

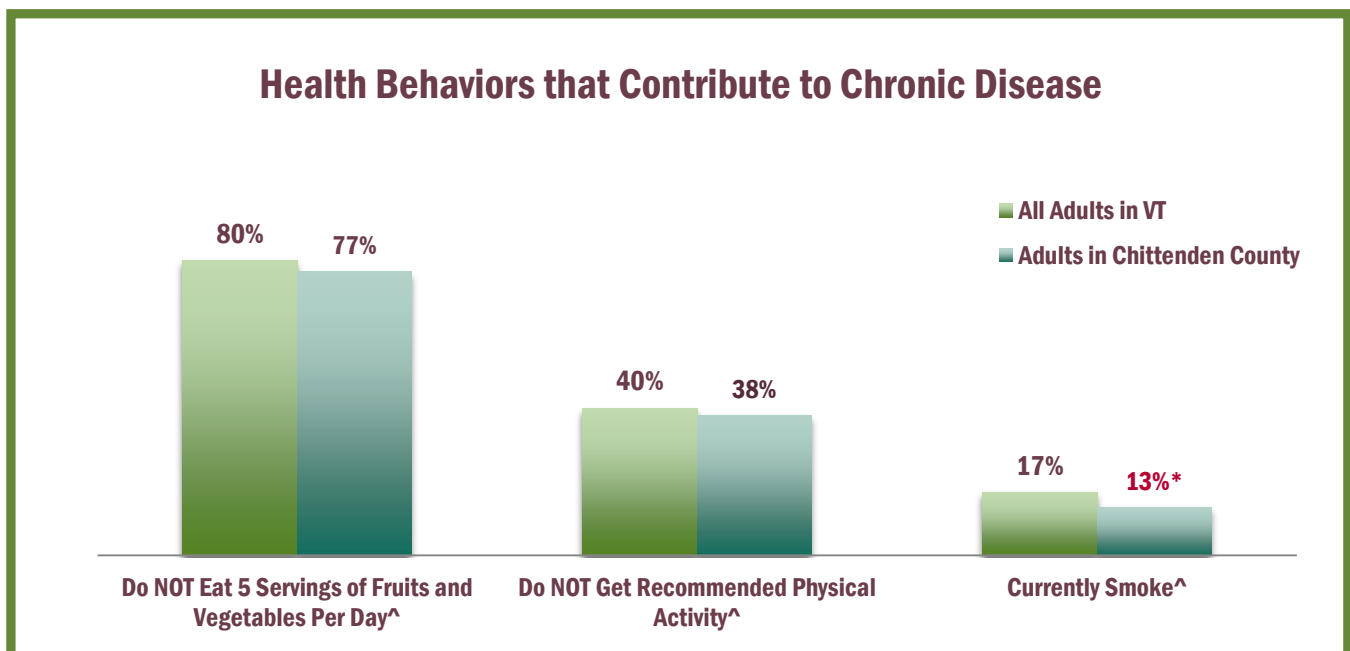
### Chronic Disease in Chittenden County



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 Chittenden 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 out of four adults in Chittenden County do not eat enough fruits and vegetables (77%) and two in five do not get the recommended amount of physical activity (38%). One in eight Chittenden County adults currently smoke (13%) – a significantly lower proportion compared to all Vermont adults (17%).



(\* ) notes statistical difference

Data Source: BRFSS 2013/15; 2015/17; and 2016/17  
<sup>^</sup>Data are age-adjusted to the U.S. 2000 population

## LEAD TO 4 CHRONIC DISEASES

- Chittenden County residents are less likely to have COPD than Vermont adults (3% vs. 6%).
- Chittenden County adults are less likely to have been diagnosed with diabetes (6%) or cardiovascular disease (6%) than Vermont adults.
- Residents of Chittenden County are less likely to have no leisure time physical activity (16%), be obese (23%), have hypertension (26%) or high cholesterol (29%) compared to all Vermont adults.

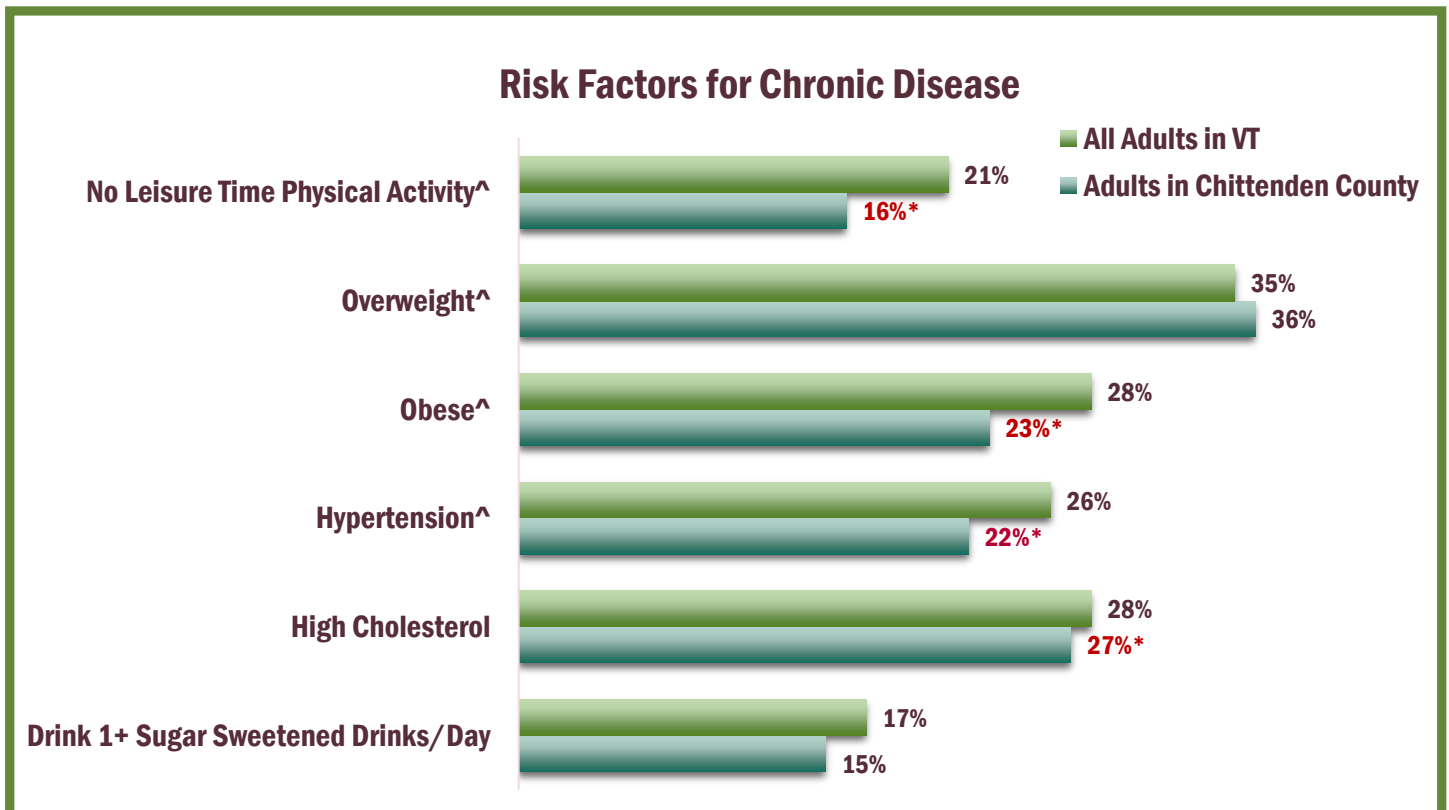
Chronic Disease	Vermont		Chittenden County	
	% Adults Diagnosed	% of All Deaths	% Adults Diagnosed	% of All Deaths
Lung Diseases (Asthma/COPD)	16% (12%/6%)	6%	12% (10%/3%*)	5%
Diabetes	8%	3%	6%*	3%
Cardiovascular Diseases	8%	21%	6%*	21%
Cancer	8%	23%	7%	24%

(\*) notes statistical difference

Data Source: BRFSS 2016/17  
VT Vital Stats 2016

## RESULTING IN MORE THAN 50 PERCENT OF DEATHS

- In all, these four diseases account for 52% of Chittenden County residents' deaths.



(\*) notes statistical difference

Data Source: BRFSS 2013/17; 2015/17; and 2016/17  
^Data are age-adjusted to the U.S. 2000 population

For more information on the data presented here, email [3-4-50@vermont.gov](mailto:3-4-50@vermont.gov).