

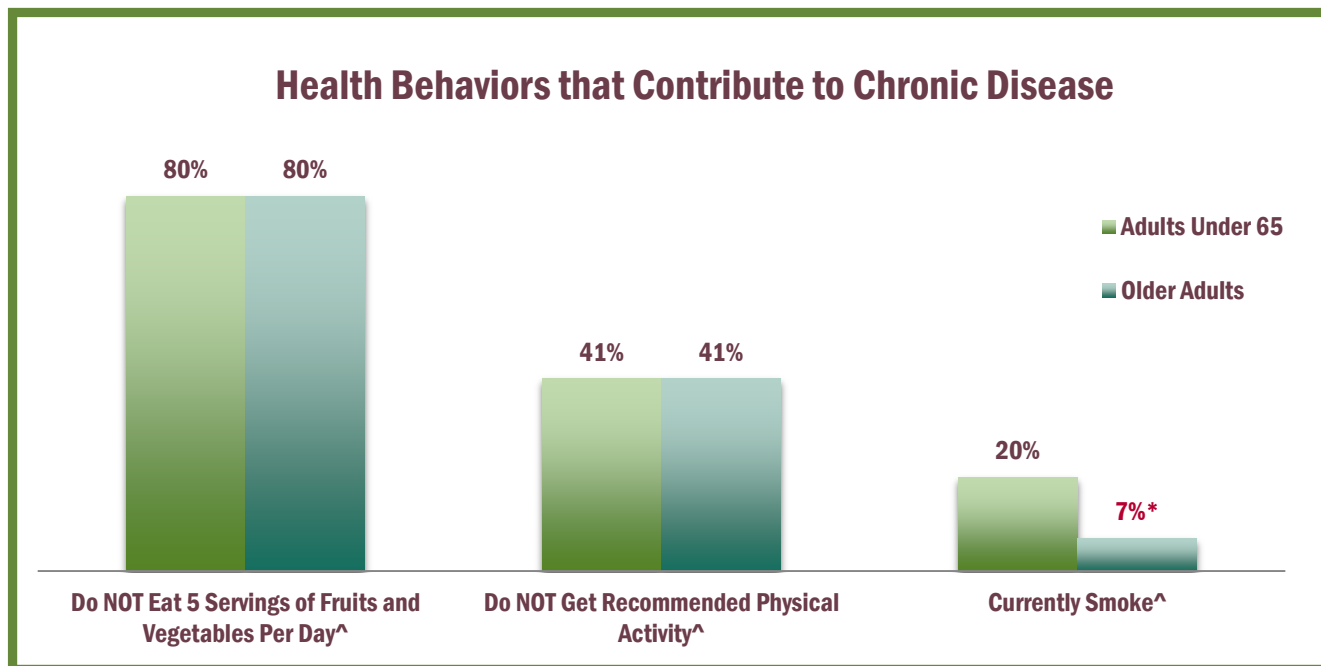
Chronic Disease and Older Vermonters

Older Vermonters are disproportionately impacted by chronic disease. Fortunately, for many older Vermonters, they no longer engage in the behaviors that led to those diseases. In fact, they are less likely than the general population to smoke or to drink sugar-sweetened beverages. Unfortunately, for far too many older Vermonters the damage has been done. Rates of diabetes, pre-diabetes and hypertension rise significantly with age, along with heart disease and cancer.

3-4-50 is a simple concept to help us grasp the reality that 3 health behaviors contribute to 4 chronic diseases that are the cause of more than 50 percent of deaths in Vermont. This data brief compares these measures between Vermont adults aged 65 years and older and those 18-64.

3 BEHAVIORS

Poor nutrition, lack of physical activity and tobacco use are three health behaviors that contribute to the development and severity of chronic disease. Older Vermonters (ages 65 and older) have similar rates to all adult Vermonters when it comes to poor diet (80%) or not getting the recommended amount of physical activity (41%). However, they are less likely to smoke (7%). Four out of five older Vermonters do not follow the recommended diet, and two out of five do not get enough physical activity.



(*) notes statistical difference

Data Source: BRFSS, 2015 and 2016

[^]Data are age-adjusted to the U.S. 2000 population

Note: Percentages for combined chronic disease prevalence account for Vermonters with dual diagnosis.

LEAD TO 4 CHRONIC DISEASES

Older Vermonters are more burdened with disease than their younger counterparts.

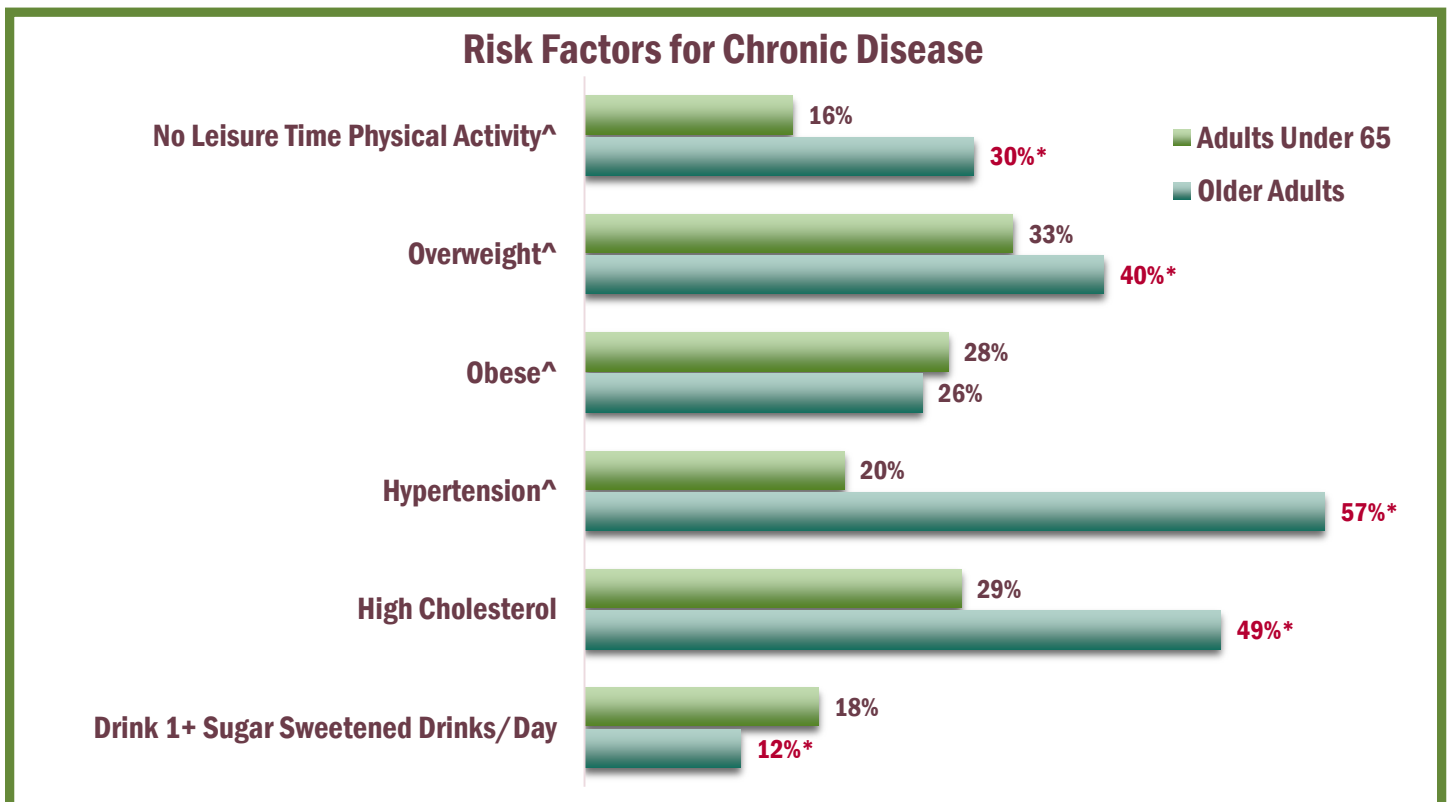
- Nearly one in five have been diagnosed with diabetes (18%) or cardiovascular disease (20%).
- 19% have ever had cancer.
- 9% of older Vermonters have been diagnosed with asthma, a similar rate to adult Vermonters under 65 (11%).
- 10% have been diagnosed with COPD (compared to 5% under the age of 65).
- Older adults have higher rates of no leisure time physical activity, being overweight, hypertension and high cholesterol.

Chronic Disease Diagnosis	Adults Under 65	Older Adults
Lung Disease (Asthma/ COPD)	13%	15%
Diabetes	6%	18%*
Cardiovascular Disease	4%	20%*
Cancer	5%	19%*

(* notes statistical difference

Data Source: BRFSS, 2016

Note: Percentages for combined chronic disease prevalence account for Vermonters with dual diagnosis.



(* notes statistical difference

Data Source: BRFSS, 2013, 2015 and 2016

[^]Data age age-adjusted to the U.S. 2000 population

For questions related to the data presented here, email 3-4-50@vermont.gov.