

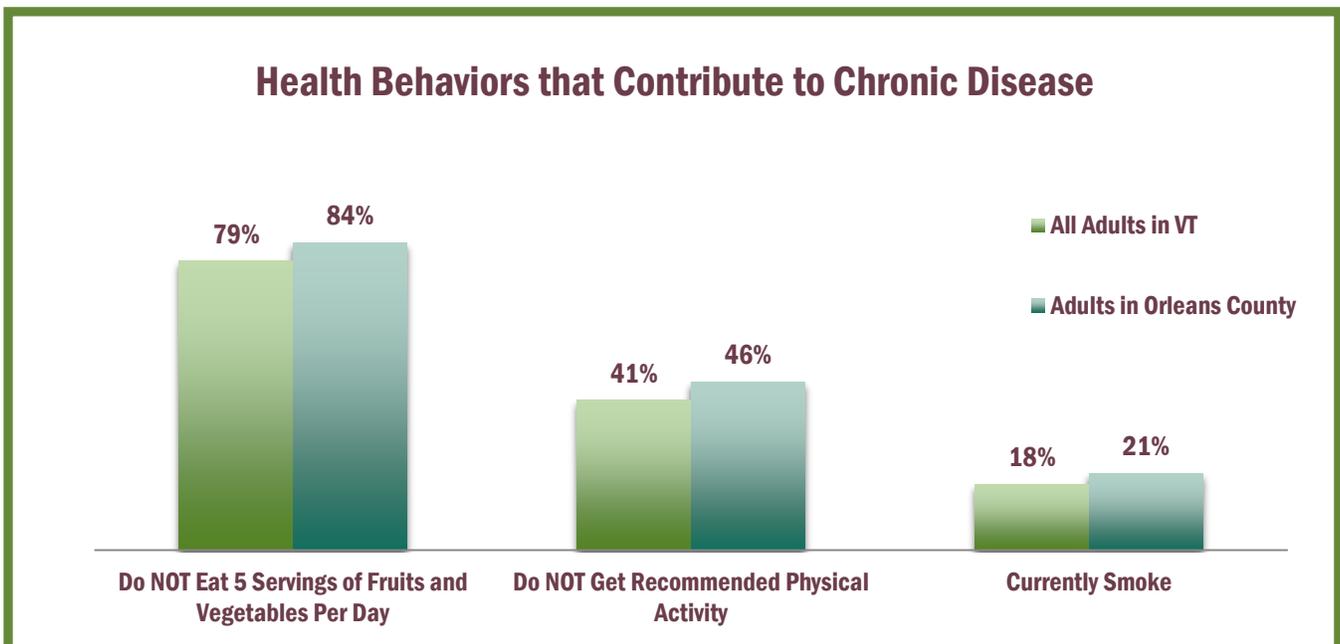
### Chronic Disease in Orleans County



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 Orleans 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. Four out of five adults in Orleans County do not eat enough fruits and vegetables and more than two in five do not get the recommended amount of physical activity. One in five Orleans County adults currently smoke. Orleans County adults are statistically similar to all Vermont adults in the three key health behaviors.



(\*) notes statistical difference

Data Source: BRFSS 2011/13 and 2013/14

## LEAD TO 4 CHRONIC DISEASES

- Orleans County residents have higher rates of diagnosis for COPD, cardiovascular diseases and cancer than all adult Vermonters.
- One in six have been diagnosed with a lung disease or diabetes.
- One in ten adults have been diagnosed with a cardiovascular disease or cancer.

## RESULTING IN MORE THAN 50 PERCENT OF DEATHS

- In all, these four diseases account for 57% of Orleans County residents' deaths.

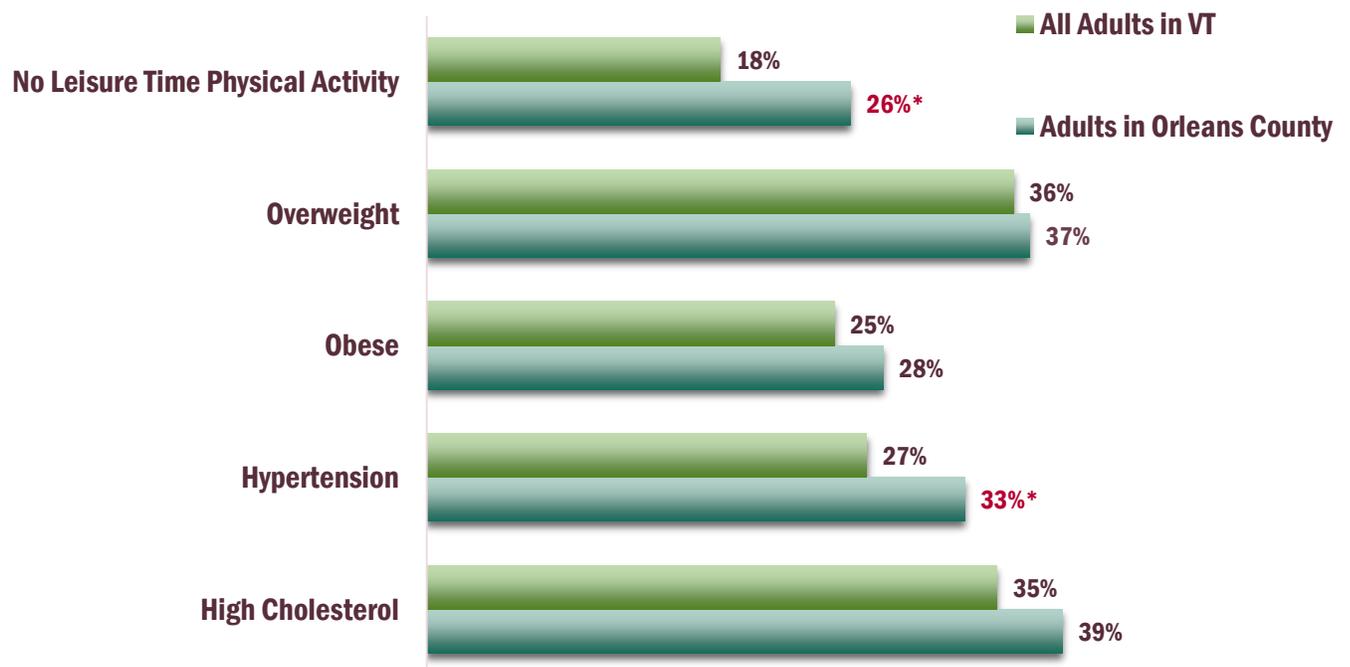
Chronic Disease	Vermont		Orleans County	
	% Adults Diagnosed	% of All Deaths	% Adults Diagnosed	% of All Deaths
Lung Diseases (Asthma/COPD)	15% (11%/6%)	6%	17% (12%/9%*)	6%
Diabetes/Pre-Diabetes	13% (8%/6%)	3%	16% (10%/7%)	4%
Cardiovascular Diseases	7%	22%	11%*	22%
Cancer	7%	26%	10%*	25%

(\*) 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)