Chronic Disease in the Barre District Office Area

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 and adults living within the Barre District Office area of Central Vermont.

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 the Barre District Office area do not eat enough fruits and vegetables. Two in five do not get the recommended amount of physical activity and one in five adults smoke.

Health Behaviors that Contribute to Chronic Disease

Data Source: BRFSS 2011/13 and 2013/14
LEAD TO 4 CHRONIC DISEASES

- Around one in seven adults have been diagnosed with a lung disease or with diabetes or pre-diabetes.
- Just less than one in ten have been diagnosed with a cardiovascular disease or cancer.
- Adults within the Barre District Office have similar rates of diagnosis to all adult Vermonter.

RESULTING IN MORE THAN 50 PERCENT OF DEATHS

- In all, these four diseases account for 58% of deaths in the Barre District Office area.

<table>
<thead>
<tr>
<th>Chronic Disease</th>
<th>Vermont % Adults Diagnosed</th>
<th>% of All Deaths</th>
<th>Barre District Office Area % Adults Diagnosed</th>
<th>% of All Deaths</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lung Diseases (Asthma/COPD)</td>
<td>15% (11%/6%)</td>
<td>6%</td>
<td>14% (11%/6%)</td>
<td>6%</td>
</tr>
<tr>
<td>Diabetes/Pre-Diabetes</td>
<td>13% (8%/6%)</td>
<td>3%</td>
<td>15% (9%/7%)</td>
<td>2%</td>
</tr>
<tr>
<td>Cardiovascular Diseases</td>
<td>7%</td>
<td>22%</td>
<td>9%</td>
<td>26%</td>
</tr>
<tr>
<td>Cancer</td>
<td>7%</td>
<td>26%</td>
<td>8%</td>
<td>24%</td>
</tr>
</tbody>
</table>

(*) notes statistical difference

Data Source: BRFSS 2013/14
VT Vital Stats 2014

For more information contact 3-4-50@vermont.gov