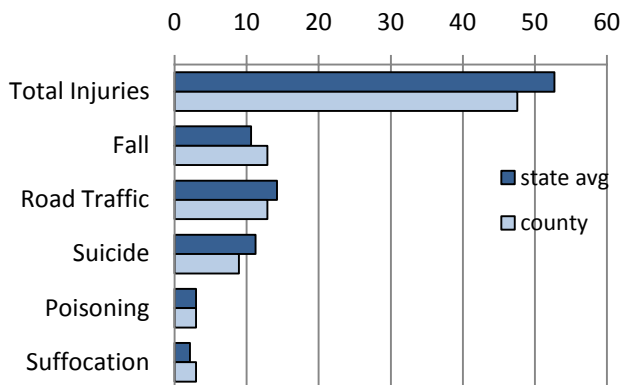
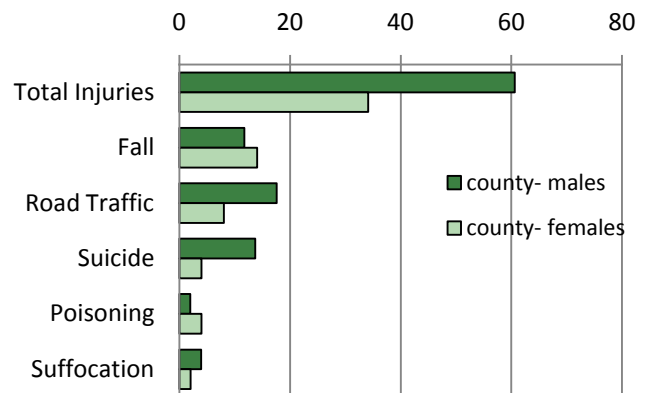


Buena Vista County (2006 population = 20,091)

Injury death rate² - all ages (total and 5 leading causes)
County vs. State avg (Avg. rate for 2002-2006 per 100,000)



Injury death rate² - all ages (total and 5 leading causes)
County by gender (Avg. rate for 2002-2006 per 100,000)



County Injury Hospitalization Data

Young Children (0-4 years)

| | Male | | Female | | Total | |
|-----------------------|----------------|-------------------|----------------|-------------------|----------------|-------------------|
| | N ¹ | Rate ² | N ¹ | Rate ² | N ¹ | Rate ² |
| Total Injuries | <5 | <140 | <5 | <109 | 7 | 113.0 |
| Leading Causes | | | | | | |
| Road Traffic | <5 | <75 | 0 | ----- | <5 | <40 |
| Fire/Burn | 0 | ----- | <5 | <76 | <5 | <40 |
| Fall | <5 | <43 | 0 | ----- | <5 | <24 |
| Suffocation | 0 | ----- | <5 | <44 | <5 | <24 |
| Not Specified | <5 | <43 | 0 | ----- | <5 | <24 |

Youth (5-14 years)

| | Male | | Female | | Total | |
|-----------------------|----------------|-------------------|----------------|-------------------|----------------|-------------------|
| | N ¹ | Rate ² | N ¹ | Rate ² | N ¹ | Rate ² |
| Total Injuries | 7 | 93.9 | 9 | 127.7 | 16 | 110.3 |
| Leading Causes | | | | | | |
| Suicide | 0 | ----- | <5 | <50 | <5 | <26 |
| Road Traffic | <5 | <21 | <5 | <22 | <5 | <19 |
| Fall | <5 | <34 | 0 | ----- | <5 | <19 |
| Other Transport | <5 | <21 | <5 | <22 | <5 | <19 |
| Poisoning | 0 | ----- | <5 | <22 | <5 | <12 |

Young Adults (15-24 years)

| | Male | | Female | | Total | |
|-----------------------|----------------|-------------------|----------------|-------------------|----------------|-------------------|
| | N ¹ | Rate ² | N ¹ | Rate ² | N ¹ | Rate ² |
| Total Injuries | 20 | 214.3 | 20 | 250.0 | 40 | 230.7 |
| Leading Causes | | | | | | |
| Suicide | 6 | 64.3 | 8 | 100.0 | 14 | 80.8 |
| Road Traffic | <5 | <49 | 6 | 75.0 | 10 | 57.7 |
| Fall | <5 | <28 | <5 | <44 | 5 | 28.8 |
| Struck by/Against | <5 | <39 | 0 | ----- | <5 | <22 |
| Other Transport | <5 | <39 | 0 | ----- | <5 | <22 |

Injury Prevention Facts

Injuries are the leading cause of death for Iowans age 1-34

Bicycles and pedestrians

- Young children need supervision in the traffic environment.
- Children should learn bicycle and pedestrian safety from an early age.
- Wearing a helmet can reduce the risk of head injury by as much as 85%.

Motor vehicle traffic

- Motor vehicle (MV) traffic is the leading cause of injury death for Iowans age 1-34 and 55-64.
- While all passengers in a MV should be restrained, Iowa law requires that children through age 10 be restrained.
- Youth must be taught safe driving habits; drivers should always model safe driving habits, especially when riding with youth.

Homicide and assault

- Homicides are a leading cause of death and hospitalization for many age groups in Iowa.
- Firearms are the leading means of homicide in Iowa, followed by cut/pierce.
- Youth and young adults must learn how to resolve problems without violence.
- Mentoring programs can reduce violence.



Buena Vista County (2006 population = 20,091)

County Injury Hospitalization Data

Injury Prevention Facts

Adults (25-44 years)

| | Male | | Female | | Total | |
|-----------------------|----------------|-------------------|----------------|-------------------|----------------|-------------------|
| | N ¹ | Rate ² | N ¹ | Rate ² | N ¹ | Rate ² |
| Total Injuries | 40 | 328.5 | 21 | 196.8 | 61 | 267.0 |
| Leading Causes | | | | | | |
| Suicide | 8 | 65.7 | 9 | 84.3 | 17 | 74.4 |
| Fall | 9 | 73.9 | <5 | <15 | 10 | 43.8 |
| Road Traffic | <5 | <22 | <5 | <43 | 6 | 26.3 |
| Other Transport | <5 | <30 | <5 | <25 | 5 | 21.9 |
| Poisoning | <5 | <22 | <5 | <25 | <5 | <22 |

Suicide and self-harm

- Suicides are a leading cause of death and hospitalization for all Iowa adults.
- Firearms, suffocation, and poisonings are the leading means of suicides in Iowa, and their use varies by age.
- People with mental and substance abuse disorders and/or suicidal thoughts should be encouraged to seek help and be supported by friends and family.

Older Adults (45-64 years)

| | Male | | Female | | Total | |
|-----------------------|----------------|-------------------|----------------|-------------------|----------------|-------------------|
| | N ¹ | Rate ² | N ¹ | Rate ² | N ¹ | Rate ² |
| Total Injuries | 31 | 249.8 | 20 | 170.3 | 51 | 211.2 |
| Leading Causes | | | | | | |
| Fall | 15 | 120.9 | 9 | 76.7 | 24 | 99.4 |
| Road Traffic | <5 | <30 | <5 | <31 | 6 | 24.8 |
| Suicide | <5 | <14 | <5 | <40 | 5 | 20.7 |
| Poisoning | <5 | <22 | <5 | <14 | <5 | <16 |
| Overexertion | <5 | <30 | 0 | ----- | <5 | <16 |

Poisoning

- Poisoning was the 4th leading cause of injury death 2nd leading cause of injury hospitalization in Iowa from 2002 to 2006.
- To reduce likelihood & severity of poisoning:
- Store all medicines, household products, and personal care products appropriately.
- Post poison control telephone # clearly.

Seniors (65+ years)

| | Male | | Female | | Total | |
|-----------------------|----------------|-------------------|----------------|-------------------|----------------|-------------------|
| | N ¹ | Rate ² | N ¹ | Rate ² | N ¹ | Rate ² |
| Total Injuries | 65 | 981.6 | 150 | 1621.1 | 215 | 1354.3 |
| Leading Causes | | | | | | |
| Fall | 53 | 800.4 | 121 | 1307.7 | 174 | 1096.1 |
| Road Traffic | 8 | 120.8 | 7 | 75.7 | 15 | 94.5 |
| Poisoning | <5 | <38 | 7 | 75.7 | 9 | 56.7 |
| Overexertion | 0 | ----- | 6 | 64.8 | 6 | 37.8 |
| Not Specified | <5 | <23 | <5 | <39 | <5 | <30 |

Falls in seniors

- Falls are the leading cause of injury death and hospitalization in Iowa seniors.
- Handrails, grab bars, night lights, non-slip mats or surfaces in tubs and showers, and non-slip pads under throw rugs should be installed in homes to prevent falls.
- Seniors should stay active & maintain a healthy diet to help prevent falls.

¹Total N for 2002-2006.

²Rates are the average yearly rate for 2002-2006, reported per 100,000 population; not age-adjusted.

Technical notes

- For confidentiality purposes, counts of injury events between 1 and 4 are indicated with <5 rather than the actual number.
- "N" values reflect the total number of injuries (in that category) that occurred during the 5-year reporting period (2002-2006).
- Rates are calculated by county residence, not location of injury occurrence or treatment.

