

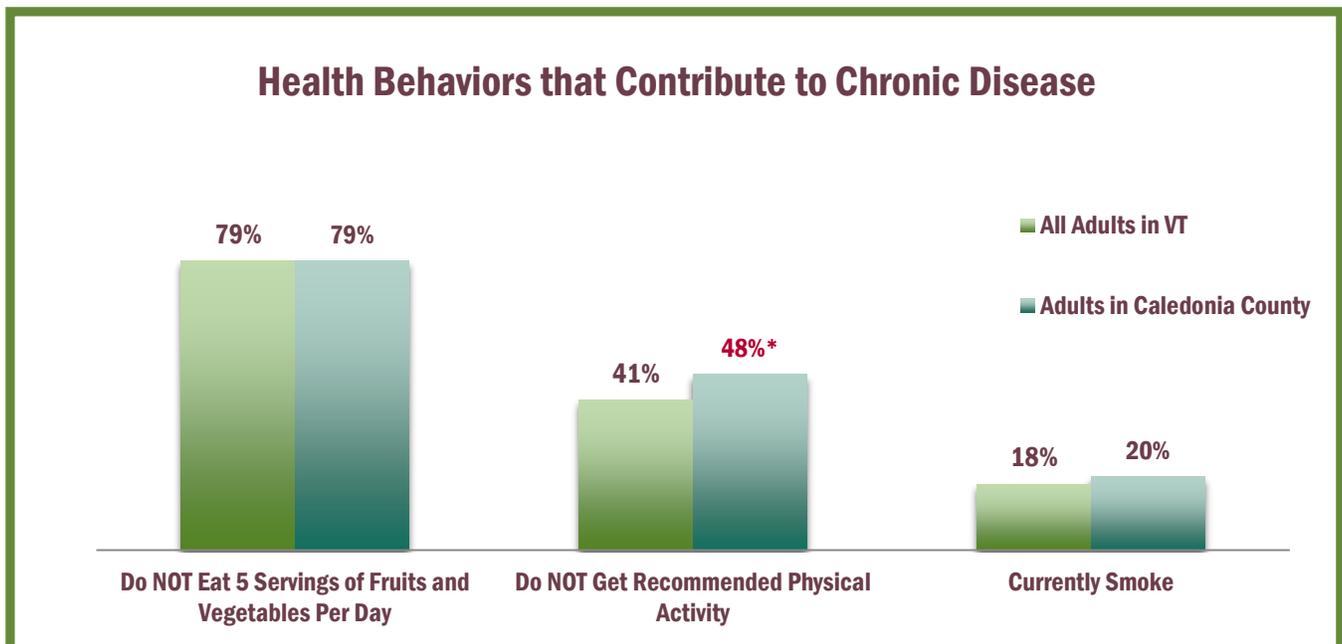
Chronic Disease in Caledonia County



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 Caledonia 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. Nearly four out of five adults in Caledonia County do not eat enough fruits and vegetables and less than half do not get the recommended amount of physical activity. One in five adults currently smoke. Caledonia County has a significantly higher proportion of adults who do not meet physical activity guidelines compared to all adults in Vermont.



(*) notes statistical difference

Data Source: BRFSS 2011/13 and 2013/14

LEAD TO 4 CHRONIC DISEASES

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

- Nearly one in six adults have been diagnosed with a lung disease or with diabetes or pre-diabetes.
- One in ten residents have been diagnosed with a cardiovascular disease.

RESULTING IN MORE THAN 50 PERCENT OF DEATHS

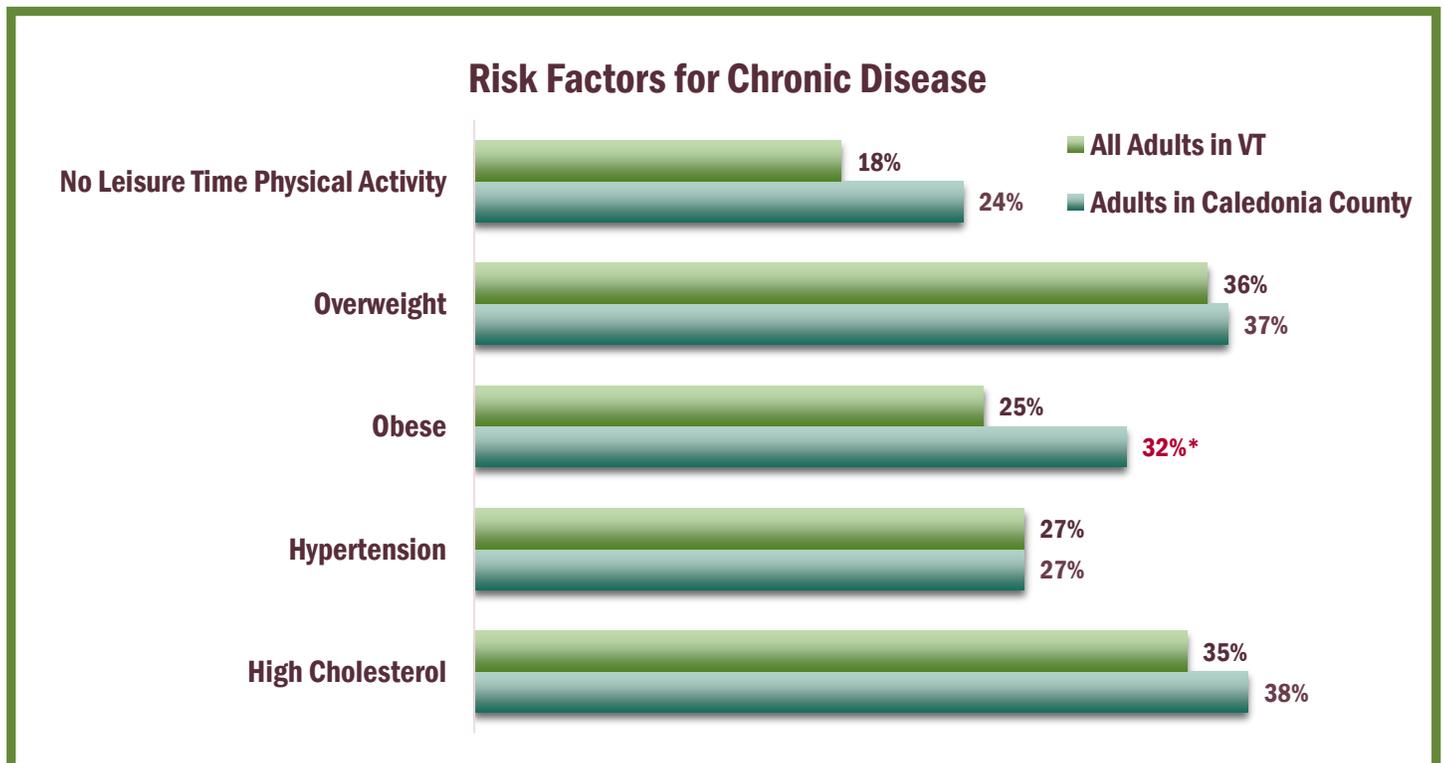
- In all, these four diseases account for 59% of Caledonia County residents' deaths.

Chronic Disease	Vermont		Caledonia County	
	% Adults Diagnosed	% of All Deaths	% Adults Diagnosed	% of All Deaths
Lung Diseases (Asthma/COPD)	15% (11%/6%)	6%	12% (9%/5%)	8%
Diabetes/Pre-Diabetes	13% (8%/6%)	3%	14% (9%/6%)	4%
Cardiovascular Diseases	7%	22%	10%	20%
Cancer	7%	26%	7%	27%

(* 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