

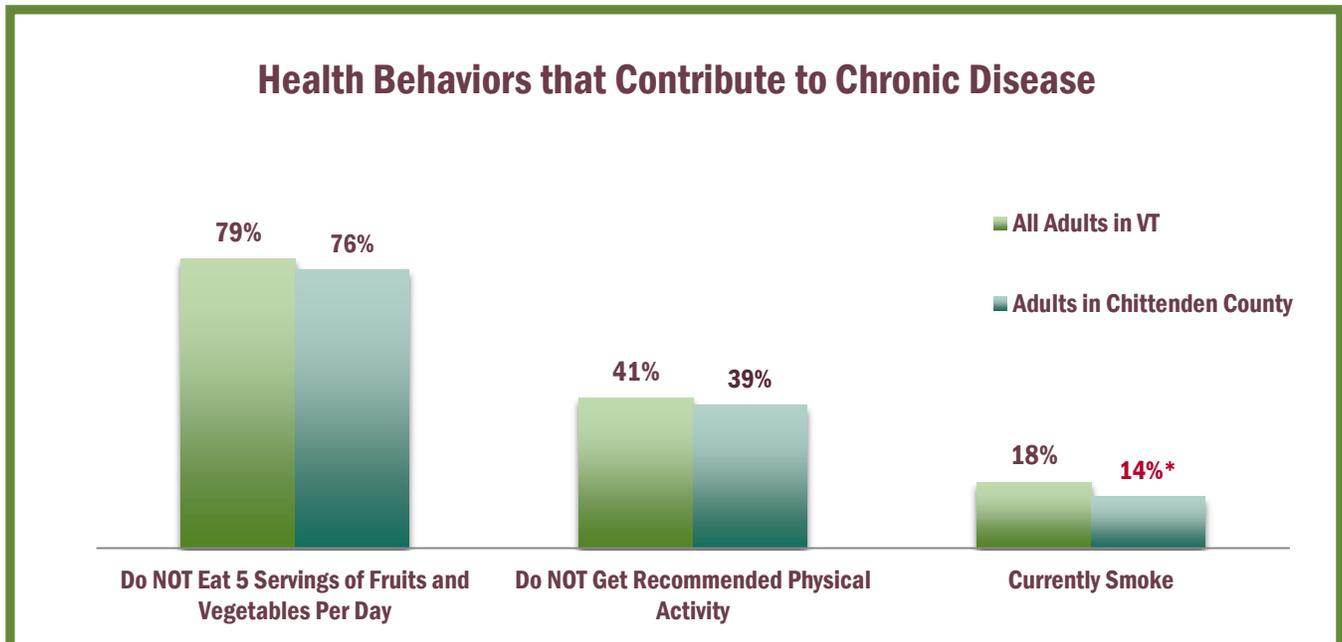
### Chronic Disease in Chittenden County



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 Chittenden 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. Three out of four adults in Chittenden County do not eat enough fruits and vegetables and two in five do not get the recommended amount of physical activity. One in seven Chittenden County adults currently smoke – a significantly lower proportion compared to all adults in Vermont.



(\*) notes statistical difference

Data Source: BRFSS 2011/13 and 2013/14

## LEAD TO 4 CHRONIC DISEASES

- Nearly one in seven adults have been diagnosed with a lung disease.
- One in ten adults have been diagnosed with diabetes or pre-diabetes.
- Six percent of Chittenden County residents have been diagnosed with a cardiovascular disease or cancer.

## RESULTING IN MORE THAN 50 PERCENT OF DEATHS

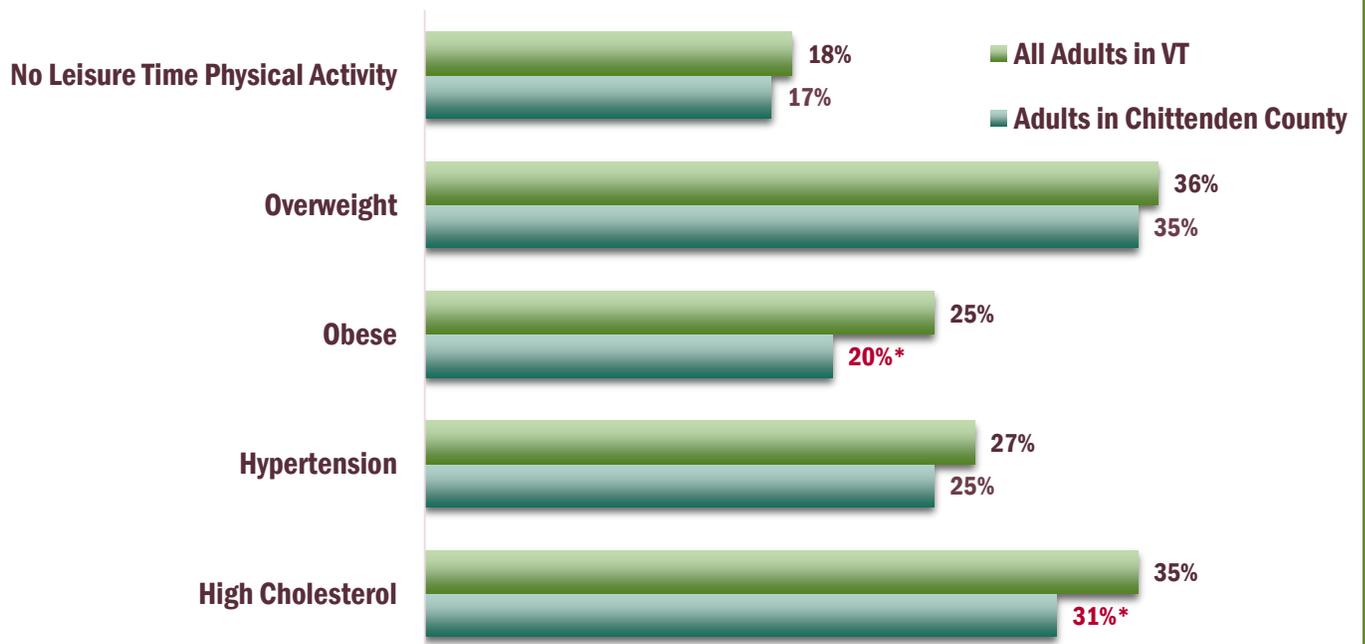
- In all, these four diseases account for 54% of Chittenden County residents' deaths.

Chronic Disease	Vermont		Chittenden County	
	% Adults Diagnosed	% of All Deaths	% Adults Diagnosed	% of All Deaths
Lung Diseases (Asthma/COPD)	15% (11%/6%)	6%	14% (11%/4%*)	7%
Diabetes/Pre-Diabetes	13% (8%/6%)	3%	11% (7%/5%)	3%
Cardiovascular Diseases	7%	22%	6%	20%
Cancer	7%	26%	6%	24%

(\*) 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

## Risk Factors for Chronic Disease



(\*) 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](mailto:jennifer.hicks@vermont.gov)