

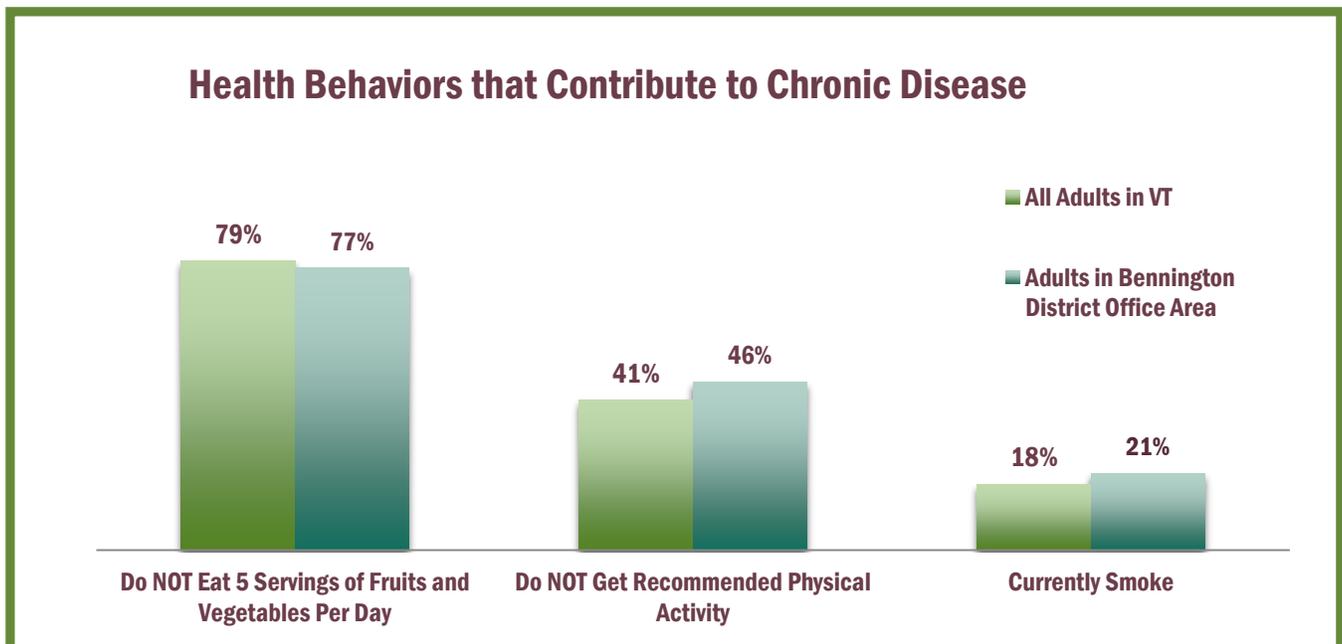
### Chronic Disease in the Bennington District Office Area



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 and adults living within the Bennington District Office area of Bennington 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. More than three in four adults in the Bennington District Office area do not eat enough fruits and vegetables. More than two in five do not get the recommended amount of physical activity and one in five adults smoke.



(\*) notes statistical difference

Data Source: BRFSS 2011/13 and 2013/14

## LEAD TO 4 CHRONIC DISEASES

- Around one in six adults have been diagnosed with a lung disease, slightly fewer have been diagnosed with diabetes or pre-diabetes.
- One in ten adults have been diagnosed with a cardiovascular disease or cancer, a higher rate compared to all Vermont adults.

## RESULTING IN MORE THAN 50 PERCENT OF DEATHS

- In all, these four diseases account for 56% of deaths in the Bennington District Office area.

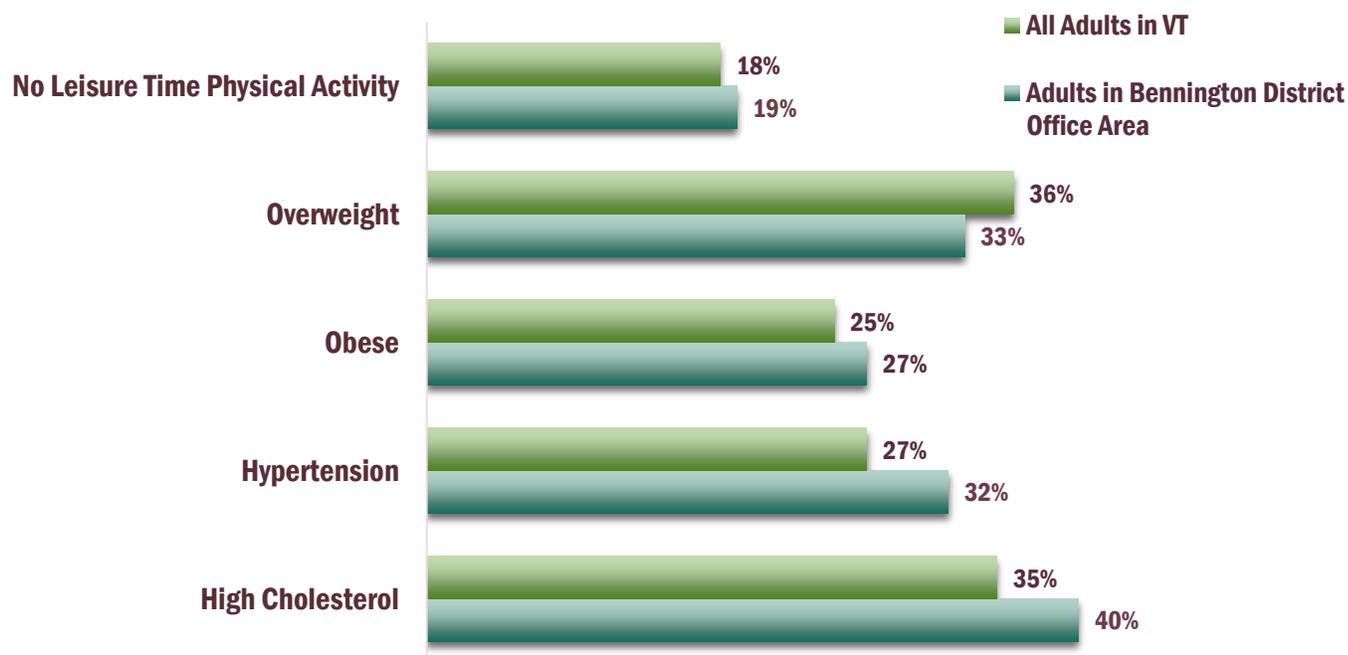
Chronic Disease	Vermont		Bennington District Office Area	
	% Adults Diagnosed	% of All Deaths	% Adults Diagnosed	% of All Deaths
Lung Diseases (Asthma/COPD)	15% (11%/6%)	6%	16% (13%/6%)	8%
Diabetes/Pre-Diabetes	13% (8%/6%)	3%	13% (8%/6%)	3%
Cardiovascular Diseases	7%	22%	11%*	20%
Cancer	7%	26%	10%*	25%

(\* 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 contact [3-4-50@vermont.gov](mailto:3-4-50@vermont.gov)