

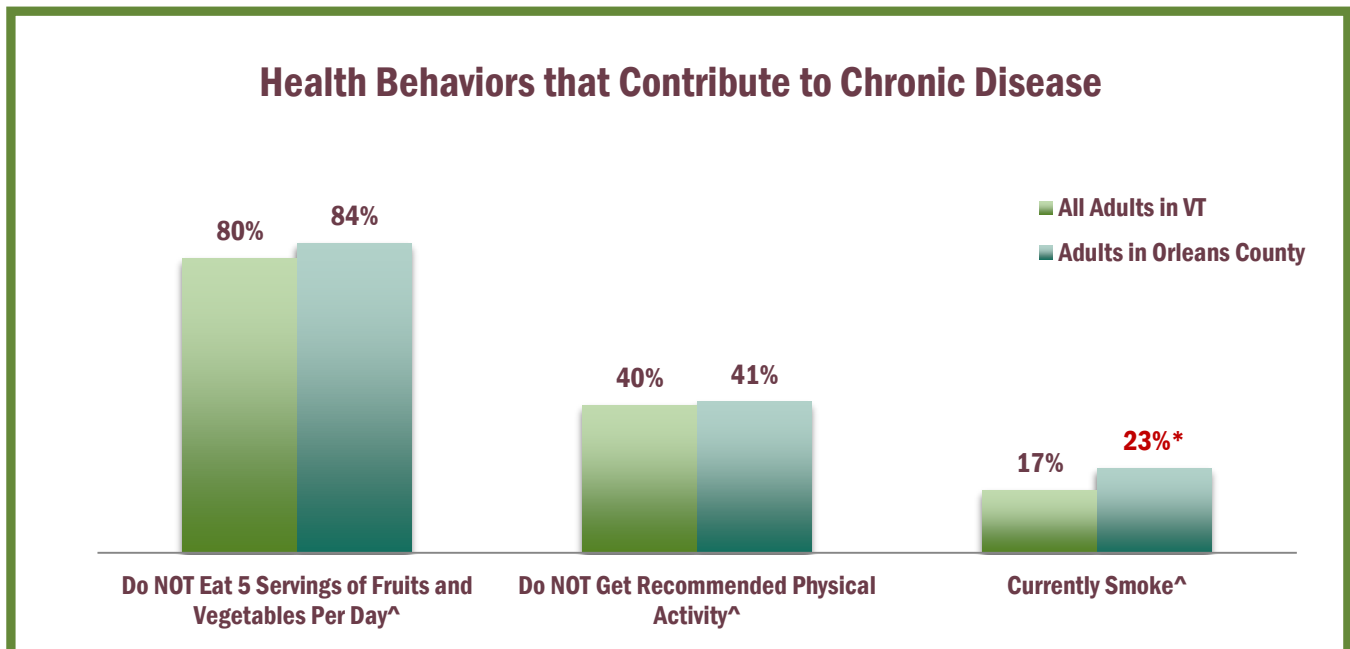
Chronic Disease in Orleans County



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 Orleans 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 Orleans County do not eat enough fruits and vegetables (84%) and two in five do not get the recommended amount of physical activity (41%). A quarter of Orleans County adults currently smoke (23%) – significantly more than Vermont adults overall.



(*) 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

- Over one in six Orleans County adults have lung disease (17%). Orleans County adults are significantly more likely to have COPD than Vermont adults overall (9% vs. 6%).
- One in ten have ever been diagnosed with cardiovascular disease or cancer (10%).
- One in eleven Orleans County adults has been diagnosed with diabetes (9%).

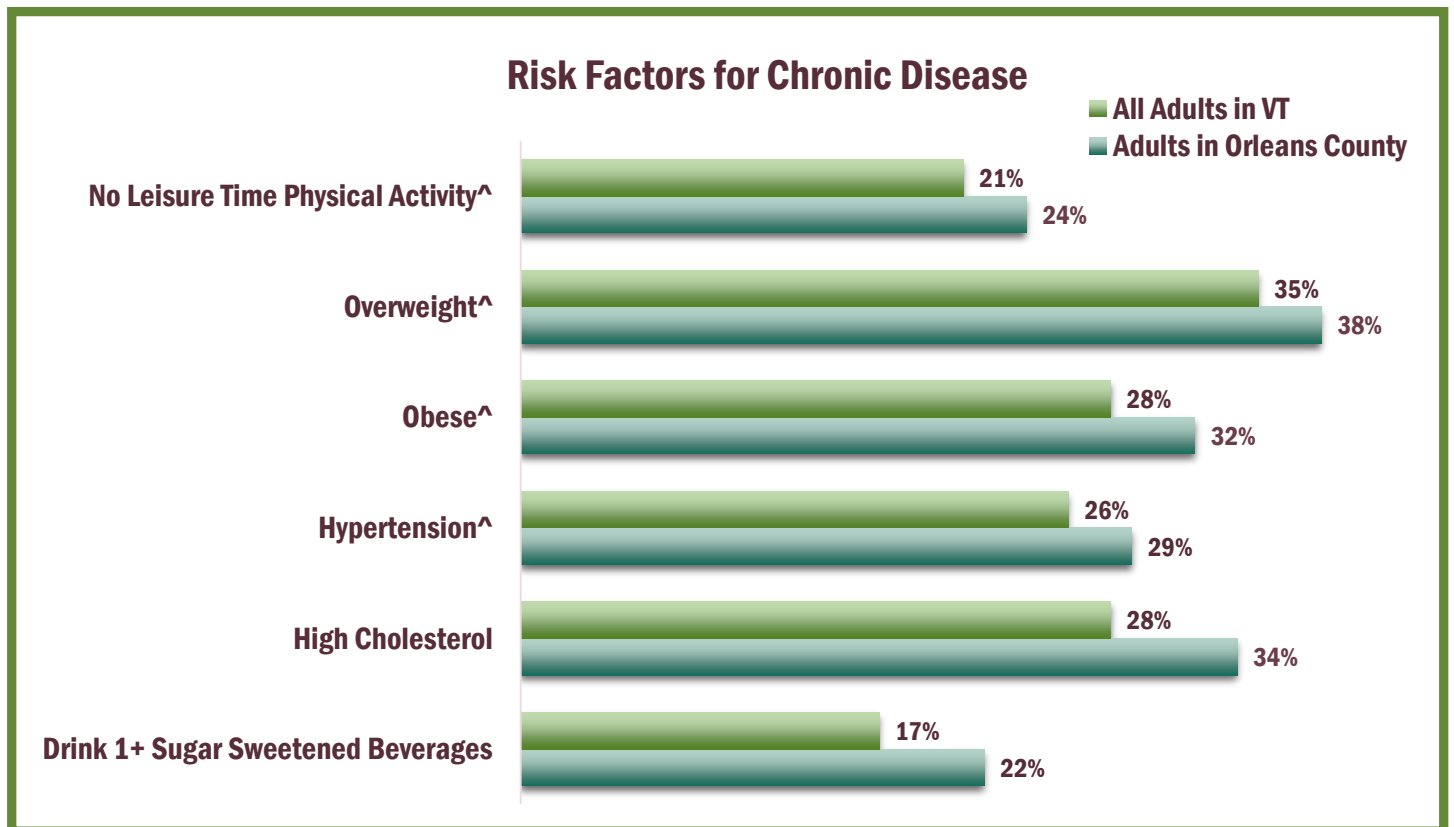
RESULTING IN MORE THAN 50 PERCENT OF DEATHS

- In all, these four diseases account for 54% of Orleans County residents' deaths.

Chronic Disease	Vermont		Orleans County	
	% Adults Diagnosed	% of All Deaths	% Adults Diagnosed	% of All Deaths
Lung Diseases (Asthma/COPD)	16% (12%/6%)	6%	17% (13%/9%*)	6%
Diabetes	8%	3%	9%	4%
Cardiovascular Diseases	8%	21%	10%	22%
Cancer	8%	23%	10%	22%

(*) notes statistical difference

Data Source: BRFSS 2016/17
VT Vital Stats 2016



(*) notes statistical difference

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

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