

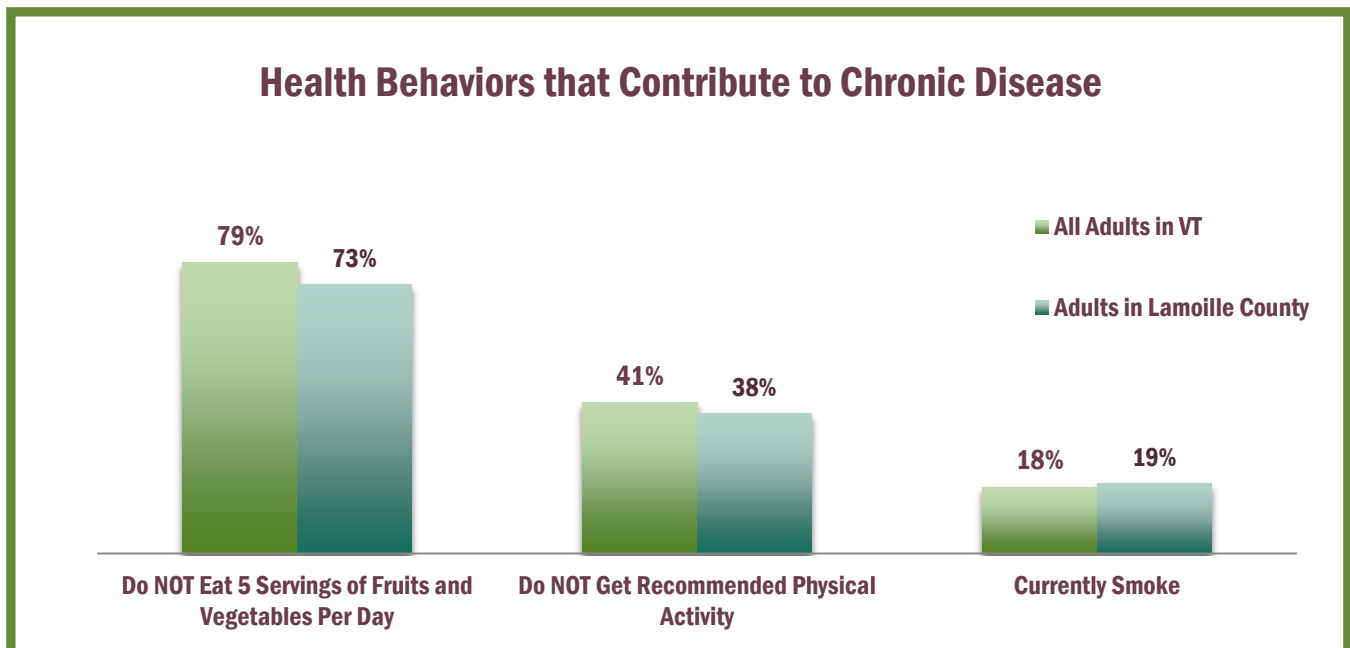
### Chronic Disease in Lamoille County



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 Lamoille 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 Lamoille County do not eat enough fruits and vegetables and one in three do not get the recommended amount of physical activity. One in five Lamoille County adults currently smoke. Lamoille County adults are statistically similar to all Vermont adults in the three key health behaviors.



(\*) notes statistical difference

Data Source: BRFSS 2011/13 and 2013/14

## LEAD TO 4 CHRONIC DISEASES

- One in seven adults have been diagnosed with a lung disease or diabetes or pre-diabetes.
- 8% of adults in Lamoille County have been diagnosed with a cardiovascular disease.
- 7% of adults have been diagnosed with cancer.

## RESULTING IN MORE THAN 50 PERCENT OF DEATHS

- In all, these four diseases account for 57% of Lamoille County residents' deaths.

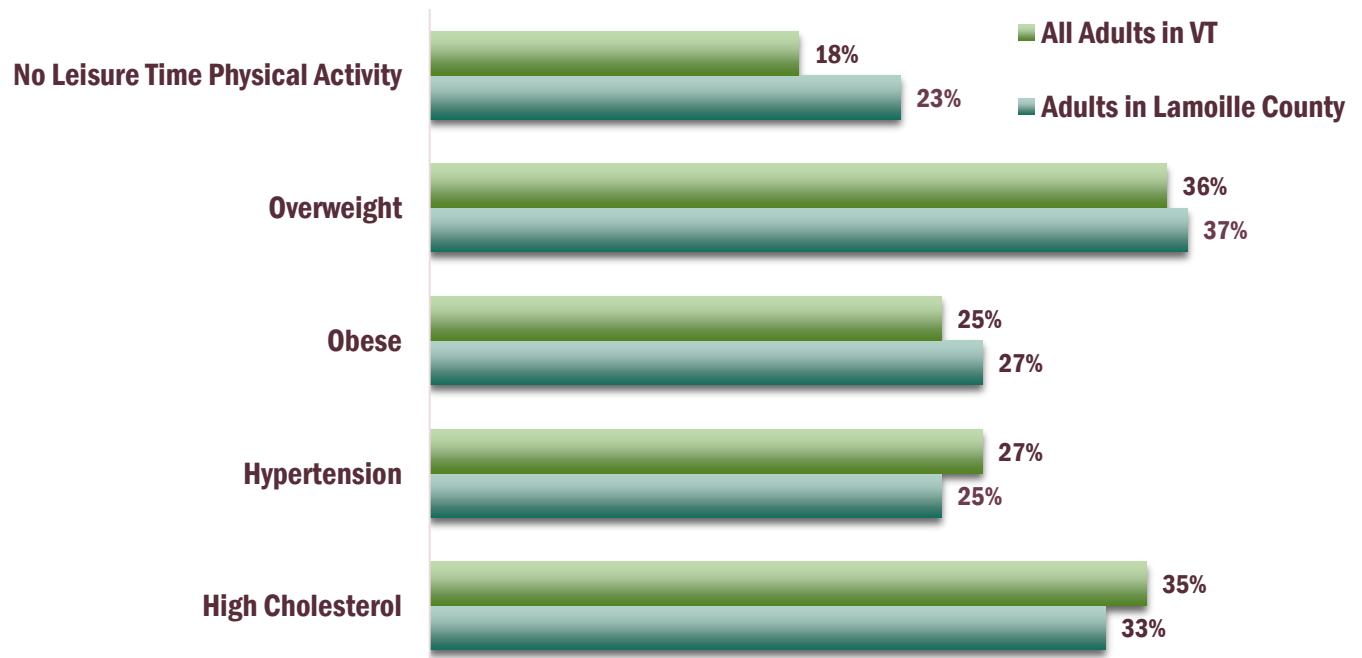
Chronic Disease	Vermont		Lamoille County	
	% Adults Diagnosed	% of All Deaths	% Adults Diagnosed	% of All Deaths
Lung Diseases (Asthma/COPD)	15% (11%/6%)	6%	15% (11%/6%)	7%
Diabetes/Pre-Diabetes	13% (8%/6%)	3%	13% (8%/5%)	6%
Cardiovascular Diseases	7%	22%	8%	19%
Cancer	7%	26%	7%	25%

(\*) 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)