

Chronic Disease in Vermont

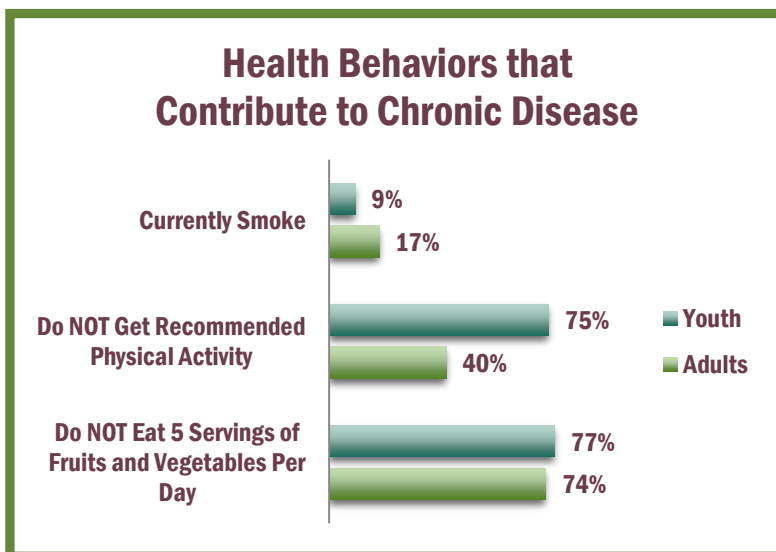
AN INTRODUCTION TO 3-4-50

Vermonters today are more likely to die from a largely preventable chronic disease than all other causes combined. 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 (17%) and one in eleven adolescents (9%) currently smoke. Two out of five adults (40%) and three out of four adolescents (75%) 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. Three out of four adults (77%) and adolescents (74%) do not follow the recommended diet of 5 fruits and vegetables per day.

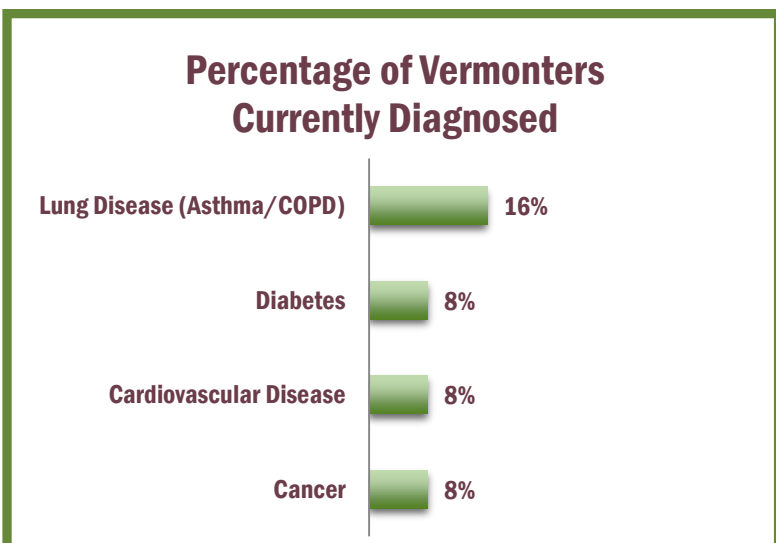


Data Source: 2017 BRFSS and 2017 YRBS
Adult data are age-adjusted to the U.S. 2000 population

LEAD TO 4 CHRONIC DISEASES

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

- One in eight adults have been diagnosed with asthma (12%), and 6% with COPD. In total, 16%* have been diagnosed with asthma or COPD.
- 8% have been diagnosed with diabetes.
- 8% have cardiovascular disease.
- 8% have ever had cancer.



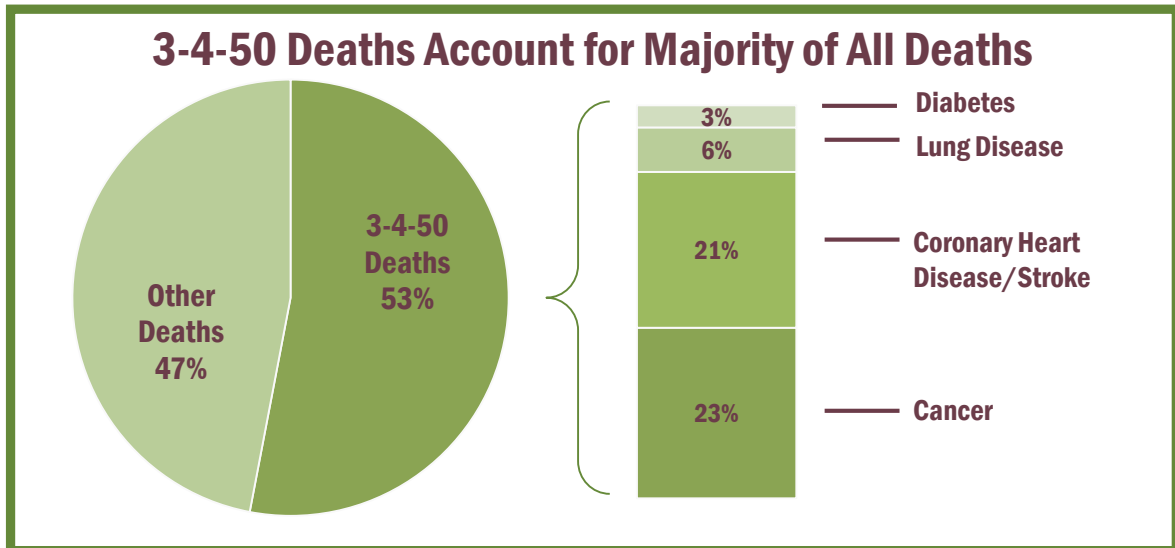
Data Source: 2017 BRFSS

*Note: Some adults have both asthma & COPD, therefore the total prevalence for lung disease may not be cumulative.

RESULTING IN MORE THAN 50 PERCENT OF DEATHS

Chronic disease is responsible for 53 percent of deaths in Vermont.

Cardiovascular disease and cancer were leading causes of death in Vermont in 2016. Deaths due to lung disease were less common but still a leading cause of death among Vermonters. The proportion of deaths from these four diseases together has changed little over the past decade.

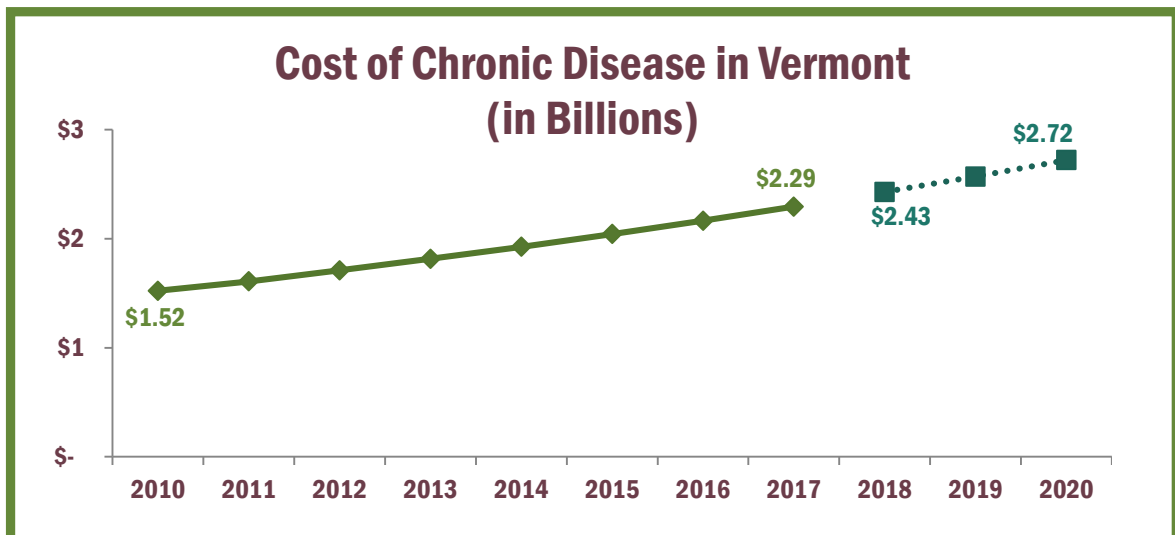


Data Source: 2016 Vermont Vital Statistics

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 2017, the estimated cost in Vermont was \$2.29 billion. 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.