

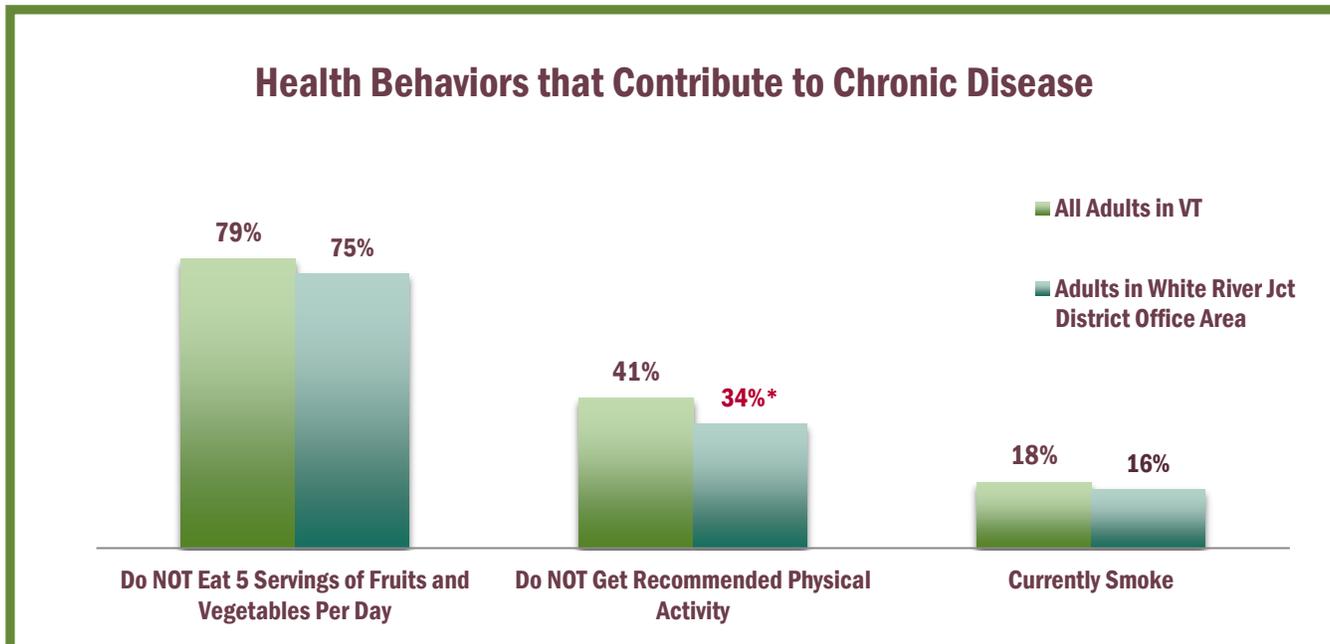
### Chronic Disease in the White River Junction District Office Area



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 White River Junction District Office area of Northern Windsor and Southern Orange Counties.

#### 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 the White River Junction District Office area do not eat enough fruits and vegetables. One in three get the recommended amount of physical activity – a statistically smaller proportion than among all Vermont adults. One in six 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 ten have been diagnosed with diabetes or pre-diabetes.
- One in ten adults have been diagnosed with cancer, slightly fewer with a cardiovascular disease.

## RESULTING IN MORE THAN 50 PERCENT OF DEATHS

- In all, these four diseases account for 58% of deaths in the White River Junction District Office area.

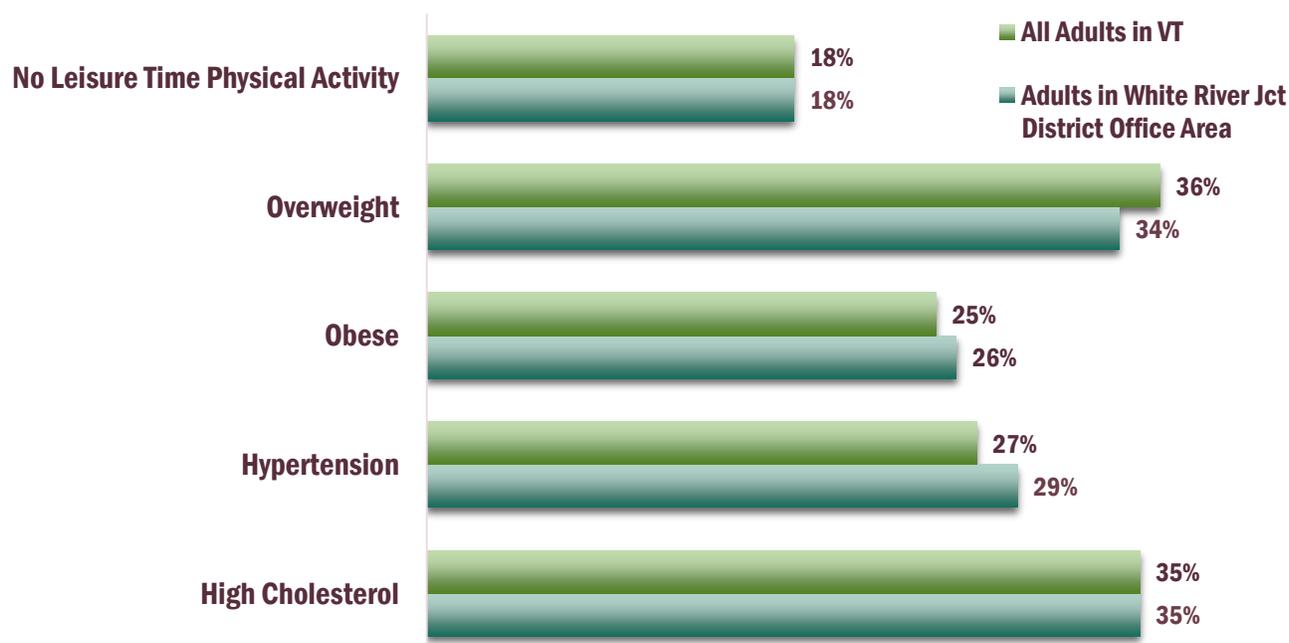
Chronic Disease	Vermont		White River Jct District Office Area	
	% Adults Diagnosed	% of All Deaths	% Adults Diagnosed	% of All Deaths
Lung Diseases (Asthma/COPD)	15% (11%/6%)	6%	15% (9%/7%)	6%
Diabetes/Pre-Diabetes	13% (8%/6%)	3%	10% (6%/5%)	2%
Cardiovascular Diseases	7%	22%	6%	20%
Cancer	7%	26%	9%	30%

(\*) 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.