

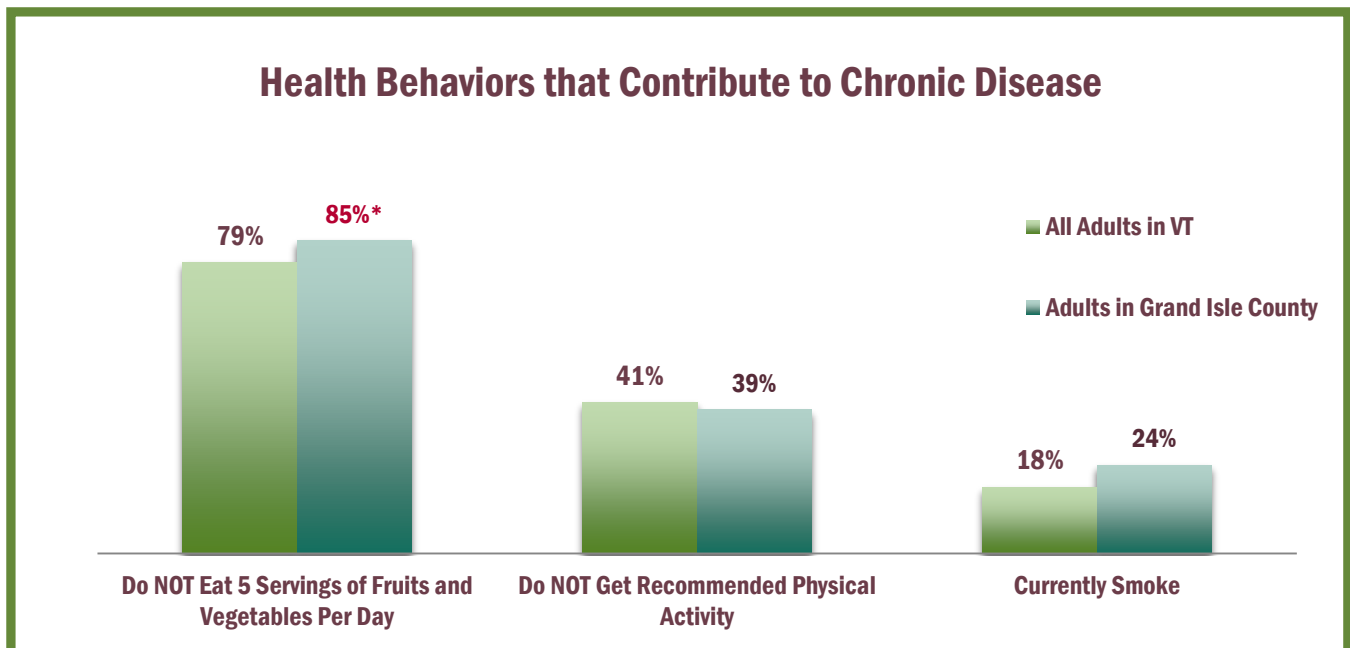
### Chronic Disease in Grand Isle County



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 Grand Isle 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 Grand Isle County do not eat enough fruits and vegetables per day – a significantly higher proportion compared to all adults in Vermont. Two in five adults do not get the recommended amount of physical activity and one in four Grand Isle County adults currently smoke.



(\*) notes statistical difference

Data Source: BRFSS 2011/13 and 2013/14

## LEAD TO 4 CHRONIC DISEASES

- One in six adults have been diagnosed with a lung disease.
- One in seven adult have been diagnosed with diabetes or pre-diabetes.
- 7% of residents have been diagnosed with cancer and 7% with a cardiovascular disease.

## RESULTING IN MORE THAN 50 PERCENT OF DEATHS

- In all, these four diseases account for 59% of Grand Isle County residents' deaths.

Chronic Disease	Vermont		Grand Isle County	
	% Adults Diagnosed	% of All Deaths	% Adults Diagnosed	% of All Deaths
Lung Diseases (Asthma/COPD)	15% (11%/6%)	6%	18% (12%/9%)	7%
Diabetes/Pre-Diabetes	13% (8%/6%)	3%	13% (6%/8%)	0%
Cardiovascular Diseases	7%	22%	6%	26%
Cancer	7%	26%	7%	26%

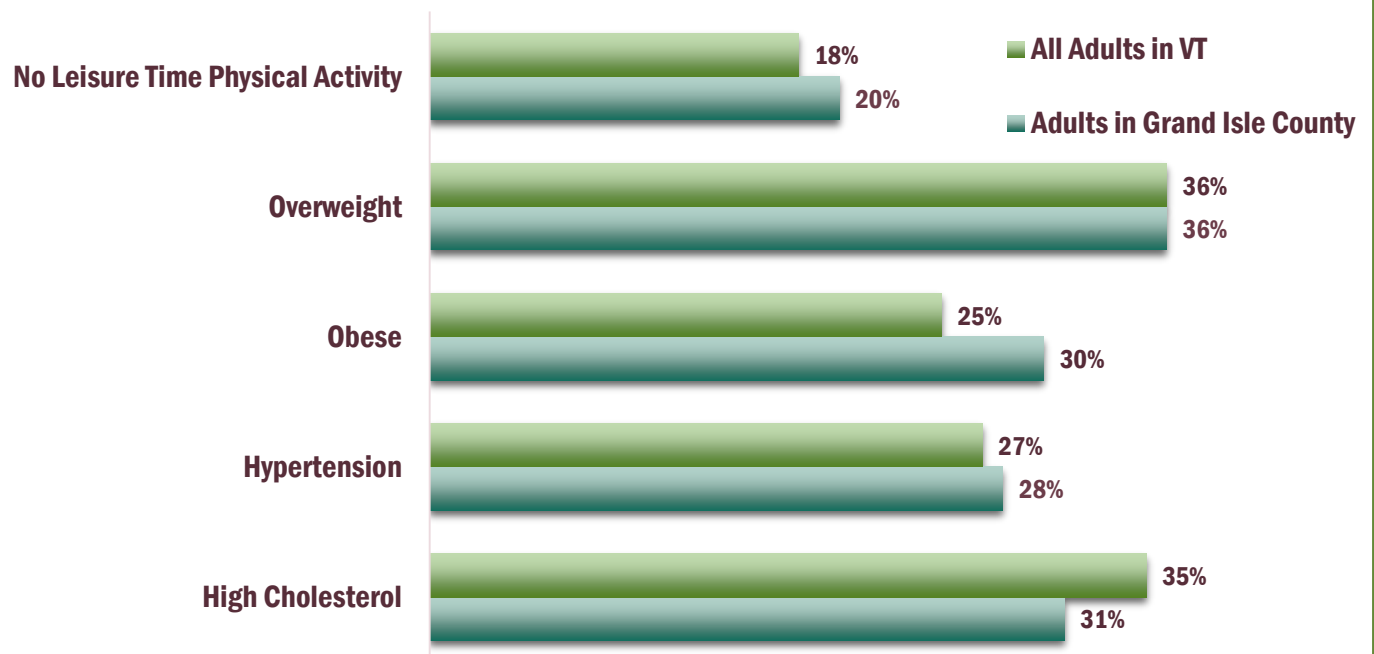
(\* notes statistical difference

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

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