

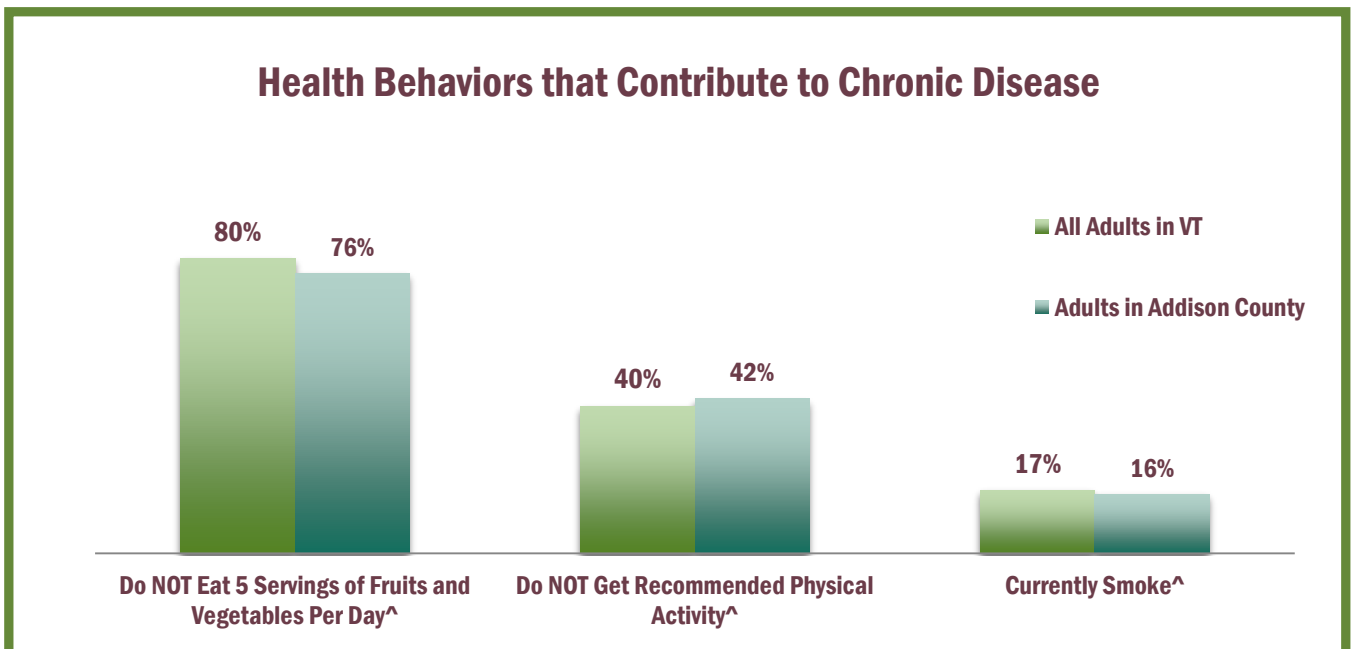
Chronic Disease in Addison County



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 Addison 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 three in four adults in Addison County do not eat enough fruits and vegetables (76%) and two in five do not get the recommended amount of physical activity (42%). Additionally, more one in six adults currently smoke (16%).



(*) notes statistical difference

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

LEAD TO 4 CHRONIC DISEASES

- One in seven Addison County adults have been diagnosed with lung disease (14%) and one in ten (10%) have ever been diagnosed with cancer.
- One in twelve have been diagnosed with diabetes (8%) or cardiovascular disease (7%).
- Addison County has similar rates of diagnosis and risk factors to all adult Vermonters.

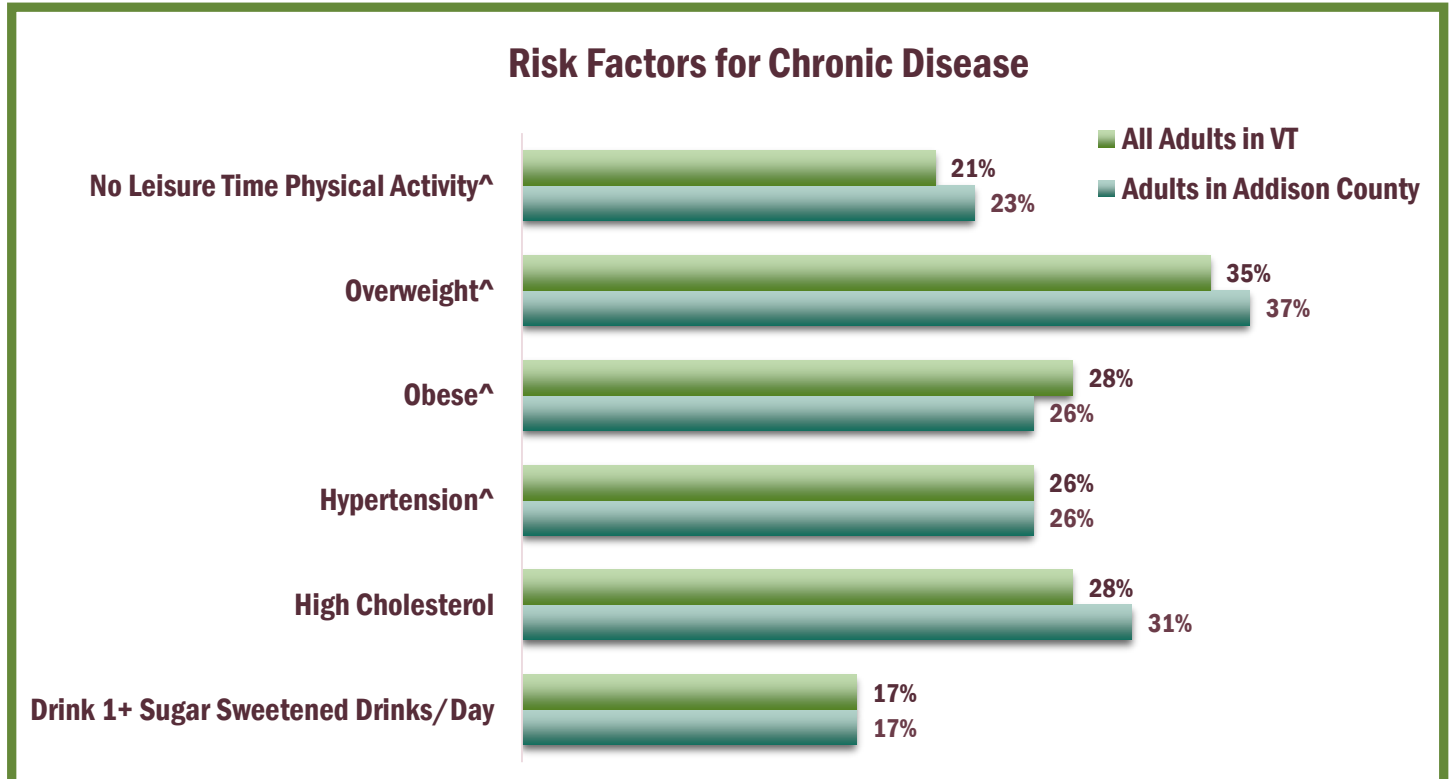
RESULTING IN MORE THAN 50 PERCENT OF DEATHS

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

Chronic Disease	Vermont		Addison County	
	% Adults Diagnosed	% of All Deaths	% Adults Diagnosed	% of All Deaths
Lung Disease (Asthma/COPD)	16% (12%/6%)	6%	14% (12%/5%)	9%
Diabetes	8%	3%	8%	3%
Cardiovascular Diseases	8%	21%	7%	23%
Cancer	8%	23%	10%	21%

(*) 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.