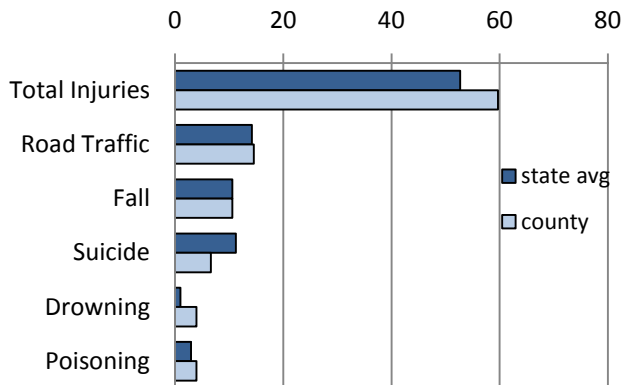
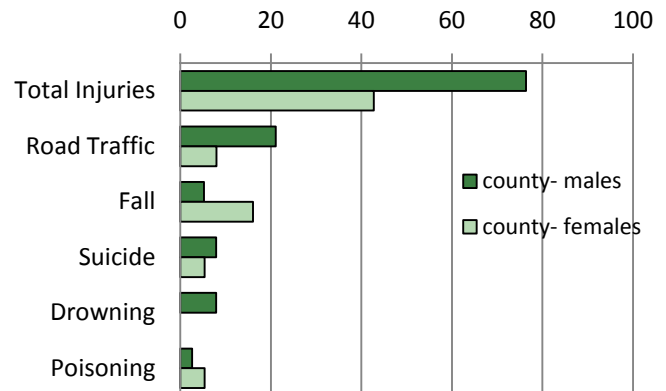


Mills County (2006 population = 15,595)

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	<182	0	-----	<5	<99
Leading Causes						
Poisoning	<5	<97	0	-----	<5	<54
Fall	<5	<97	0	-----	<5	<54

Youth (5-14 years)

	Male		Female		Total	
	N ¹	Rate ²	N ¹	Rate ²	N ¹	Rate ²
Total Injuries	13	226.8	<5	<84	17	154.0
Leading Causes						
Fall	8	139.6	<5	<27	9	81.5
Struck by/Against	<5	<43	0	-----	<5	<24
Other Specified	<5	<26	<5	<27	<5	<24
Road Traffic	<5	<26	0	-----	<5	<15
Natural/Environmental	0	-----	<5	<27	<5	<15

Young Adults (15-24 years)

	Male		Female		Total	
	N ¹	Rate ²	N ¹	Rate ²	N ¹	Rate ²
Total Injuries	36	664.7	18	378.1	54	530.6
Leading Causes						
Suicide	7	129.2	10	210.0	17	167.0
Road Traffic	8	147.7	<5	<93	12	117.9
Fall	6	110.8	<5	<30	7	68.8
Struck by/Against	6	110.8	0	-----	6	59.0
Other Transport	<5	<82	<5	<30	5	49.1

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.



Mills County (2006 population = 15,595)

County Injury Hospitalization Data

Adults (25-44 years)

	Male		Female		Total	
	N ¹	Rate ²	N ¹	Rate ²	N ¹	Rate ²
Total Injuries	55	551.1	47	479.4	102	515.6
Leading Causes						
Fall	12	120.2	11	112.2	23	116.3
Suicide	8	80.2	15	153.0	23	116.3
Road Traffic	12	120.2	5	51.0	17	85.9
Poisoning	<5	<36	7	71.4	10	50.5
Homicide	<5	<46	<5	<16	5	25.3

Older Adults (45-64 years)

	Male		Female		Total	
	N ¹	Rate ²	N ¹	Rate ²	N ¹	Rate ²
Total Injuries	66	632.6	45	433.9	111	533.6
Leading Causes						
Fall	32	306.7	23	221.8	55	264.4
Road Traffic	10	95.8	9	86.8	19	91.3
Poisoning	<5	<44	<5	<25	6	28.8
Other Transport	<5	<35	<5	<35	6	28.8
Suicide	<5	<25	<5	<35	5	24.0

Seniors (65+ years)

	Male		Female		Total	
	N ¹	Rate ²	N ¹	Rate ²	N ¹	Rate ²
Total Injuries	54	1329.4	193	3815.7	247	2708.3
Leading Causes						
Fall	40	984.7	176	3479.6	216	2368.4
Road Traffic	6	147.7	<5	<88	10	109.6
Struck by/Against	<5	<84	<5	<68	6	65.8
Overexertion	<5	<34	<5	<68	<5	<50
Natural/Environmental	<5	<34	<5	<48	<5	<39

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 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.

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.

