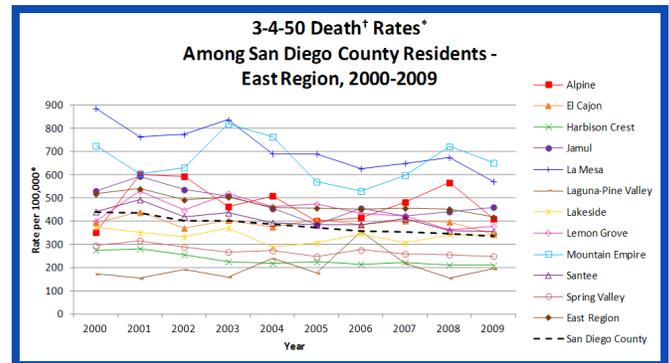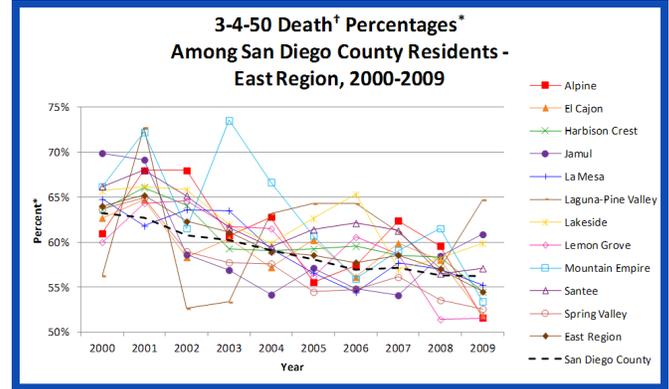# 3-4-50: Chronic Disease Deaths in San Diego County—East Region, 2000-2009

3 Behaviors
contribute to
4 Chronic Diseases
that cause over
50 percent
of all deaths worldwide.

3-4-50 Death† Percentages* Among San Diego County Residents - East Region, 2000-2009

What is 3-4-50?

Chronic diseases are now the major cause of death and disability worldwide, having surpassed infectious diseases and injuries. Poor diet, physical inactivity, and tobacco use are risk factors for heart disease and stroke, pulmonary disease, diabetes, and cancer. Changing three behaviors can help prevent four diseases and reduce the number of deaths due to chronic disease.

In San Diego County in 2007, the 3-4-50 diseases, considered together, cost $4 billion in direct treatment expenditures.

3-4-50 Death† Rates* Among San Diego County Residents - East Region, 2000-2009

3-4-50 in San Diego County

The percent of deaths due to chronic disease decreased from 63% in 2000 to 56% in 2009, while the total number of deaths from all causes has remained stable. South had the highest percent of chronic disease deaths among Regions.

Chronic disease death rates have decreased in the County and Regions. East consistently had the highest rates of chronic disease death.

Rates are important to consider because rates represent the risk of death from the chronic disease and are not influenced by changes in the number of deaths by other causes.

2009	Percent	Rate/100,000
County	56%	336.6
East Region	54%	417.1
Alpine	52%	410.1
El Cajon	52%	344.3
Harbison Crest	54%	209.2
Jamul	61%	460.5
La Mesa	55%	571.1
Laguna Pine V.	65%	194.5
Lakeside	60%	339.4
Lemon Grove	52%	379.1
Mtn. Empire	53%	651.0
Santee	57%	355.6
Spring Valley	53%	249.1

3-4-50 in San Diego County—East Region

- From 2000 to 2009, the percent of all deaths due to chronic disease has decreased in the East Region and its Subregional Areas (SRAs), while the number of deaths have remained stable.

- In the East Region, Laguna-Pine Valley had the highest percentage of deaths due to chronic disease in 2009.

- In the East Region, Mountain Empire had the highest chronic disease death rate in 2009.

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