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 Springfield District Office area, which includes Southern Windsor and Northern Windham Counties.

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

**Health Behaviors that Contribute to Chronic Disease**

- **Do NOT Eat 5 Servings of Fruits and Vegetables Per Day**
  - All Adults in VT: 79%
  - Adults in Springfield District Office Area: 82%

- **Do NOT Get Recommended Physical Activity**
  - All Adults in VT: 41%
  - Adults in Springfield District Office Area: 40%

- **Currently Smoke**
  - All Adults in VT: 18%
  - Adults in Springfield District Office Area: 22%

(*) notes statistical difference

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

• Around one in six adults have been diagnosed with a lung disease and one in seven with diabetes or pre-diabetes.
• One in ten residents have been diagnosed with a cardiovascular disease or cancer.
• Adults in the Springfield District Office area have higher rates of COPD and cardiovascular disease compared to all Vermont adults.

RESULTING IN MORE THAN 50 PERCENT OF DEATHS

• These four diseases account for 58% of deaths in the Springfield District Office area.

<table>
<thead>
<tr>
<th>Chronic Disease</th>
<th>Vermont</th>
<th>Springfield District Office Area</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lung Diseases (Asthma/COPD)</td>
<td>% Adults Diagnosed</td>
<td>% of All Deaths</td>
</tr>
<tr>
<td>15% (11%/6%)</td>
<td>6%</td>
<td>16% (11%/9%*)</td>
</tr>
<tr>
<td>Diabetes/Pre-Diabetes</td>
<td>13% (8%/6%)</td>
<td>3%</td>
</tr>
<tr>
<td>Cardiovascular Diseases</td>
<td>7%</td>
<td>22%</td>
</tr>
<tr>
<td>Cancer</td>
<td>7%</td>
<td>26%</td>
</tr>
</tbody>
</table>

(*) notes statistical difference
Note: Percentages for combined chronic disease prevalence account for Vermonters with dual diagnosis.

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