

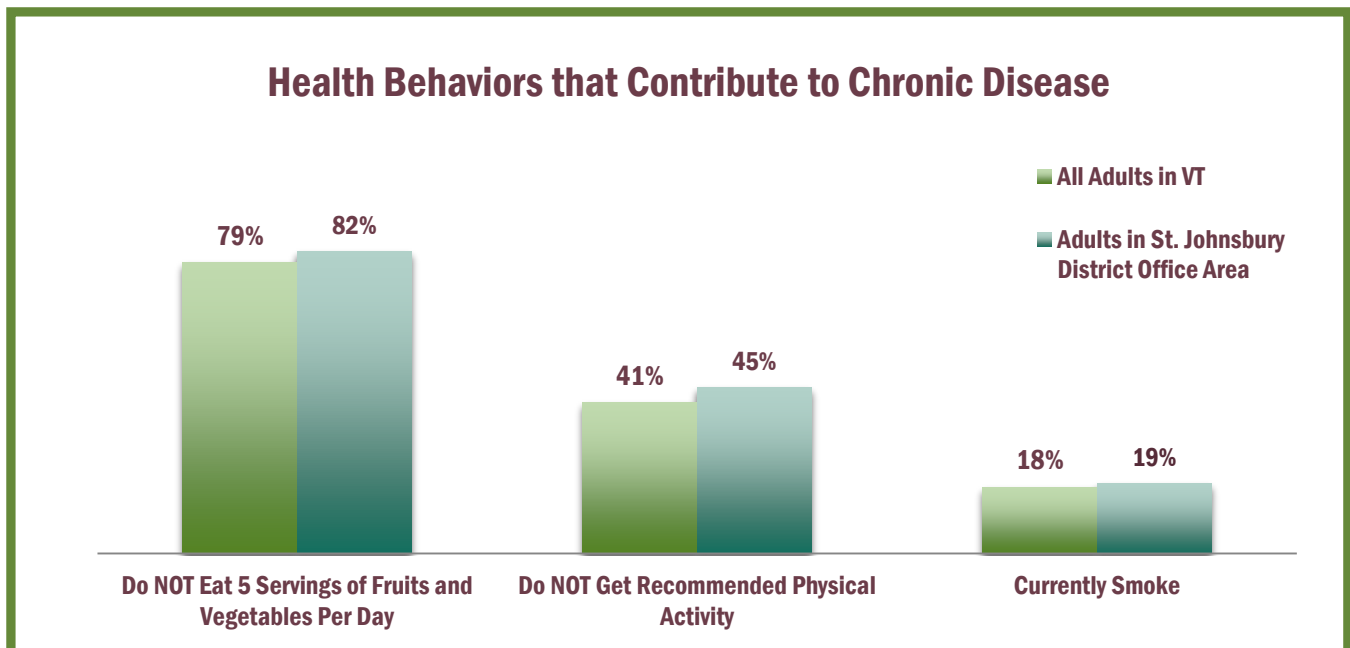
### Chronic Disease in the St. Johnsbury District Office Area



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 and adults living within the St. Johnsbury District Office area, which includes Caledonia, Southern Essex and Orange Counties.

#### 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 the St. Johnsbury District Office area do not eat enough fruits and vegetables. More than two in five adults do not get the recommended amount of physical activity and one in five smoke.



(\*) notes statistical difference

Data Source: BRFSS 2011/13 and 2013/14

## LEAD TO 4 CHRONIC DISEASES

- Around one in six adults have been diagnosed with diabetes or pre-diabetes and one in eight with a lung disease.
- One in ten have been diagnosed with a cardiovascular disease, fewer have been diagnosed with cancer.

## RESULTING IN MORE THAN 50 PERCENT OF DEATHS

- In all, these four diseases account for 61% of deaths in the St. Johnsbury District Office area.

Chronic Disease	Vermont		St. Johnsbury District Office Area	
	% Adults Diagnosed	% of All Deaths	% Adults Diagnosed	% of All Deaths
Lung Diseases (Asthma/COPD)	15% (11%/6%)	6%	12% (9%/5%)	8%
Diabetes/Pre-Diabetes	13% (8%/6%)	3%	16% (9%/7%)	3%
Cardiovascular Diseases	7%	22%	10%	21%
Cancer	7%	26%	7%	28%

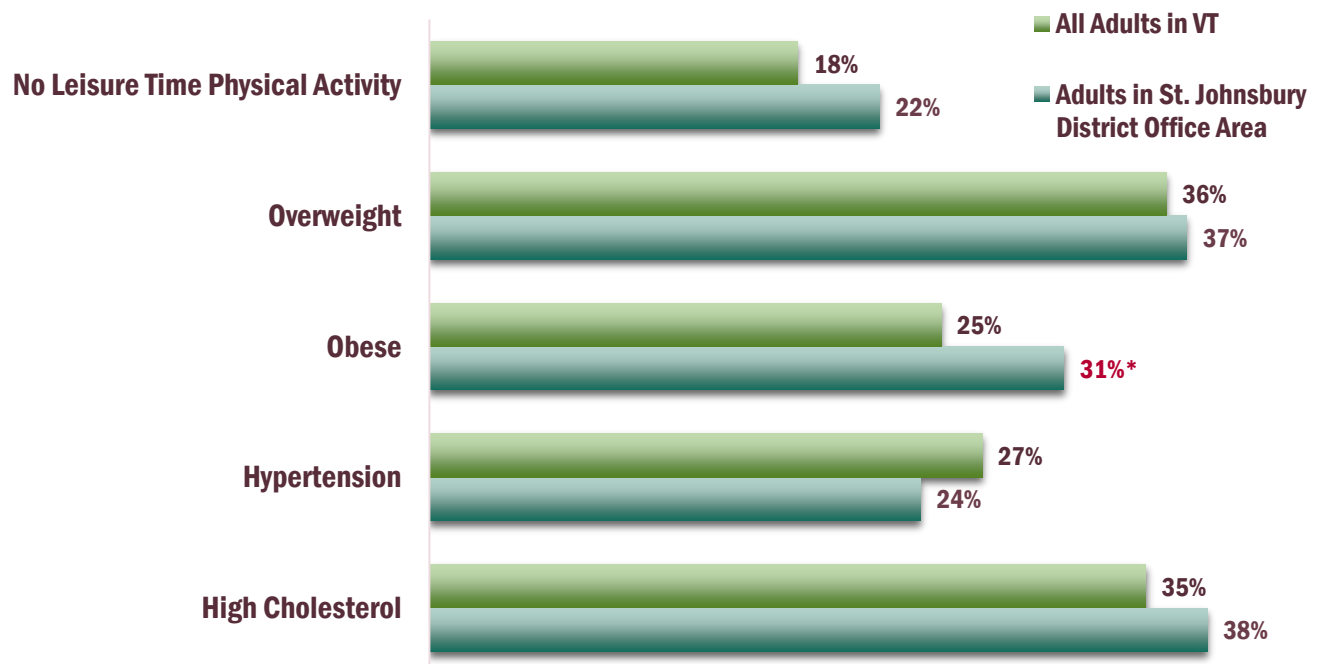
(\* notes statistical difference

Note: Percentages for combined chronic disease prevalence account for Vermonters with dual diagnosis.

Data Source: BRFSS 2013/14

VT Vital Stats 2014

## Risk Factors for Chronic Disease



(\* notes statistical difference

Data Source: BRFSS 2011/13; 2013/14

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