

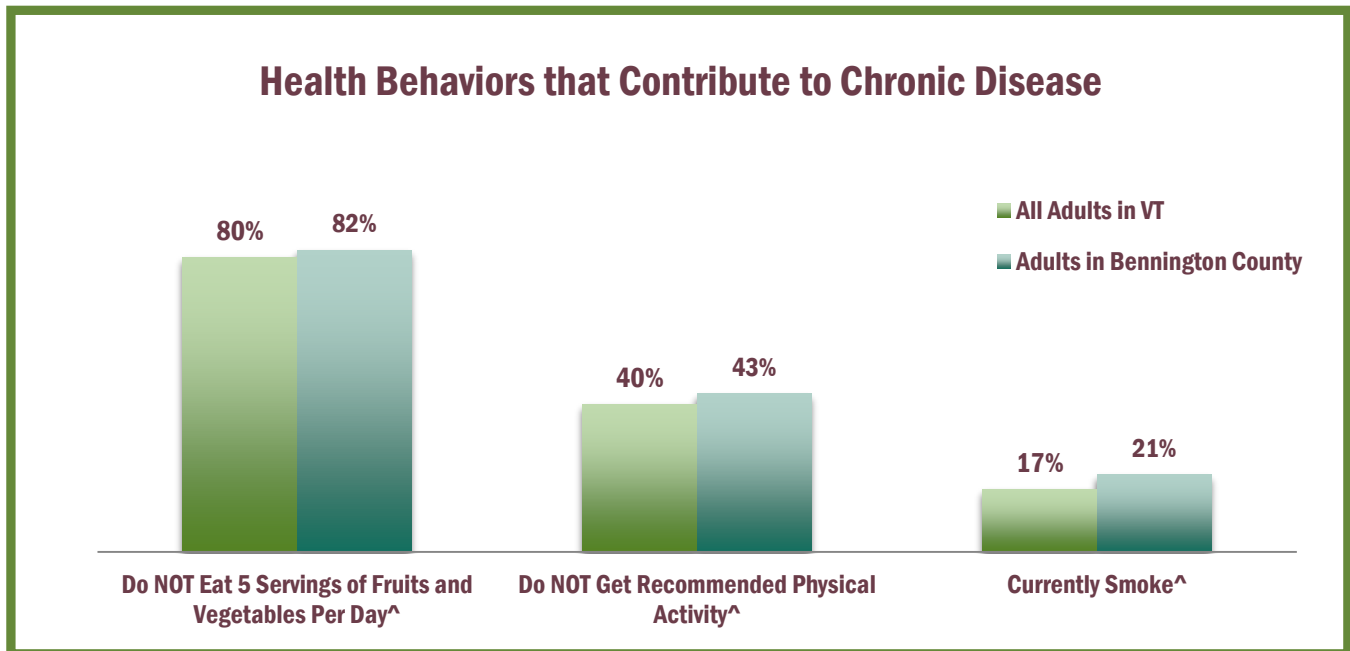
### Chronic Disease in Bennington County



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 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 four in five adults in Bennington County do not eat enough fruits and vegetables (82%) and more than two in five do not get the recommended amount of physical activity (43%). One in five (21%) adults currently smoke.



(\*) 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

- Bennington County adults have a higher rate of ever having had cancer (10%) compared to all Vermont adults.
- About one in six (17%) have lung disease.
- One in ten (10%) residents have been diagnosed with a cardiovascular disease and one in eleven (9%) have been diagnosed with diabetes.

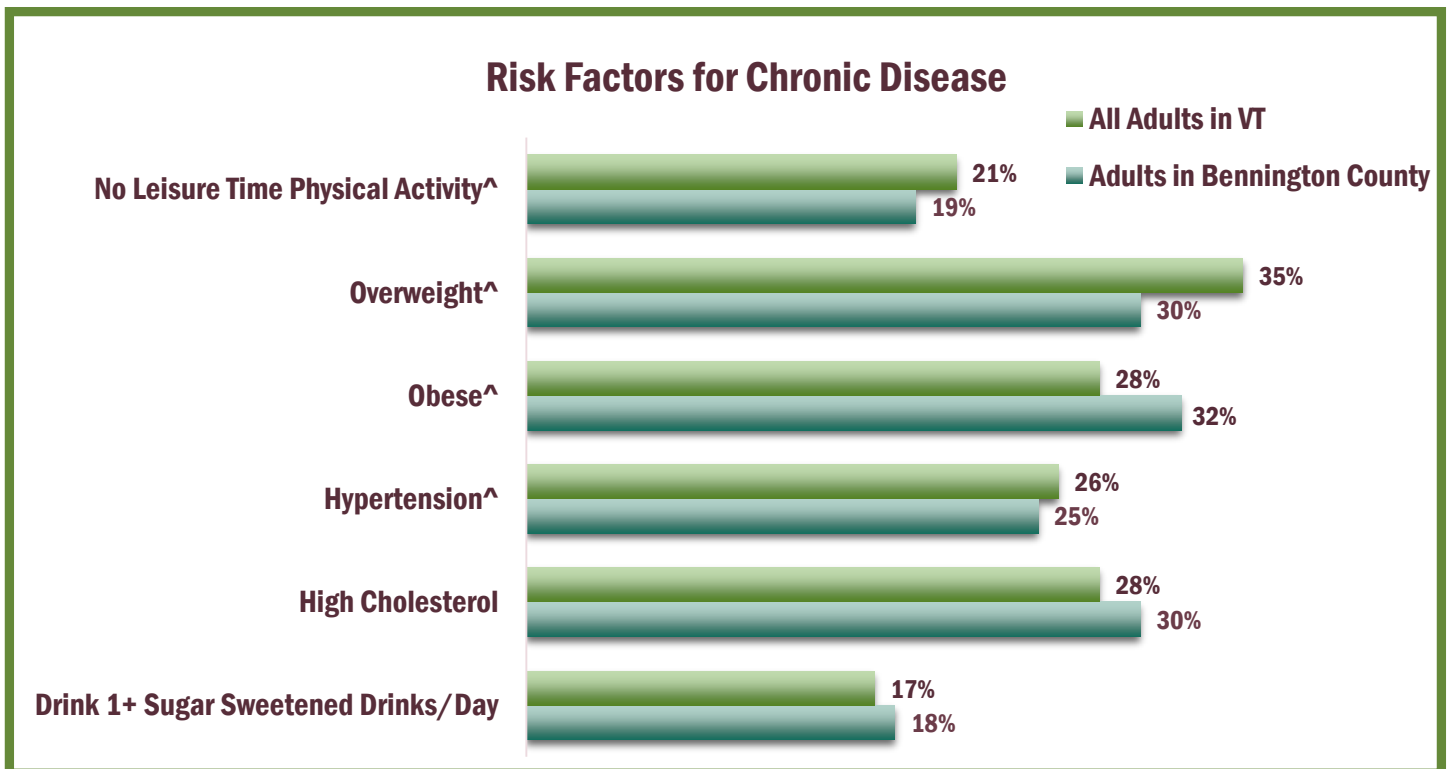
## RESULTING IN MORE THAN 50 PERCENT OF DEATHS

- In all, these four diseases account for 53% of Bennington County residents' deaths.

Chronic Disease	Vermont		Bennington County	
	% Adults Diagnosed	% of All Deaths	% Adults Diagnosed	% of All Deaths
Lung Disease (Asthma/COPD)	16% (12%/6%)	6%	17% (13%/7%)	8%
Diabetes	8%	3%	9%	3%
Cardiovascular Diseases	8%	21%	10%	23%
Cancer	8%	23%	10%*	21%

(\* ) notes statistical difference

Data Source: BRFSS 2016/17  
VT Vital Stats 2016



(\* ) notes statistical difference

Data Source: BRFSS 2013/17; 2015/17; and 2016/17  
<sup>^</sup>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).