

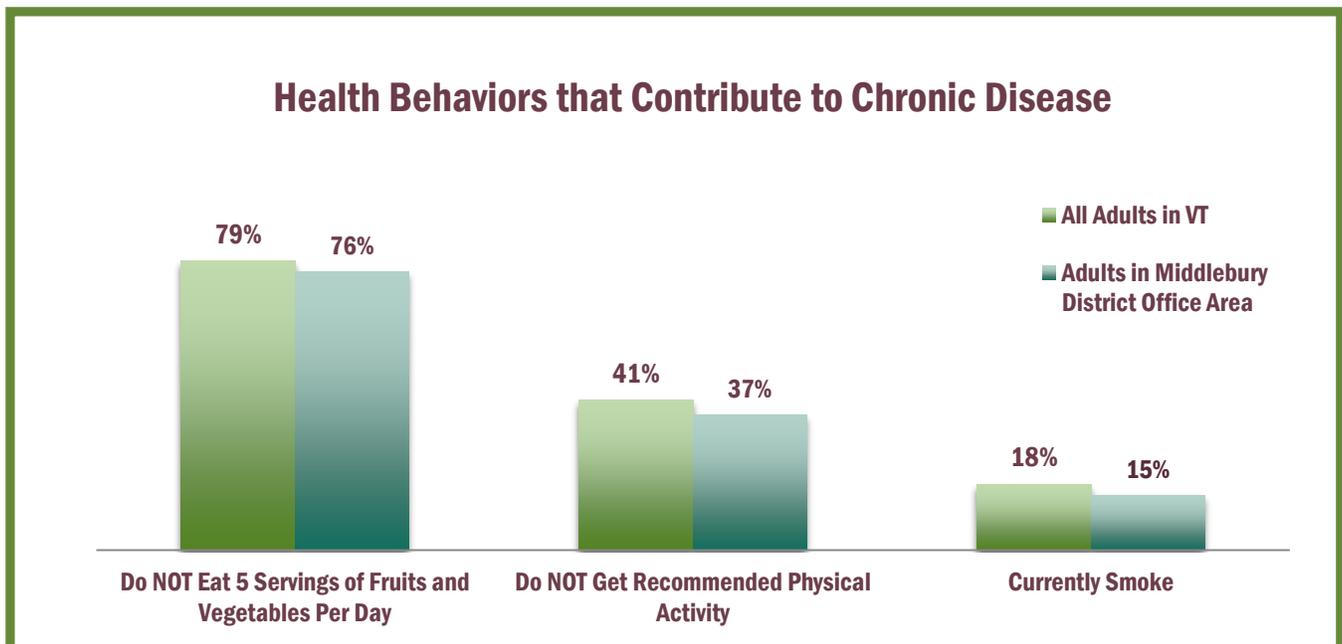
Chronic Disease in the Middlebury District Office Area



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 Middlebury District Office area of Addison 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 in four adults in the Middlebury District Office area do not eat enough fruits and vegetables. Just fewer than two in five do not get the recommended amount of physical activity and 15 percent of 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 and one in seven with diabetes or pre-diabetes.
- Half as many residents have been diagnosed with a cardiovascular disease or cancer.
- Adults within the Middlebury District Office area have similar rates of diagnosis to all adult Vermonters.

RESULTING IN MORE THAN 50 PERCENT OF DEATHS

- These four diseases account for 60% of deaths in the Middlebury District Office area.

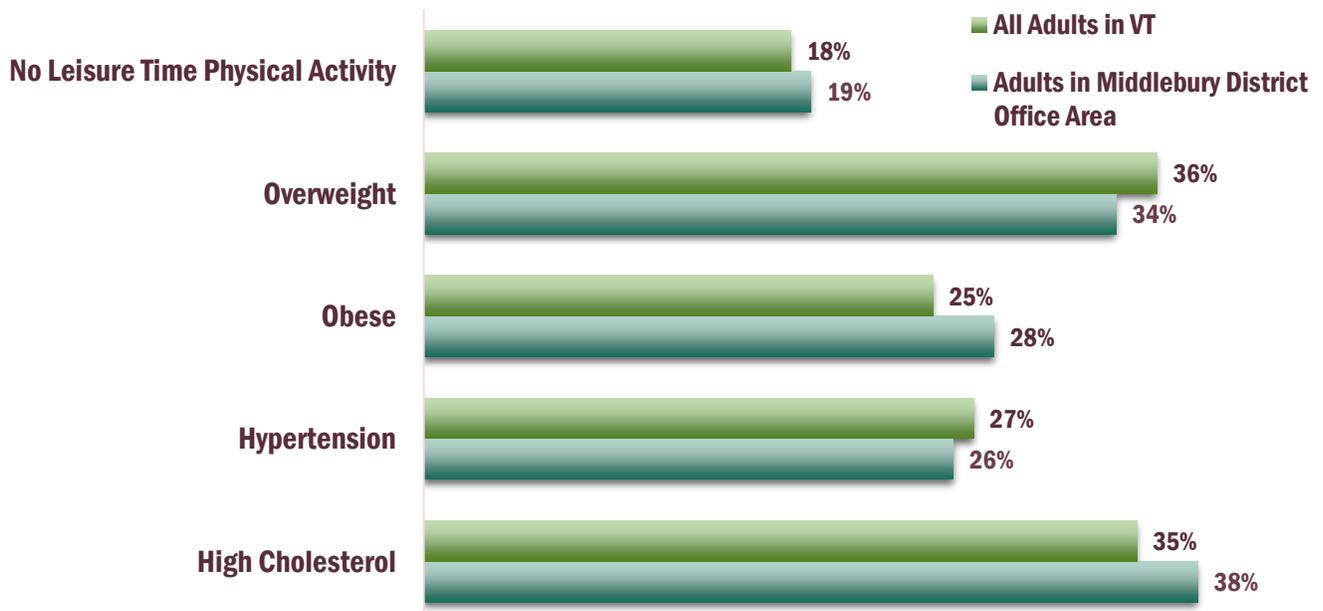
Chronic Disease	Vermont		Middlebury District Office Area	
	% Adults Diagnosed	% of All Deaths	% Adults Diagnosed	% of All Deaths
Lung Diseases (Asthma/COPD)	15% (11%/6%)	6%	17% (14%/6%)	4%
Diabetes/Pre-Diabetes	13% (8%/6%)	3%	14% (7%/7%)	5%
Cardiovascular Diseases	7%	22%	8%	26%
Cancer	7%	26%	7%	25%

(* 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.