

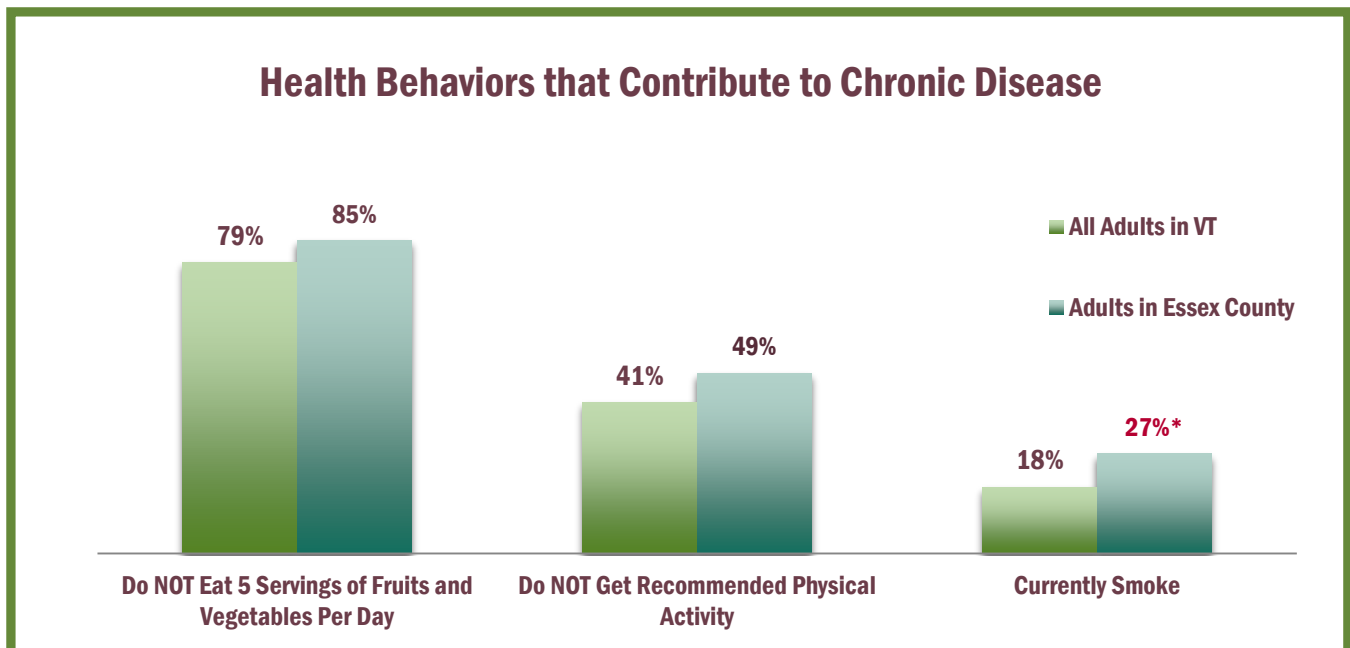
### Chronic Disease in Essex County



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 Essex 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 four out of five adults in Essex County do not eat enough fruits and vegetables and half do not get the recommended amount of physical activity. More than 25 percent of Essex County adults currently smoke, a significantly higher proportion compared to all adults in Vermont.



(\*) notes statistical difference

Data Source: BRFSS 2011/13 and 2013/14

## LEAD TO 4 CHRONIC DISEASES

- One in five adults have been diagnosed with diabetes or pre-diabetes, a higher proportion than all adult Vermonters.
- A higher proportion of Essex County adults have been diagnosed with COPD or a cardiovascular disease, compared to all adult Vermonters.

## RESULTING IN MORE THAN 50 PERCENT OF DEATHS

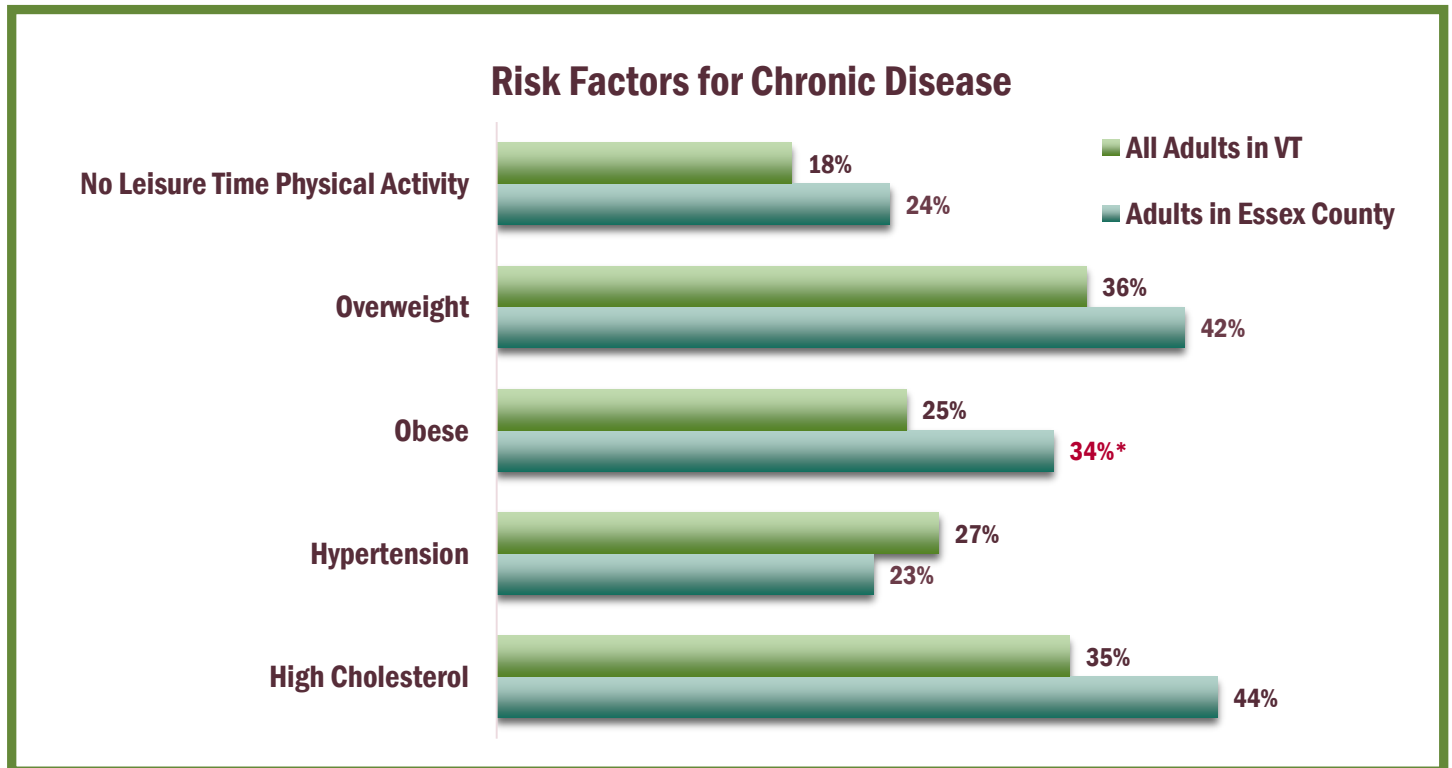
- These four diseases account for 68% of Essex County residents' deaths—a notably higher proportion when compared to 57% of deaths among all Vermonters.

Chronic Disease	Vermont		Essex County	
	% Adults Diagnosed	% of All Deaths	% Adults Diagnosed	% of All Deaths
Lung Diseases (Asthma/COPD)	15% (11%/6%)	6%	16% (11%/10%*)	6%
Diabetes/Pre-Diabetes	13% (8%/6%)	3%	19%* (12%/8%)	9%
Cardiovascular Diseases	7%	22%	12%*	12%
Cancer	7%	26%	9%	41%

(\*) 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



(\*) notes statistical difference

Data Source: BRFSS 2011/13; 2013/14

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