

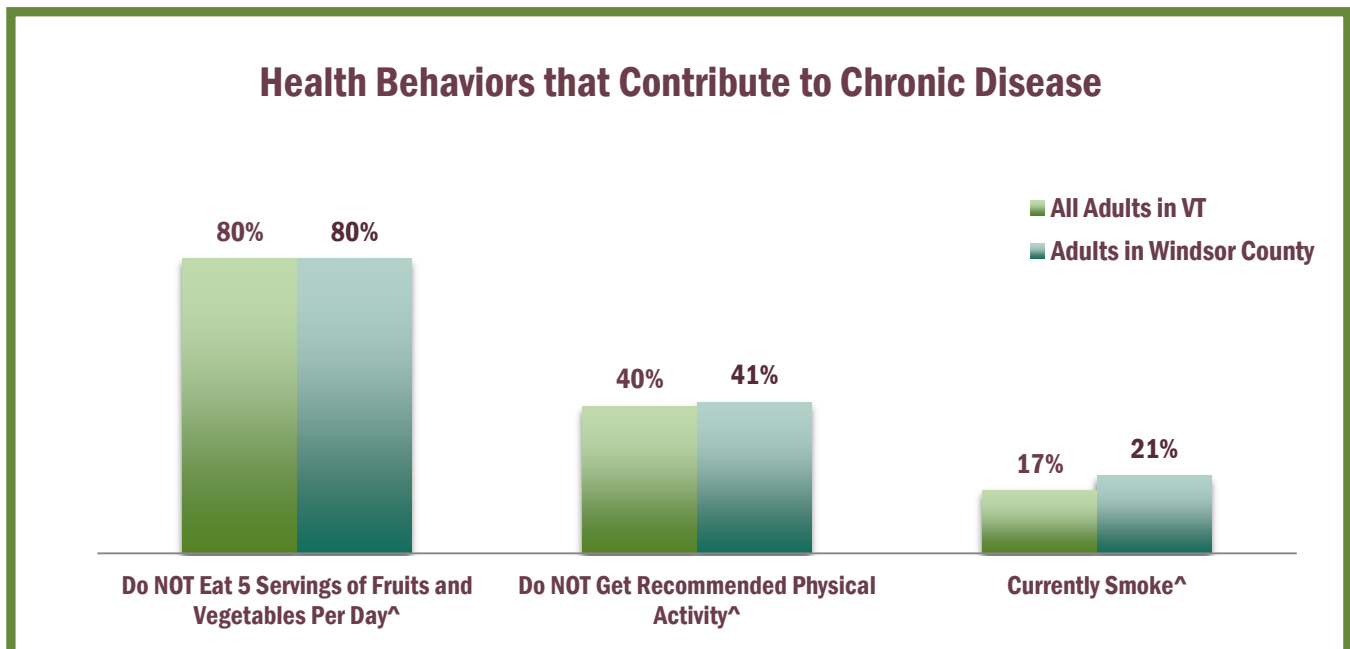
Chronic Disease in Windsor County



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 Windsor 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. Four out of five adults in Windsor County do not eat enough fruits or vegetables (80%) and two in five do not get the recommended amount of physical activity (41%). One in five adults currently smoke (21%).



(*) 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

- Nearly one in six Windsor County adults have been diagnosed with a lung disease (14%).
- One in eleven have ever been diagnosed with diabetes, cardiovascular disease or cancer (9%).
- Two in five Windsor County adults have high cholesterol (37%), significantly more than Vermont adults overall.

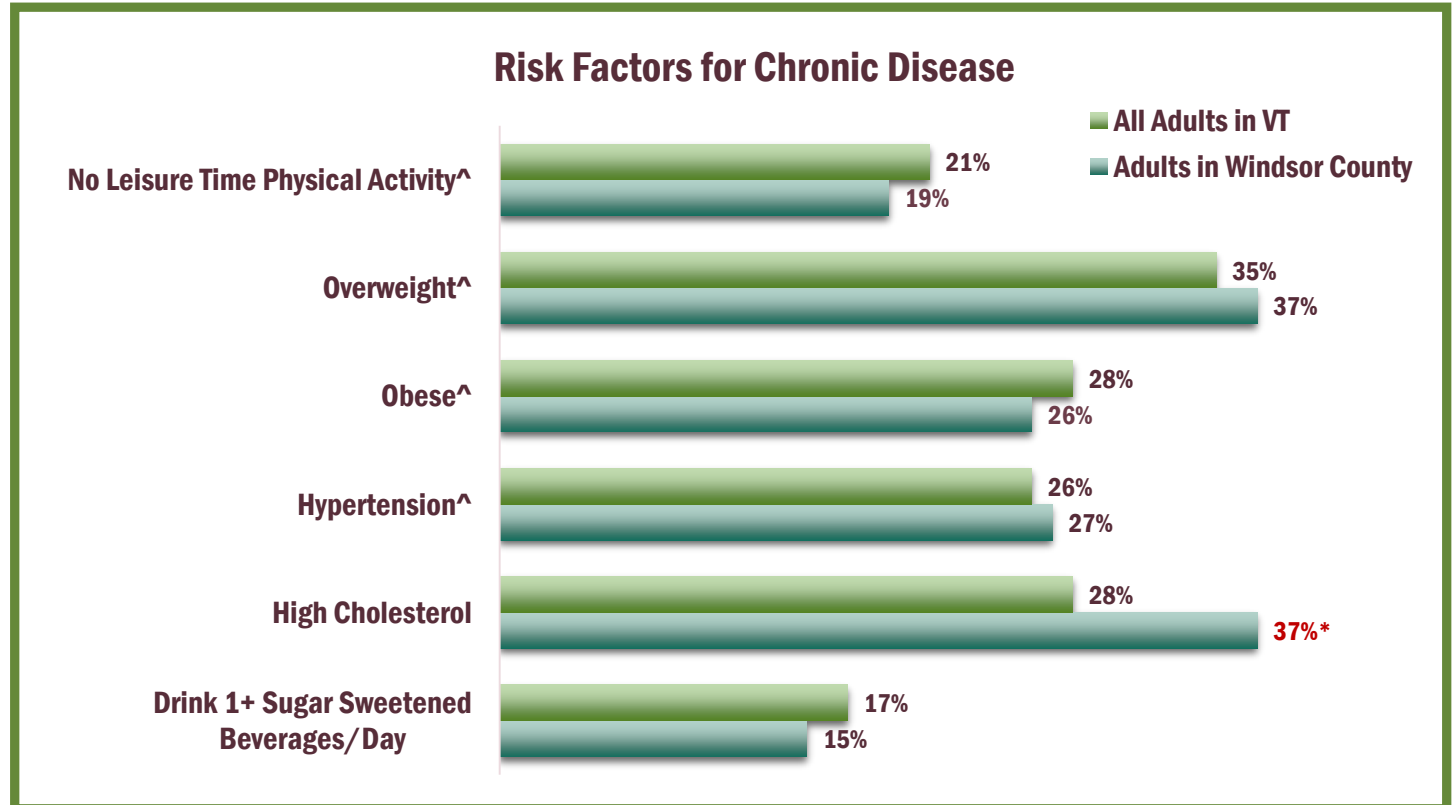
RESULTING IN MORE THAN 50 PERCENT OF DEATHS

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

Chronic Disease	Vermont		Windsor County	
	% Adults Diagnosed	% of All Deaths	% Adults Diagnosed	% of All Deaths
Lung Diseases (Asthma/COPD)	16% (12%/6%)	6%	14% (11%/7%)	6%
Diabetes	8%	3%	9%	2%
Cardiovascular Diseases	8%	21%	9%	22%
Cancer	8%	23%	9%	22%

(*) 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.