

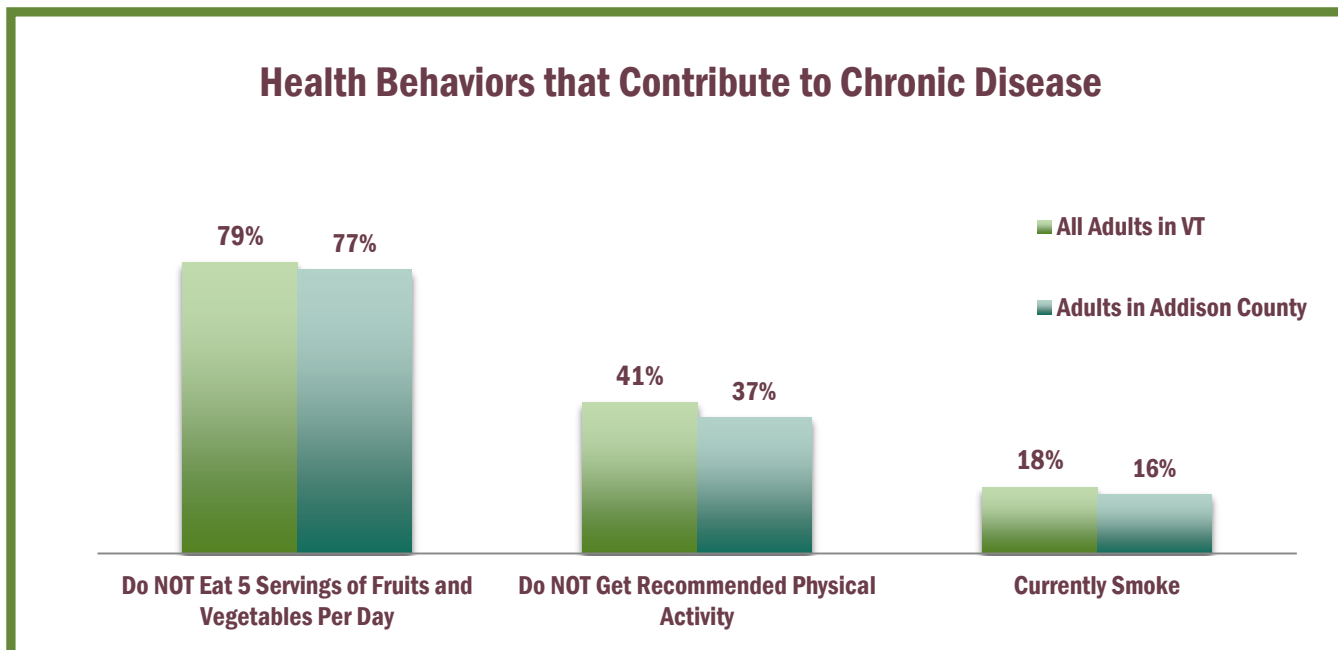
Chronic Disease in Addison County



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 Addison 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 three in four adults in Addison County do not eat enough fruits and vegetables and more than one in three do not get the recommended amount of physical activity. Additionally, one in six adults currently smoke. Addison County adults are statistically similar to all Vermont adults in all three of the key health behaviors.



(*) notes statistical difference

Data Source: BRFSS 2011/13; 2013/14

LEAD TO 4 CHRONIC DISEASES

- Nearly one in six adults have been diagnosed with a lung disease, diabetes or pre-diabetes. Half as many Addison County residents have been diagnosed with a cardiovascular disease or cancer.
- Addison County is similar in rates of diagnosis to all adult Vermonters.

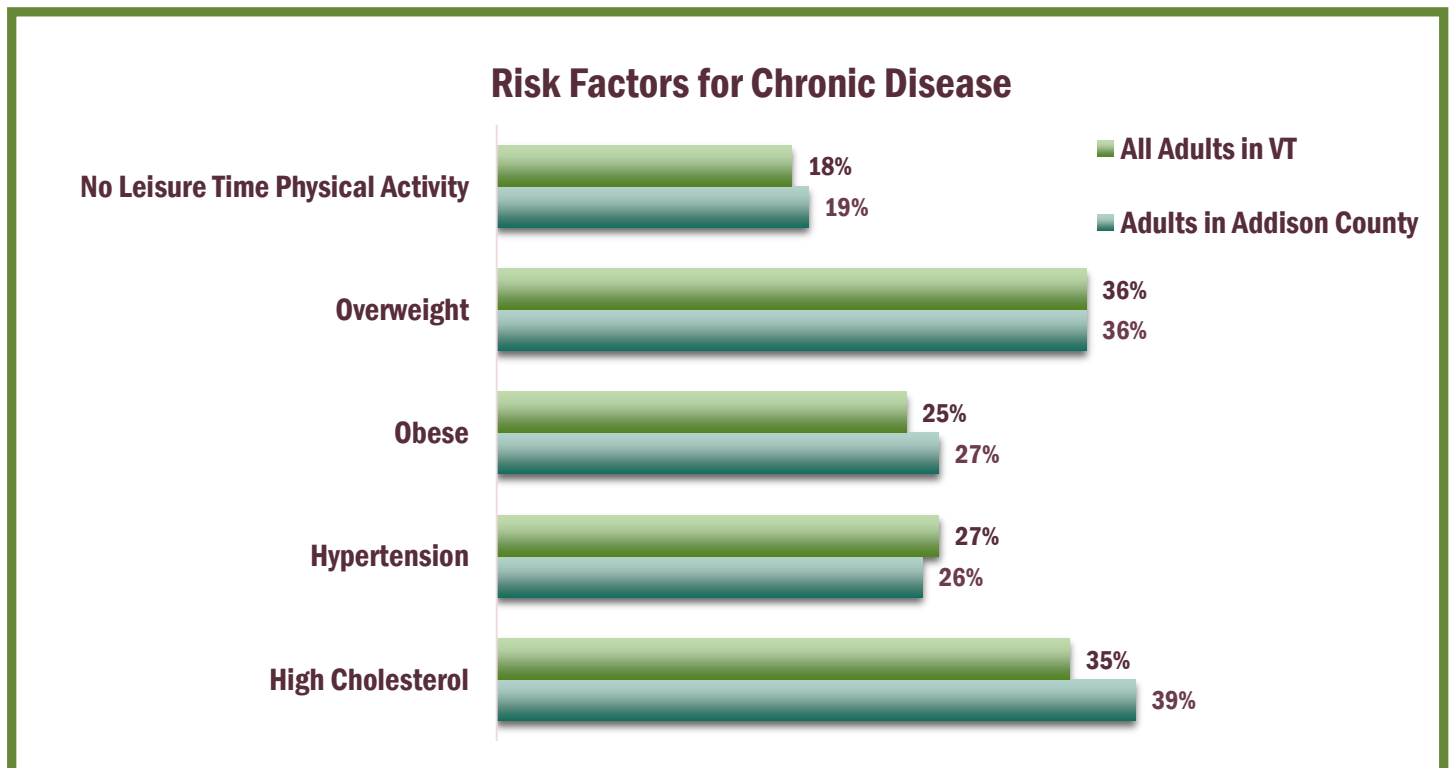
RESULTING IN MORE THAN 50 PERCENT OF DEATHS

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

Chronic Disease	Vermont		Addison County	
	% Adults Diagnosed	% of All Deaths	% Adults Diagnosed	% of All Deaths
Lung Diseases (Asthma/COPD)	15% (11%/6%)	6%	16% (13%/6%)	4%
Diabetes/Pre-Diabetes	13% (8%/6%)	3%	14% (8%/6%)	5%
Cardiovascular Diseases	7%	22%	8%	25%
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



(* 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