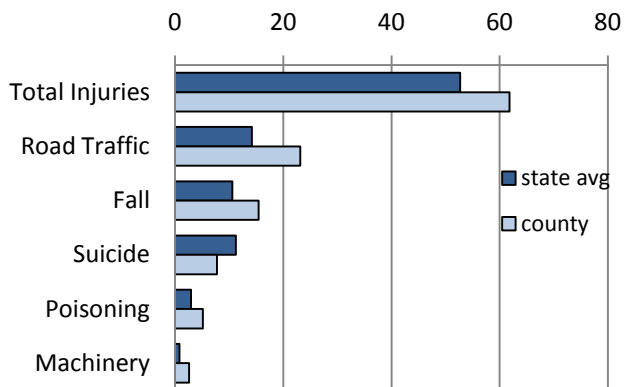
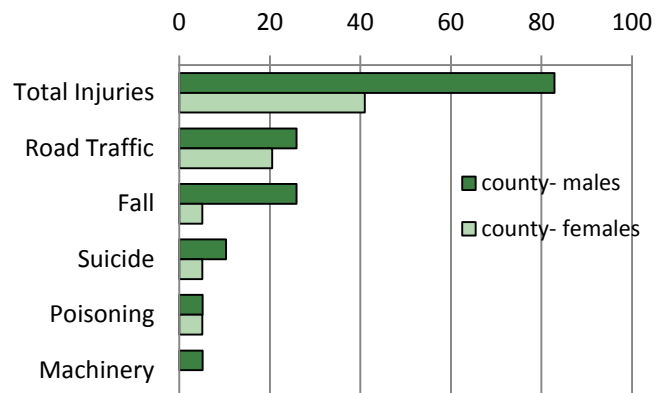


Fremont County (2006 population = 7,737)

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	<106	0	-----	<5	<61
Leading Causes						
Poisoning	<5	<106	0	-----	<5	<61

Youth (5-14 years)

	Male		Female		Total	
	N ¹	Rate ²	N ¹	Rate ²	N ¹	Rate ²
Total Injuries	<5	<47	0	-----	<5	<28
Leading Causes						
Other Specified	<5	<47	0	-----	<5	<28

Young Adults (15-24 years)

	Male		Female		Total	
	N ¹	Rate ²	N ¹	Rate ²	N ¹	Rate ²
Total Injuries	<5	<135	<5	<147	6	127.6
Leading Causes						
Struck by/Against	<5	<94	0	-----	<5	<52
Suicide	0	-----	<5	<102	<5	<52
Road Traffic	0	-----	<5	<58	<5	<30
Other Transport	<5	<53	0	-----	<5	<30

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.



Fremont County (2006 population = 7,737)

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	9	206.6	10	230.3	19	218.4
Leading Causes						
Fall	<5	<78	<5	<55	5	57.5
Suicide	0	-----	<5	<102	<5	<53
Homicide	<5	<55	<5	<32	<5	<41
Road Traffic	<5	<32	<5	<32	<5	<30
Machinery	<5	<32	0	-----	<5	<18

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	15	278.8	7	135.9	22	208.9
Leading Causes						
Fall	5	92.9	<5	<67	8	76.0
Road Traffic	<5	<83	0	-----	<5	<44
Other Transport	<5	<46	<5	<47	<5	<44
Suicide	0	-----	<5	<47	<5	<25
Struck by/Against	<5	<27	0	-----	<5	<16

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	16	507.5	42	942.1	58	762.1
Leading Causes						
Fall	12	380.6	38	852.4	50	656.9
Road Traffic	<5	<43	<5	<54	<5	<47
Other Transport	0	-----	<5	<54	<5	<33
Overexertion	<5	<74	0	-----	<5	<33
Struck by/Against	<5	<43	0	-----	<5	<20

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.

