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 Essex 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 four out of five adults in Essex County do not eat enough fruits and vegetables (80%). Over half of Essex County adults do not get the recommended amount of physical activity (53%) – a significantly higher proportion compared to all adults in Vermont. A quarter (26%) of Essex County adults currently smoke.

**Data Source:** BRFSS 2013/15; 2015/17; and 2016/17

^Data are age-adjusted to the U.S. 2000 population

(*) notes statistical difference

**Health Behaviors that Contribute to Chronic Disease**
LEAD TO 4 CHRONIC DISEASES

- Essex county adults are more likely to have ever been diagnosed with diabetes (13%) or cardiovascular disease (14%) than Vermont adults overall.
- Essex County residents are more likely to have COPD than Vermont adults overall (12% vs. 6%)
- Essex County adults are more likely to not engage in any leisure time physical activity (30%).

RESULTING IN MORE THAN 50 PERCENT OF DEATHS

- These four diseases account for 49% of Essex County residents’ deaths.

<table>
<thead>
<tr>
<th>Chronic Disease</th>
<th>Vermont % Adults Diagnosed</th>
<th>Vermont % of All Deaths</th>
<th>Essex County % Adults Diagnosed</th>
<th>Essex County % of All Deaths</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lung Diseases (Asthma/COPD)</td>
<td>16% (12%/6%)</td>
<td>6%</td>
<td>20% (12%/12%*)</td>
<td>4%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>8%</td>
<td>3%</td>
<td>13%*</td>
<td>0%</td>
</tr>
<tr>
<td>Cardiovascular Diseases</td>
<td>8%</td>
<td>21%</td>
<td>14%*</td>
<td>24%</td>
</tr>
<tr>
<td>Cancer</td>
<td>8%</td>
<td>23%</td>
<td>11%</td>
<td>21%</td>
</tr>
</tbody>
</table>

(*) notes statistical difference

Data Source: BRFSS 2016/17
VT Vital Stats 2016

Risk Factors for Chronic Disease

- No Leisure Time Physical Activity^: All Adults in VT 21%, Adults in Essex County 30%*
- Overweight^: All Adults in VT 35%, Adults in Essex County 35%
- Obese^: All Adults in VT 28%, Adults in Essex County 31%
- Hypertension^: All Adults in VT 26%, Adults in Essex County 26%
- High Cholesterol: All Adults in VT 28%, Adults in Essex County 32%
- Drink 1+ Sugar Sweetened Drinks/Day: All Adults in VT 14%, Adults in Essex County 17%

(*) notes statistical difference

Data Source: BRFSS 2013/17; 2015/17; and 2016/17
^Data are age-adjusted to the U.S. 2000 population

For more information on the data presented here, email 3-4-50@vermont.gov.