCENT OF DEATHS

- These four diseases account for 49% of Essex County residents' deaths.

Risk Factors for Chronic Disease

- **All Adults in VT**
- **Adults in Essex County**

Risk Factor	All Adults in VT	Adults in Essex County
No Leisure Time Physical Activity^	21%	**30%***
Overweight^	35%	35%
Obese^	28%	31%
Hypertension^	26%	26%
High Cholesterol	28%	32%
Drink 1+ Sugar Sweetened Drinks/Day	17%	14%

(*) 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.

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DEPARTMENT OF HEALTH