

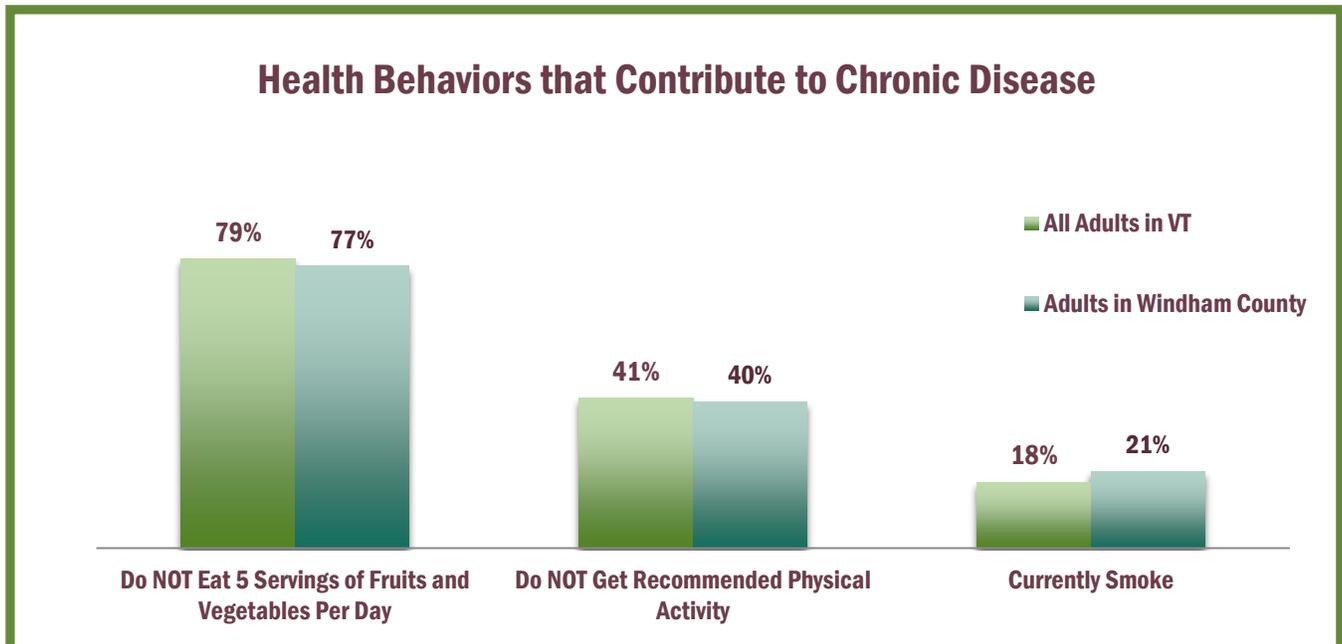
### Chronic Disease in Windham County



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 Windham 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 Windham County do not eat enough fruits and vegetables and two in five do not get the recommended amount of physical activity. One in five Windham County adults currently smoke. Windham 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

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

- Nearly one in seven Windham County residents have been diagnosed with a lung disease or diabetes/pre-diabetes.
- Fewer than one in ten adults have been diagnosed with a cardiovascular disease or cancer.

## RESULTING IN MORE THAN 50 PERCENT OF DEATHS

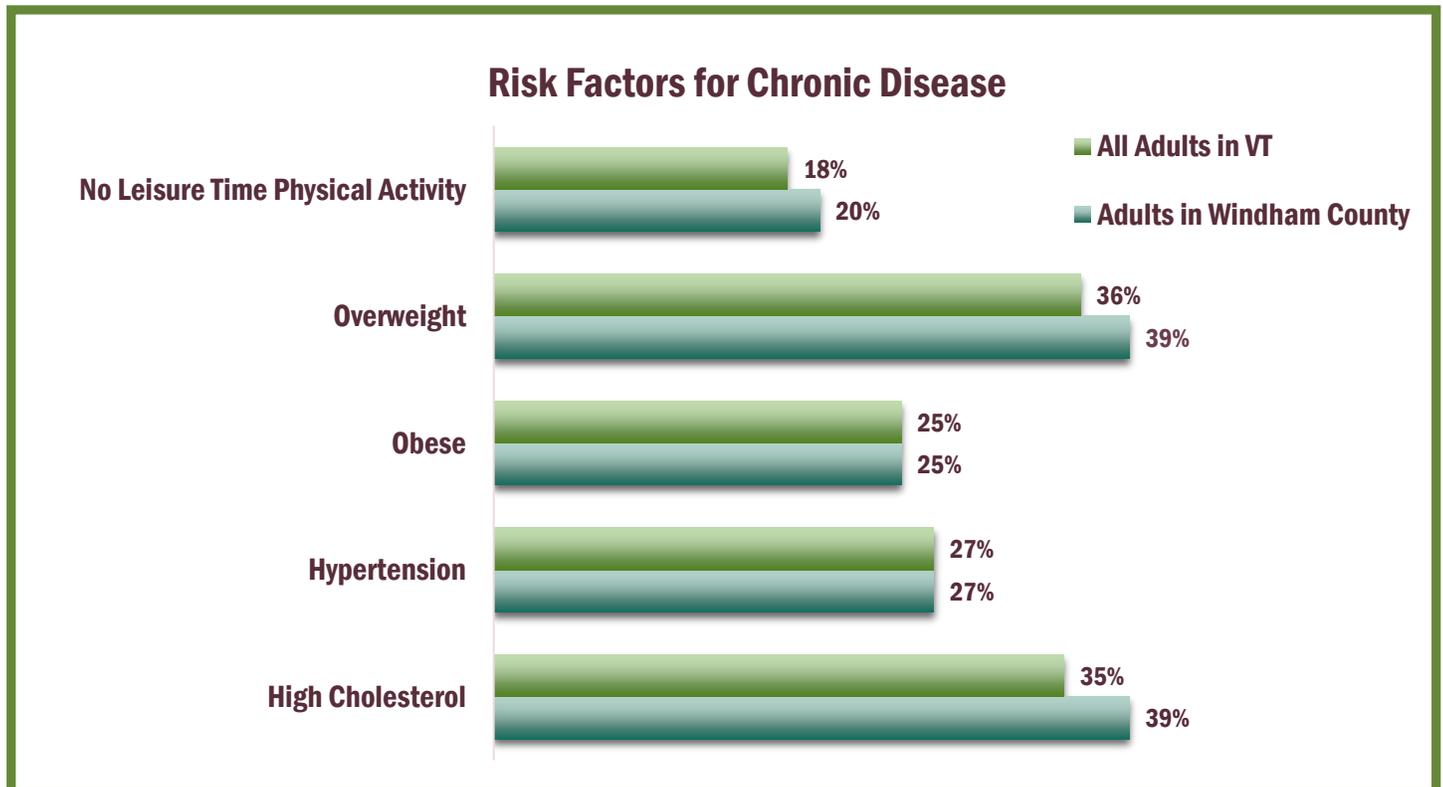
- In all, these four diseases account for 59% of Windham County residents' deaths.

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



(\* 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)