

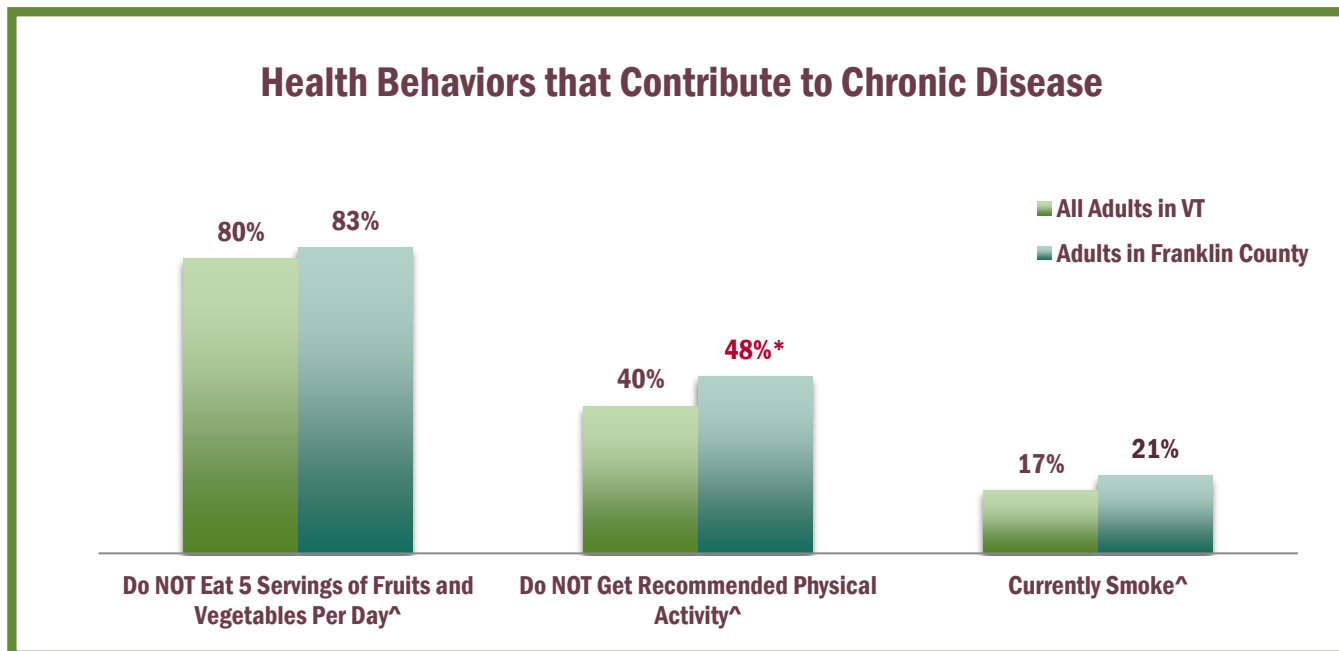
Chronic Disease in Franklin County



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 Franklin 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 out of five adults in Franklin County do not eat enough fruits and vegetables (83%). Almost half (48%) do not get the recommended amount of exercise – a significantly higher proportion compared to all adults in Vermont. More than one in five Franklin County 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

- One in six Franklin County adults have been diagnosed with lung disease (17%) and 10% have ever been diagnosed with diabetes.
- Franklin County adults are more likely to report no leisure time physical activity (26%), obesity (36%), and drinking 1 or more sugary sweetened drinks a day (21%) than Vermont adults overall.

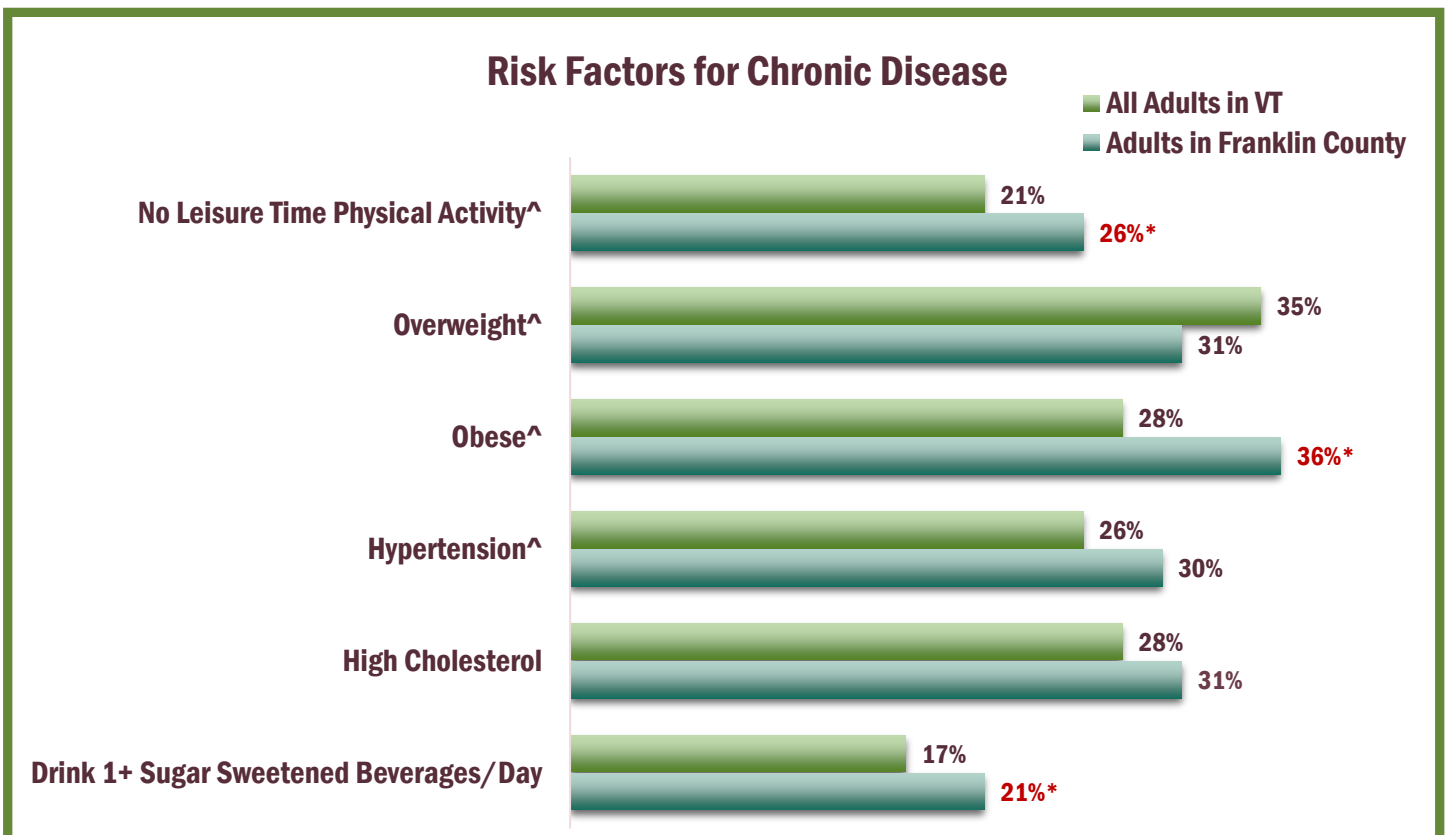
RESULTING IN MORE THAN 50 PERCENT OF DEATHS

- In all, these four diseases account for 57% of Franklin County residents' deaths.

Chronic Disease	Vermont		Franklin County	
	% Adults Diagnosed	% of All Deaths	% Adults Diagnosed	% of All Deaths
Lung Diseases (Asthma/COPD)	16% (12%/6%)	6%	17% (11%/8%)	5%
Diabetes	8%	3%	10%	4%
Cardiovascular Diseases	8%	21%	8%	23%
Cancer	8%	23%	7%	26%

(*) 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.