

3-4-50: Chronic Disease Deaths in San Diego County—North Coastal Region, 2000-2009

3 Behaviors contribute to 4 Chronic Diseases that cause over 50 percent of all deaths worldwide.

What is 3-4-50?

Chronic diseases are now the major cause of death and disability worldwide, having surpassed infectious diseases and injuries. Poor diet, physical inactivity, and tobacco use are risk factors for heart disease and stroke, pulmonary disease, diabetes, and cancer. Changing three behaviors can help prevent four diseases and reduce the number of deaths due to chronic disease.

In San Diego County in 2007, the 3-4-50 diseases, considered together, cost \$4 billion in direct treatment expenditures.

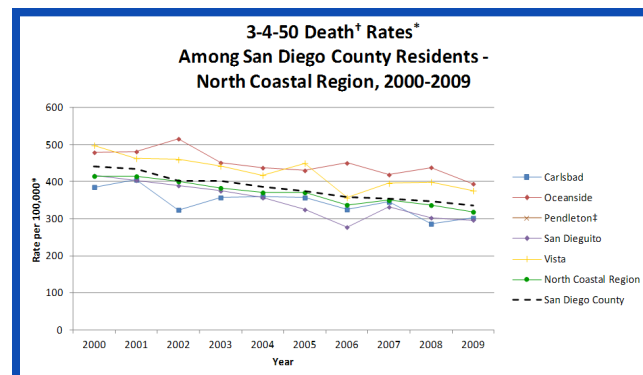
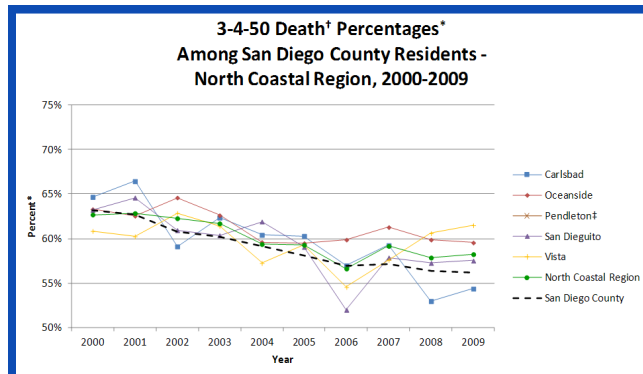
3-4-50 in San Diego County

The percent of deaths due to chronic disease decreased from 63% in 2000 to 56% in 2009, while the total number of deaths from all causes has remained relatively stable. South Region had the highest percent of chronic disease deaths among Regions.

Overall, chronic disease death rates have decreased in the County as well within the Regions. East Region consistently had the highest rates of chronic disease death between 2000 and 2009.

Rates are important to consider because rates represent the risk of death from the chronic disease and are not influenced by changes in the number of deaths by other causes.

	2009	Percent	Rate/100,000
County		56%	336.6
North Coastal		58%	318.6
Carlsbad		54%	302.1
Oceanside		60%	394.2
Pendleton		N/A	N/A
San Dieguito		57%	296.5
Vista		61%	375.8



3-4-50 in North Coastal Region

- From 2000 to 2009, the percent of all deaths due to chronic disease has decreased in the North Coastal Region and Subregional Areas (SRAs), while the number of deaths have remained relatively stable.
- Among the North Coastal SRAs, Vista had the highest percentage of deaths due to chronic disease in 2009.
- Among the North Coastal SRAs, Oceanside and Vista had the highest chronic disease death rates in 2009.

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