

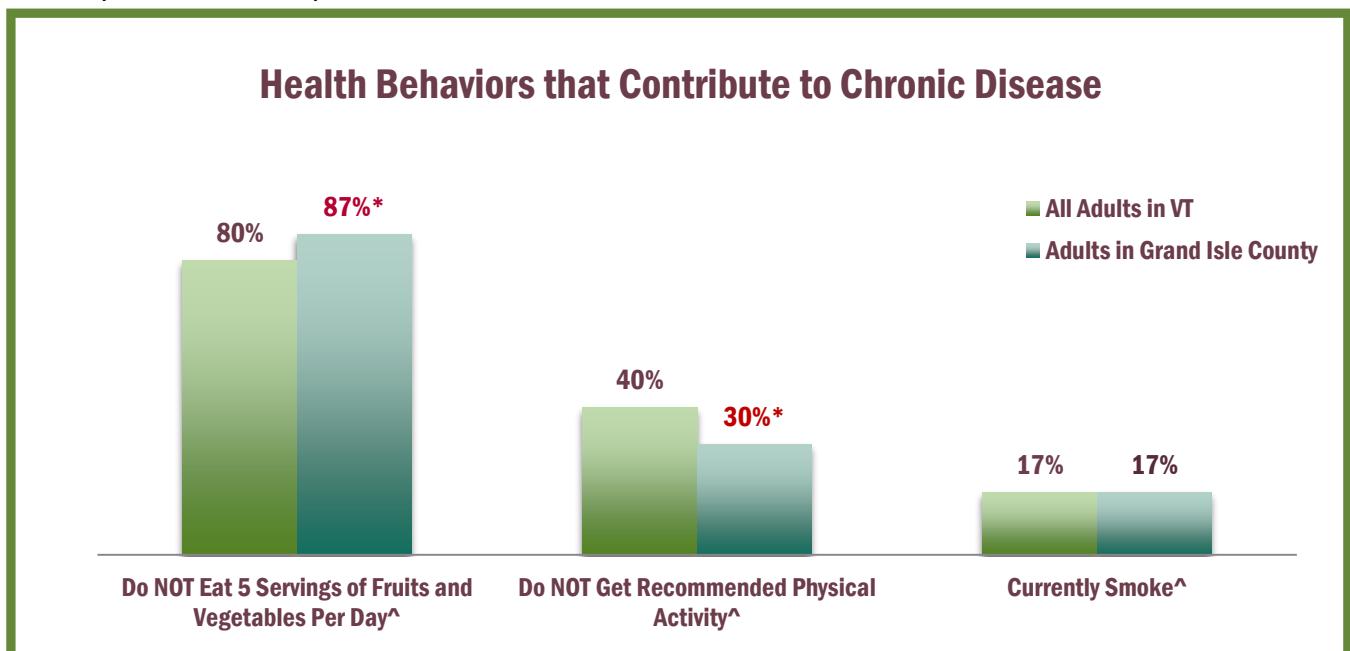
Chronic Disease in Grand Isle County



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 Grand Isle 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. Close to nine in ten adults in Grand Isle County do not eat enough fruits and vegetables per day (87%) – a significantly higher proportion compared to all adults in Vermont. Three in ten Grand Isle County adults do not get the recommended amount of physical activity (30%) – significantly fewer than Vermont adults overall. One in six (17%) Grand Isle County adults currently smoke.



(*) notes statistical difference

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

LEAD TO 4 CHRONIC DISEASES

- One in six Grand Isle County adults have been diagnosed with lung disease (16%).
- One in ten have ever been diagnosed with diabetes or cardiovascular disease (10%).
- Grand Isle County adults are less likely to have high cholesterol (23%) than Vermont adults.

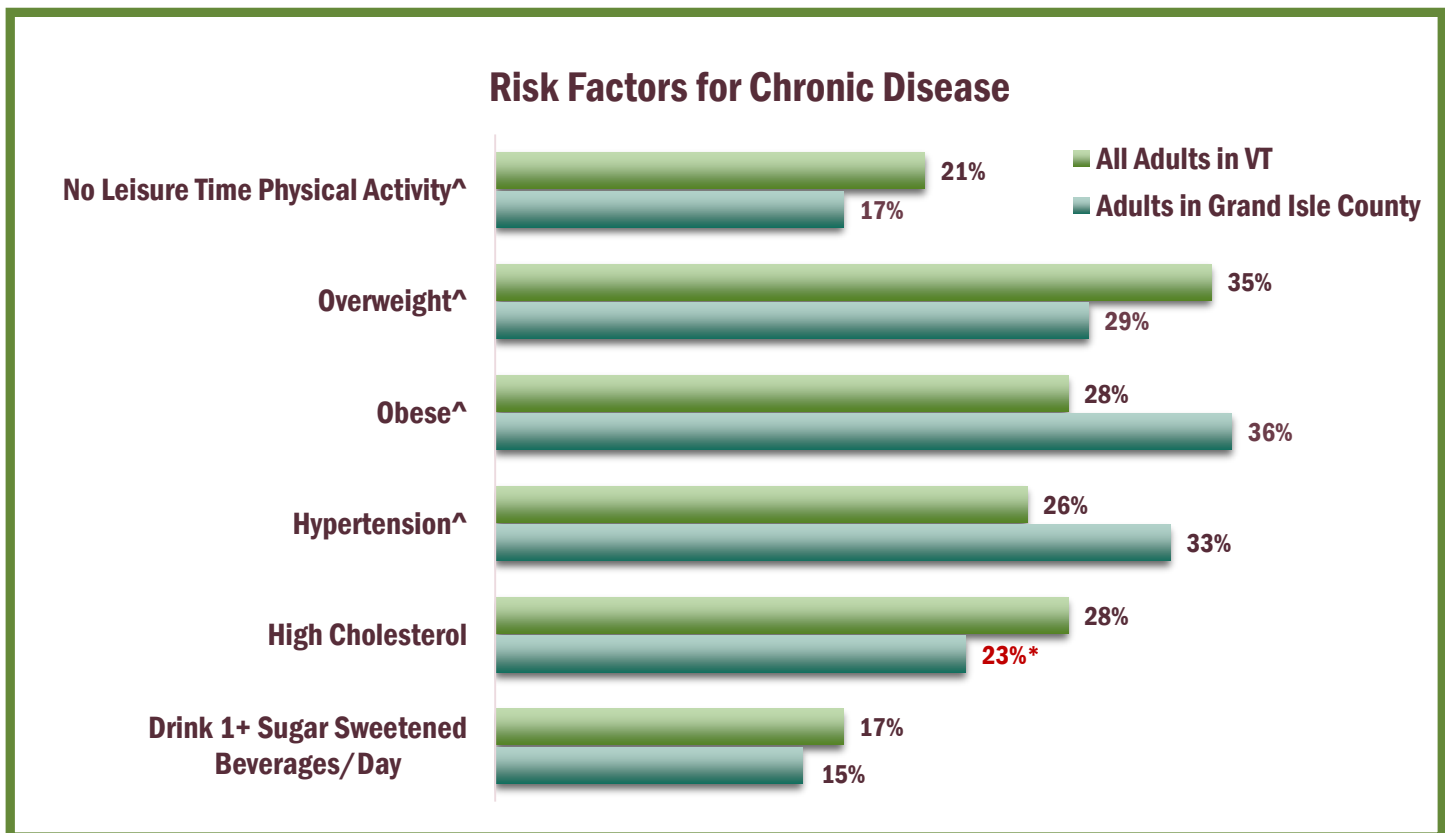
RESULTING IN MORE THAN 50 PERCENT OF DEATHS

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

Chronic Disease	Vermont		Grand Isle County	
	% Adults Diagnosed	% of All Deaths	% Adults Diagnosed	% of All Deaths
Lung Diseases (Asthma/COPD)	16% (12%/6%)	6%	16% (14%/4%)	3%
Diabetes	8%	3%	10%	2%
Cardiovascular Diseases	8%	21%	10%	19%
Cancer	8%	23%	8%	27%

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

For more information on the data presented here, email 3-4-50@vermont.gov.