

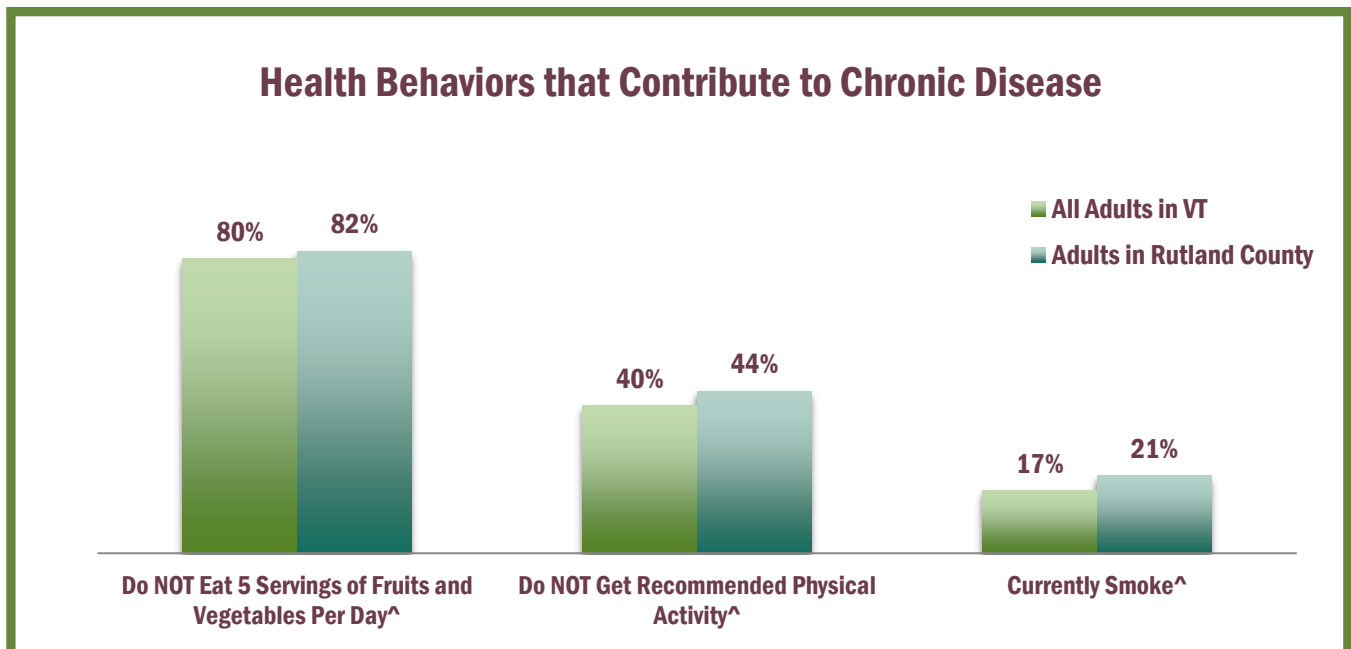
Chronic Disease in Rutland County



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 Rutland 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. Four out of five adults in Rutland County do not eat enough fruits and vegetables (82%) and more than two in five do not get the recommended amount of physical activity (44%). One in five Rutland County adults currently smoke (21%).



(*) 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

- Rutland County has significantly higher rates of adults diagnosed with lung disease (19% vs. 16%) and COPD (9% vs. 6%).
- One in ten were ever diagnosed with diabetes (10%).
- Rutland County adults are more likely to be obese (36%) and drink one or more sugar-sweetened beverages a day (22%) than Vermont adults overall.

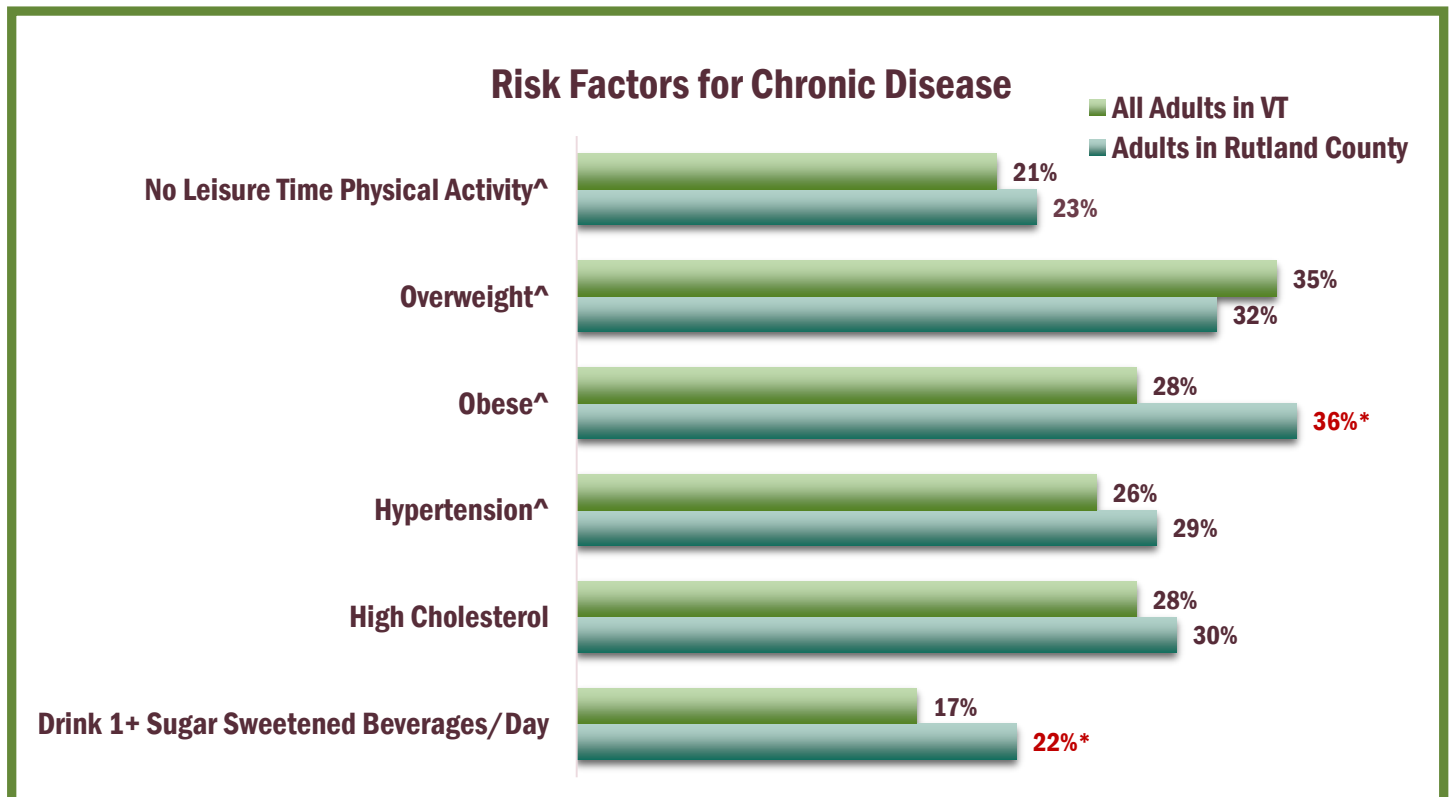
Chronic Disease	Vermont		Rutland County	
	% Adults Diagnosed	% of All Deaths	% Adults Diagnosed	% of All Deaths
Lung Diseases (Asthma/COPD)	16% (12%/6%)	6%	19%* (12%/9%*)	8%
Diabetes	8%	3%	10%	3%
Cardiovascular Diseases	8%	21%	9%	17%
Cancer	8%	23%	7%	24%

(* notes statistical difference)

Data Source: BRFSS 2016/17
VT Vital Stats 2016

RESULTING IN MORE THAN 50 PERCENT OF DEATHS

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



(* 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.