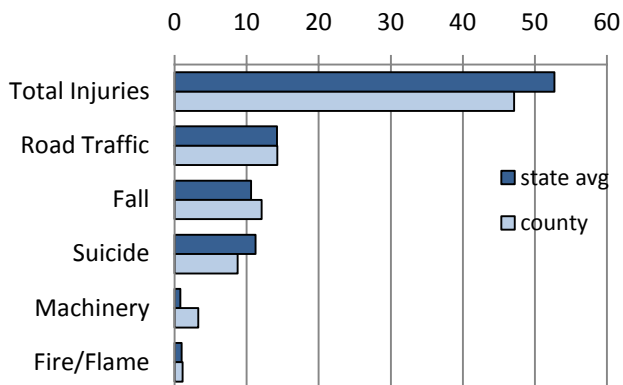
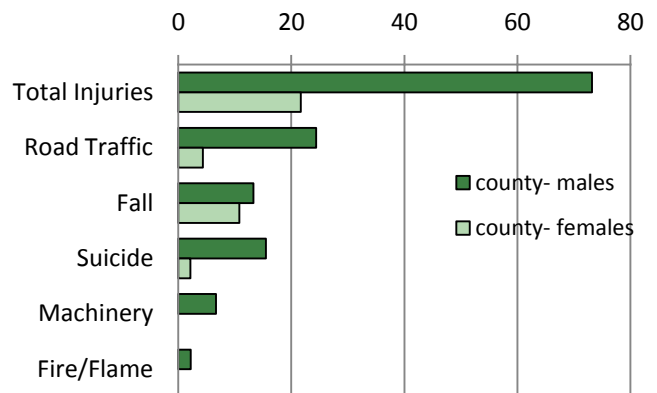


Cedar County (2006 population = 18,326)

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	193.7	<5	<95	7	139.4
Leading Causes						
Poisoning	<5	<128	<5	<54	<5	<88
Fall	<5	<51	<5	<54	<5	<49
Suffocation	<5	<51	0	-----	<5	<29

Youth (5-14 years)

	Male		Female		Total	
	N ¹	Rate ²	N ¹	Rate ²	N ¹	Rate ²
Total Injuries	7	113.7	7	116.6	14	115.1
Leading Causes						
Fall	<5	<40	<5	<58	5	41.1
Road Traffic	<5	<40	<5	<25	<5	<30
Fire/Burn	<5	<40	0	-----	<5	<22
Struck by/Against	<5	<24	0	-----	<5	<14
Other Pedal Cycle	0	-----	<5	<25	<5	<14

Young Adults (15-24 years)

	Male		Female		Total	
	N ¹	Rate ²	N ¹	Rate ²	N ¹	Rate ²
Total Injuries	34	549.5	14	250.4	48	407.5
Leading Causes						
Road Traffic	15	242.4	5	89.4	20	169.8
Suicide	6	97.0	5	89.4	11	93.4
Fall	6	97.0	0	-----	6	50.9
Fire/Burn	<5	<24	<5	<26	<5	<23
Struck by/Against	<5	<24	<5	<26	<5	<23

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.



Cedar County (2006 population = 18,326)

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	37	321.3	26	222.8	63	271.7
Leading Causes						
Suicide	6	52.1	14	120.0	20	86.3
Road Traffic	9	78.2	<5	<31	12	51.8
Fall	10	86.8	<5	<23	12	51.8
Poisoning	<5	<14	<5	<23	<5	<17
Other Transport	<5	<32	0	-----	<5	<17

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	37	296.4	34	280.4	71	288.5
Leading Causes						
Fall	12	96.1	13	107.2	25	101.6
Road Traffic	<5	<38	10	82.5	14	56.9
Suicide	<5	<30	<5	<39	7	28.4
Overexertion	<5	<30	<5	<22	5	20.3
Struck by/Against	<5	<30	<5	<14	<5	<20

Poisoning

- Poisoning was the 4th leading cause of injury death and 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	38	618.2	137	1650.0	175	1211.1
Leading Causes						
Fall	24	390.4	121	1457.3	145	1003.5
Road Traffic	5	81.3	<5	<55	9	62.3
Not Specified	<5	<24	<5	<55	5	34.6
Poisoning	<5	<40	<5	<19	<5	<26
Other Transport	0	-----	<5	<43	<5	<26

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.

