

# Chronic Disease in Vermont

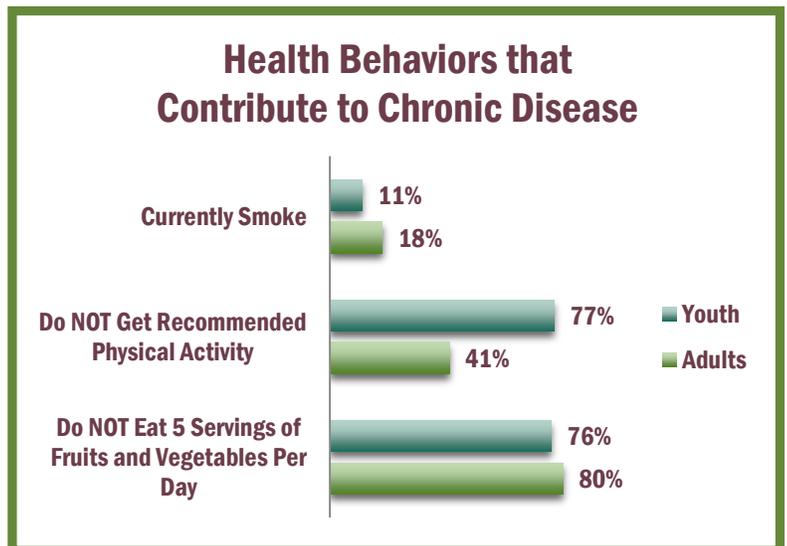
## AN INTRODUCTION TO 3-4-50

Vermonters today are more likely to die from a largely preventable disease than an infectious disease. 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 each year.

## 3 BEHAVIORS

**Lack of physical activity, poor nutrition and tobacco use are three behaviors that contribute to the development and severity of chronic disease.**

In Vermont, more than one in six adults (18%) and one in nine adolescents (11%) currently smoke. Two out of five adults (41%) and three out of four adolescents (77%) do not get the recommended amount of physical activity, defined as 2.5 hours of moderate activity per week for adults and at least 60 minutes per day for youth. Four out of five adults (80%) and three out of four adolescents (76%) do not follow the recommended diet of 5 servings of fruits and vegetables per day.

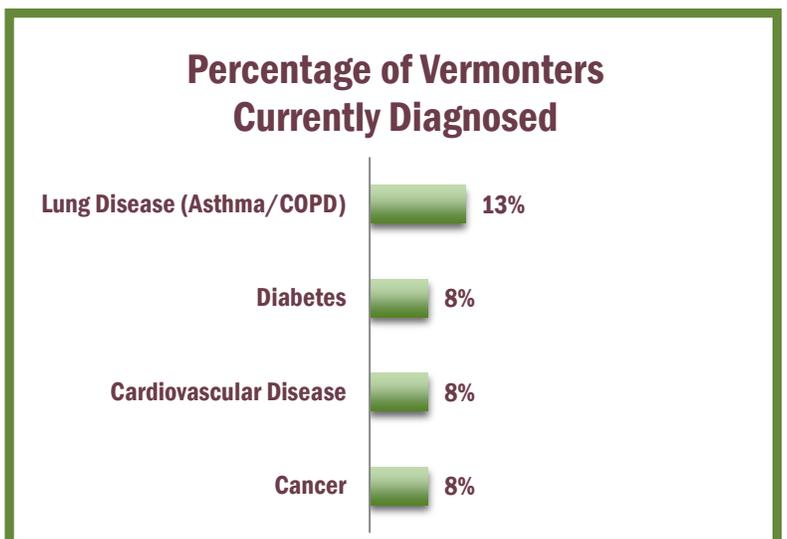


*Data Source: 2016/2015 BRFSS and 2015 YRBS  
Data are age-adjusted to the U.S. 2000 population*

## LEAD TO 4 CHRONIC DISEASES

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

- One in 10 adults have been diagnosed with asthma (10%), and 6% with COPD. In total, 13%\* have been diagnosed with asthma or COPD.
- 8% have been diagnosed with diabetes.
- 8% have cardiovascular disease.
- 8% have ever had cancer.



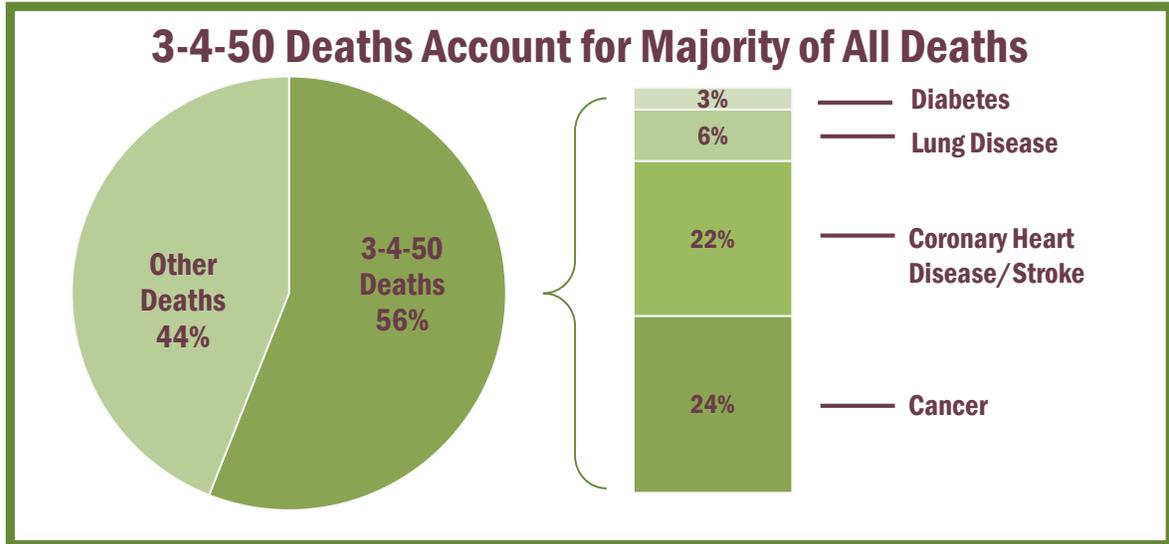
*Data Source: 2016 BRFSS*

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

## RESULTING IN MORE THAN 50 PERCENT OF DEATHS

**Chronic disease is responsible for 56 percent of deaths in Vermont.**

Cancer was the leading cause of death in Vermont in 2015. Coronary heart disease and stroke combined, the second. Lung disease was the third leading cause of death and diabetes was the seventh. The proportion of deaths from these four diseases together has changed little over the past decade.

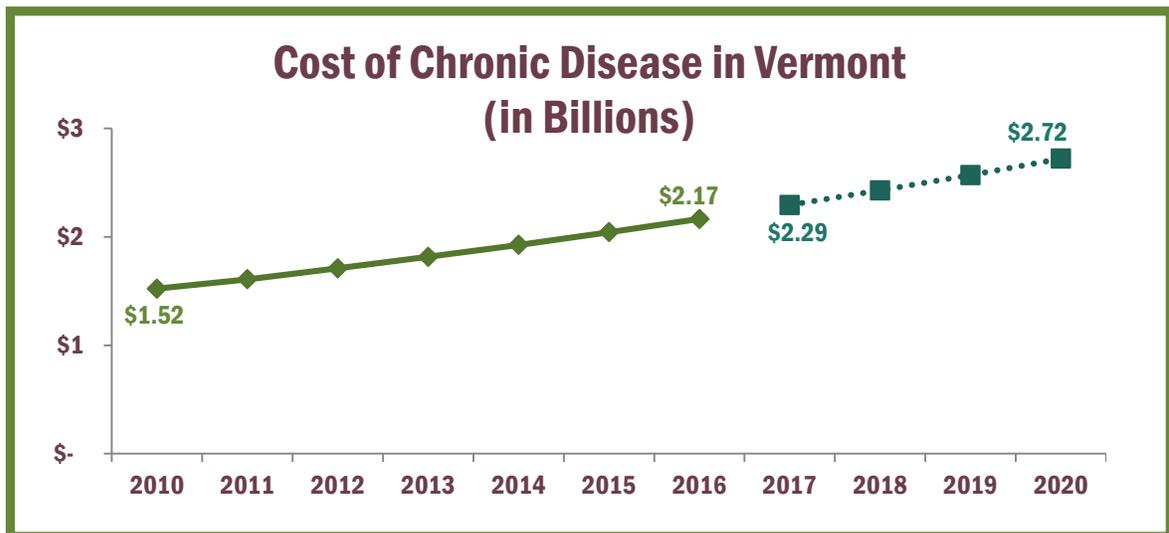


Data Source: 2015 Vermont Vital Statistics (preliminary)

## THE COST OF CHRONIC DISEASE

**Chronic diseases affect the quality of life for Vermonters and the state's economic future.**

Medical costs related to asthma, cancer, diabetes and cardiovascular disease have increased since 2010. In 2016, the estimated cost in Vermont was \$2,170,000,000. Costs are expected to continue on this path, increasing by 75 percent from 2010 to 2020.



Data Source: Center for Disease Control and Prevention Chronic Disease Cost Calculator

For questions related to the data presented here, email [3-4-50@vermont.gov](mailto:3-4-50@vermont.gov).