

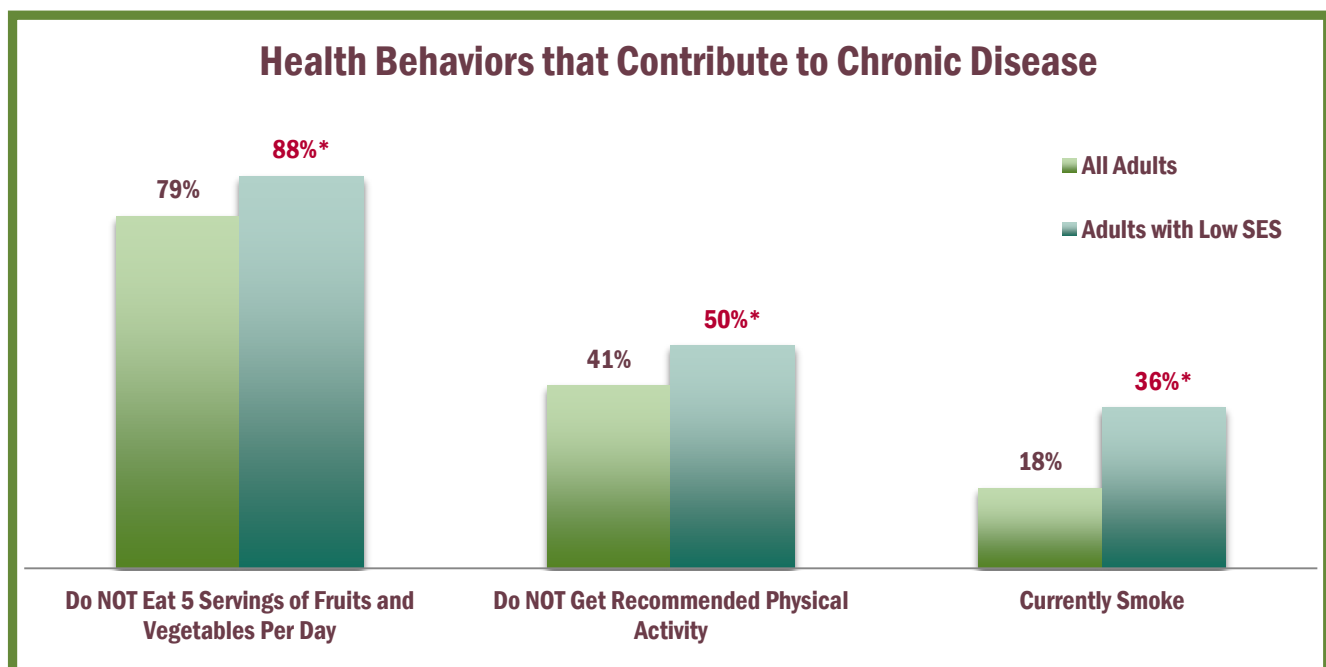
### Chronic Disease and Low Socio-Economic Status

Vermonters who earn less than 250% of federal poverty level and have a high school degree or less are disproportionately impacted by chronic disease. These Vermonters of low socio-economic status are more likely to have higher rates of both risk factors and chronic diseases than the average individual. They are twice as likely to be smokers and are far more likely to have no leisure time activity. There are multiple and often complex factors that influence this situation. For example, low income smokers are more likely to inhale longer and more deeply when smoking<sup>1</sup> and may live and work in social groups where smoking is more common, making quitting more difficult. All Vermonters should have equal opportunity at health, regardless of income or education.

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 by all Vermont adults and adults with a low socio-economic status.

#### 3 BEHAVIORS

Poor nutrition, lack of physical activity and tobacco use are three health behaviors that contribute to the development and severity of chronic disease. Vermonters with a low SES are more likely to have a poor diet, not get the recommended physical activity, and to smoke. Nearly nine out of 10 Vermonters of low SES do not follow the recommended diet and half do not get enough physical activity, and more than one in three smoke.



(\* notes statistical difference)

Data Source: BRFSS, 2013 and 2014

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

## LEAD TO 4 CHRONIC DISEASES

Lung disease, diabetes, cancer and cardiovascular disease impact many Vermonters.

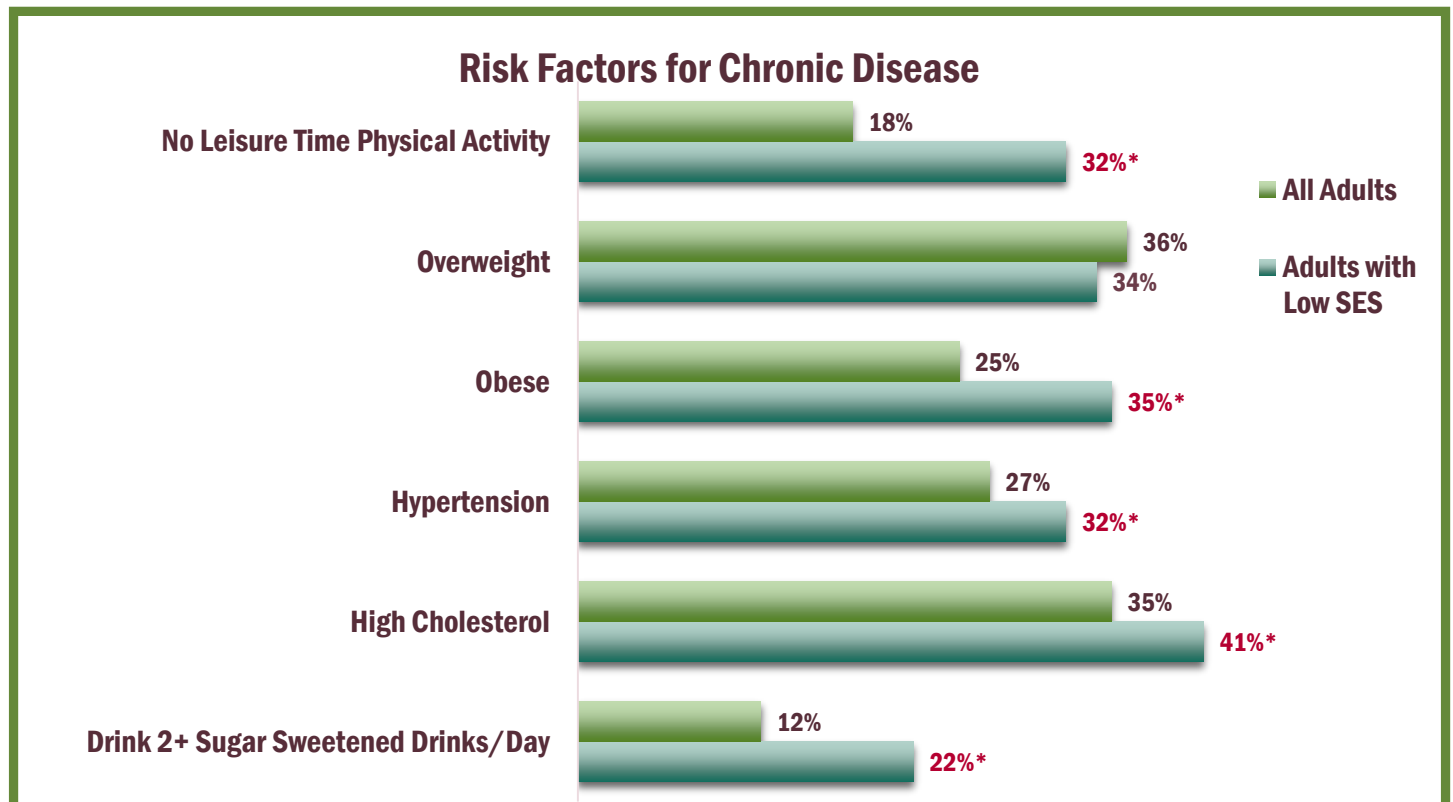
- Low SES Vermonters are more likely to have been diagnosed with Asthma (16%) or COPD (12%).
- 12% have been diagnosed with diabetes and 8% have been diagnosed with pre-diabetes.
- 35% of Low SES Vermonters are obese, compared to 25% of all Vermonters. Another third are overweight (34%).
- Rates of hypertension (32% versus 27%) and high cholesterol (41% versus 35%) are higher than all adults.

Chronic Disease Diagnosis	All Adults	Adults with Low SES
Lung Disease (Asthma/ COPD)	15%	22%*
Diabetes and Pre-Diabetes	13%	19%*
Cardiovascular Disease	7%	11%*
Cancer	7%	7%

(\* notes statistical difference

Data Source: BRFSS, 2013 and 2014

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



(\* notes statistical difference

Data Source: BRFSS, 2013 and 2014

For more information on the data presented here, contact Jennifer Hicks at [jennifer.hicks@vermont.gov](mailto:jennifer.hicks@vermont.gov)

1. [The American Economic Review](#), Volume 96, Number 4, September 2006, pp. 1013-1028(16)