

3-4-50: Chronic Disease Deaths in San Diego County Short Brief – North Inland Region, 2000-2022

(Click Here for Detailed Brief)

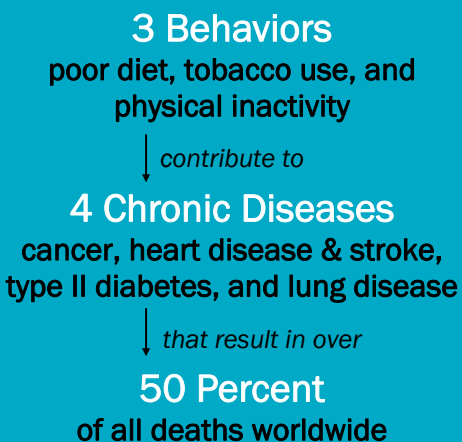
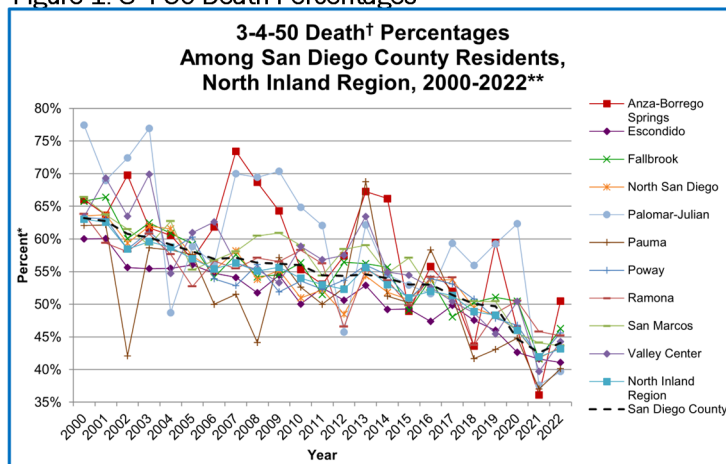


Figure 1: 3-4-50 Death Percentages



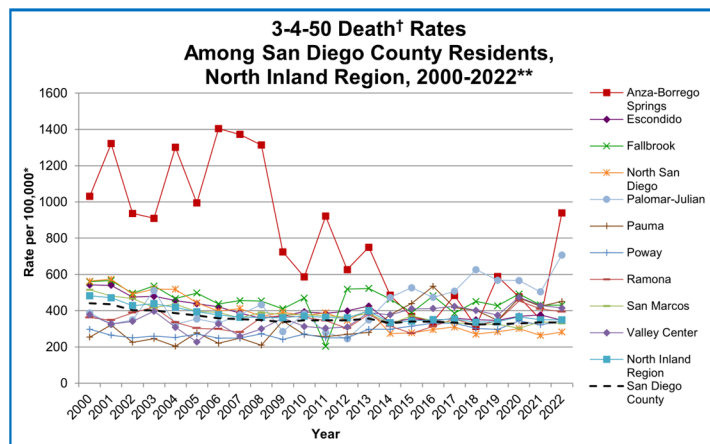
What is 3-4-50?

Three-four-fifty refers to three behaviors that contribute to four chronic diseases and result in 50% or more deaths worldwide.¹ These chronic diseases are potentially preventable through modifying diet, physical activity, and smoking behaviors. In San Diego County, 44% of all deaths are due to these four chronic diseases.

3-4-50 in San Diego County—North Inland Region

- From 2000-2022, the overall percent of deaths due to 3-4-50 chronic diseases decreased in the North Inland Region and its subregional areas (SRAs) (Figure 1).
- Overall, 3-4-50 chronic disease death rates have decreased in the North Inland Region and half of its SRAs from 2000-2022. (Figure 2).
- Among the North Inland Region SRAs, Anza-Borrego Springs had the highest percentage of deaths due to 3-4-50 chronic diseases in 2022.
- Among the North Inland Region SRAs, Anza-Borrego Springs had the highest death rate due to 3-4-50 chronic diseases in 2022. Anza-Borrego Springs had an estimated 50% decrease in population in 2022 compared to 2021, that contributed to its high rate.
- Despite a decrease, 3-4-50 chronic diseases still accounted for 43% of all deaths in the North Inland Region in 2022.

Figure 2: 3-4-50 Death Rates



*3-4-50 deaths as a percentage of all cause deaths. Rates per 100,000 population.

†3-4-50 deaths include stroke, coronary heart disease (CHD), diabetes, COPD, asthma, and cancer. Beginning with 2017, COPD includes chronic lower respiratory diseases (COPD/chronic lower respiratory diseases).

§Percents and rates not calculated for fewer than 5 events for the years 2000 to 2019. Percents and rates not calculated for fewer than 11 events for the years 2020-2022. Percents and rates not calculated in cases where zip code is unknown.

**The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality including those of 3-4-50 chronic diseases.

Source: California Department of Public Health, 2000-2013 Death Statistical Master Files, 2014-2022 California Vital Records Business Intelligence System (VRBIS). SANDAG, Current Population Estimates. 2020-2021 population estimates were derived using the 2010 decennial census and data should be considered preliminary. 2022 population estimates were derived from the 2020 decennial census.

Prepared by County of San Diego (CoSD), Health and Human Services Agency (HHS), Public Health Services (PHS), Community Health Statistics Unit, January 2024.

For more information and data, go to
www.SDHealthStatistics.com



¹World Health Organization (WHO). "WHO reveals leading causes of death and disability worldwide: 2000-2019", <https://www.who.int/news/item/09-12-2020-who-reveals-leading-causes-of-death-and-disability-worldwide-2000-2019> (Accessed February 8, 2024).

What does 3-4-50 look like in North Inland Region?



In North Inland Region, 3-4-50 is actually 3-4-43

In San Diego County, 3-4-50 is actually 3-4-44

3 BEHAVIORS

TOBACCO USE*

- In 2022, 3.9% of adults in North Inland Region reported being current smokers.

LACK OF PHYSICAL ACTIVITY~

- In 2020, nearly 1 in 2 children in North Inland Region spent 5 or more hours on sedentary activities on typical weekend days.

POOR NUTRITION

- In 2020, 76.4% of children in North Inland Region ate less than 5 servings of fruits/vegetables daily.

TOBACCO USE

- In 2022, 4.6% of adults in San Diego County reported being current smokers.

LACK OF PHYSICAL ACTIVITY~

- In 2020, over 1 in 3 children in San Diego County spent 5 or more hours on sedentary activities on typical weekend days.

POOR NUTRITION

- In 2020, 62.8% of children in San Diego County ate less than 5 servings of fruits/vegetables daily.

4 CHRONIC DISEASES

CANCER

- In 2022, cancer was the leading cause of death in North Inland Region.

HEART DISEASE & STROKE

- In 2022, 8.6% of adults in North Inland Region had ever been diagnosed with heart disease.

DIABETES

- In 2022, 10.4% of adults in North Inland Region had ever been diagnosed with diabetes.

LUNG DISEASE

- In 2022, 17.7% of residents (ages 1 year and older) in North Inland Region had ever been diagnosed with asthma.

CANCER

- In 2022, cancer was the leading cause of death in San Diego County.

HEART DISEASE & STROKE

- In 2022, 7.2% of adults in San Diego County had ever been diagnosed with heart disease.

DIABETES

- In 2022, 7.9% of adults in San Diego County had ever been diagnosed with diabetes.

LUNG DISEASE

- In 2022, 15.2% of residents (ages 1 year and older) in San Diego County had ever been diagnosed with asthma.

CAUSE OVER 50% OF DEATHS

In 2022, cancer, heart disease and stroke, diabetes, and lung disease caused 43% of all deaths in the North Inland Region.

In 2022, cancer, heart disease and stroke, diabetes, and lung disease caused 44% of all deaths in San Diego County.



*Indicates a statistically unstable estimate. Proceed with caution. Estimate is included for trending purposes.

~Includes "5 to less than 8 hours" and "8 or more hours" spent on sedentary activities on typical weekend days.

Data Sources: UCLA Center for Health Policy Research, Los Angeles, CA. AskCHIS. Available at <http://ask.chis.ucla.edu>. Most recent data available presented. County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, Leading Causes of Death Tables by HHSA Region, 2011-2022. Available at https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/community_health_statistics/CHSU_Mortality.html#leading.