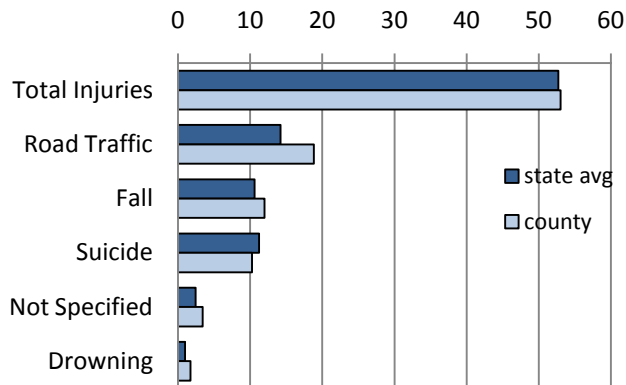
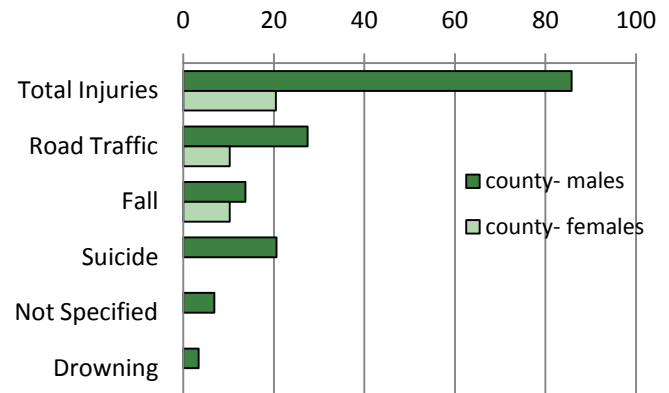


# Lyon County (2006 population = 11,636)

**Injury death rate<sup>2</sup> - all ages** (total and 5 leading causes)  
County vs. State avg (Avg. rate for 2002-2006 per 100,000)



**Injury death rate<sup>2</sup> - 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 <sup>1</sup>	Rate <sup>2</sup>	N <sup>1</sup>	Rate <sup>2</sup>	N <sup>1</sup>	Rate <sup>2</sup>
Total Injuries	0	-----	0	-----	0	-----
<b>Leading Causes</b>						

### Youth (5-14 years)

	Male		Female		Total	
	N <sup>1</sup>	Rate <sup>2</sup>	N <sup>1</sup>	Rate <sup>2</sup>	N <sup>1</sup>	Rate <sup>2</sup>
Total Injuries	<5	<31	0	-----	<5	<18
<b>Leading Causes</b>						
Struck by/Against	<5	<31	0	-----	<5	<18

### Young Adults (15-24 years)

	Male		Female		Total	
	N <sup>1</sup>	Rate <sup>2</sup>	N <sup>1</sup>	Rate <sup>2</sup>	N <sup>1</sup>	Rate <sup>2</sup>
Total Injuries	<5	<82	0	-----	<5	<45
<b>Leading Causes</b>						
Fall	<5	<58	0	-----	<5	<33
Road Traffic	<5	<34	0	-----	<5	<20

## 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.



# Lyon County (2006 population = 11,636)

## County Injury Hospitalization Data

### Adults (25-44 years)

	Male		Female		Total	
	N <sup>1</sup>	Rate <sup>2</sup>	N <sup>1</sup>	Rate <sup>2</sup>	N <sup>1</sup>	Rate <sup>2</sup>
Total Injuries	<5	<36	<5	<22	<5	<27
<b>Leading Causes</b>						
Road Traffic	<5	<21	0	-----	<5	<13
Fire/Burn	0	-----	<5	<22	<5	<13
Struck by/Against	<5	<21	0	-----	<5	<13

### Older Adults (45-64 years)

	Male		Female		Total	
	N <sup>1</sup>	Rate <sup>2</sup>	N <sup>1</sup>	Rate <sup>2</sup>	N <sup>1</sup>	Rate <sup>2</sup>
Total Injuries	<5	<64	0	-----	<5	<34
<b>Leading Causes</b>						
Fall	<5	<36	0	-----	<5	<20
Road Traffic	<5	<22	0	-----	<5	<12
Other Transport	<5	<22	0	-----	<5	<12

### Seniors (65+ years)

	Male		Female		Total	
	N <sup>1</sup>	Rate <sup>2</sup>	N <sup>1</sup>	Rate <sup>2</sup>	N <sup>1</sup>	Rate <sup>2</sup>
Total Injuries	<5	<55	7	116.5	9	86.7
<b>Leading Causes</b>						
Fall	<5	<32	6	99.9	7	67.4
Road Traffic	<5	<32	0	-----	<5	<16
Not Specified	0	-----	<5	<25	<5	<16

## Injury Prevention Facts

### 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.

### Poisoning

- Poisoning was the 4<sup>th</sup> leading cause of injury death and 2<sup>nd</sup> 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.

### 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.

<sup>1</sup>Total N for 2002-2006.

<sup>2</sup>Rates 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.

