

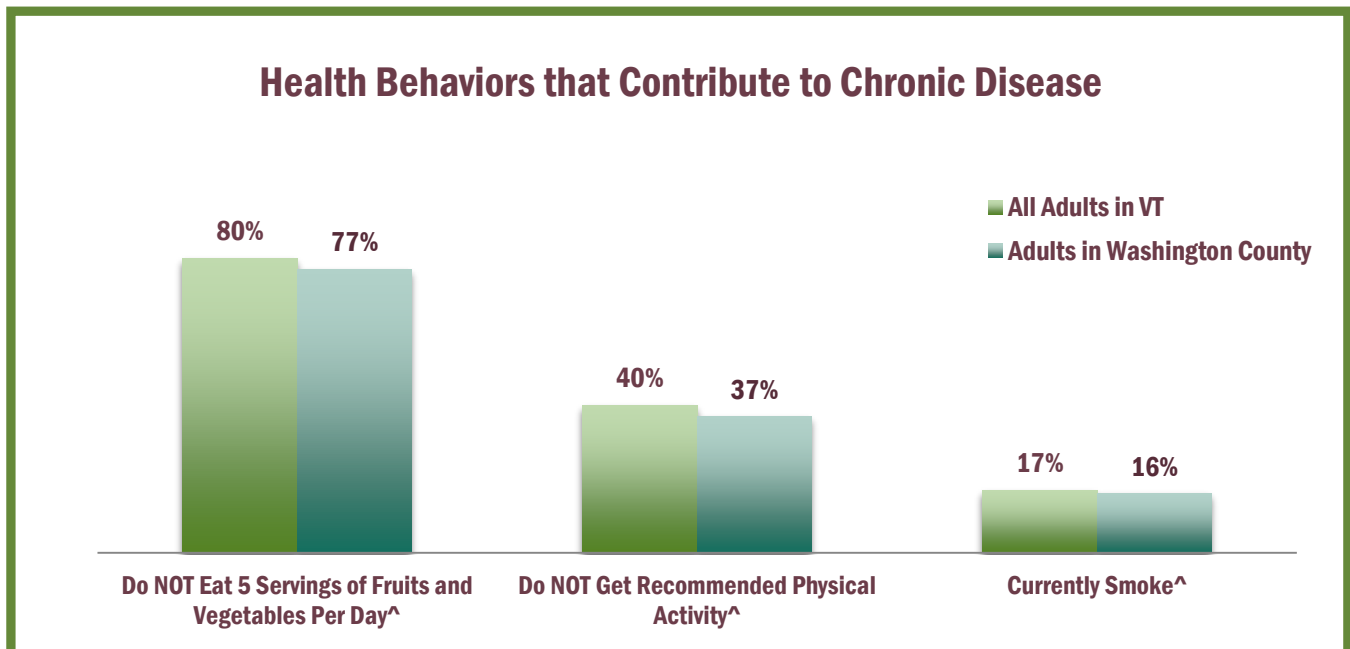
Chronic Disease in Washington County



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 Washington 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. Three out of four adults in Washington County do not eat enough fruits and vegetables (77%) and two in five do not get the recommended amount of physical activity (37%). One in six Washington County adults currently smoke (16%).



(*) 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

- One in eight Washington County adults have been diagnosed with a lung disease (13%).
- Less than one in ten have ever been diagnosed with diabetes (8%), cardiovascular disease (8%) or cancer (7%).
- Washington County adults were less likely to be obese (23%) or drink one or more sugar sweetened drinks a day (13%) than Vermont adults overall, but more likely to have high cholesterol (36%).

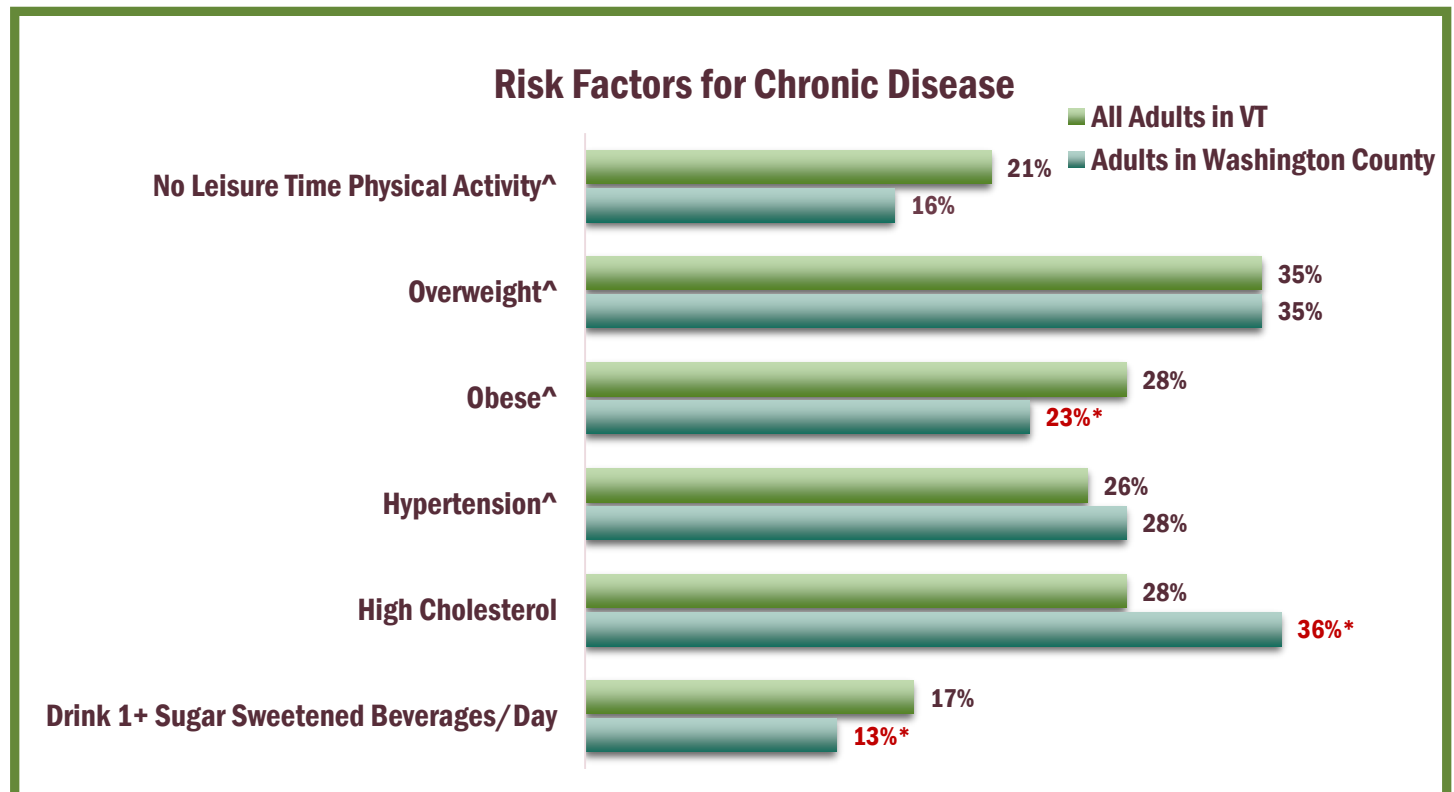
Chronic Disease	Vermont		Washington County	
	% Adults Diagnosed	% of All Deaths	% Adults Diagnosed	% of All Deaths
Lung Diseases (Asthma/COPD)	16% (12%/6%)	6%	13% (10%/6%)	6%
Diabetes	8%	3%	8%	2%
Cardiovascular Diseases	8%	21%	8%	23%
Cancer	8%	23%	7%	21%

(*) 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 Washington 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.