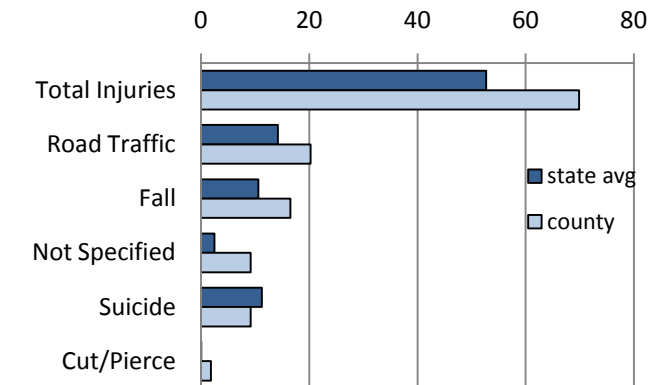
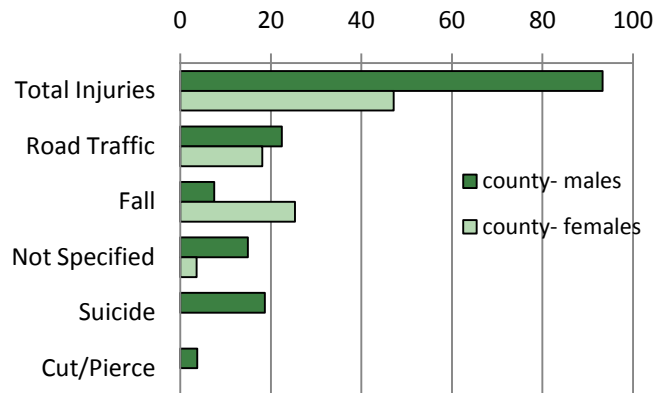


Mitchell County (2006 population = 10,856)

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	<76	0	-----	<5	<42
Leading Causes						
Poisoning	<5	<76	0	-----	<5	<42

Youth (5-14 years)

	Male		Female		Total	
	N ¹	Rate ²	N ¹	Rate ²	N ¹	Rate ²
Total Injuries	<5	<112	<5	<37	5	64.8
Leading Causes						
Road Traffic	<5	<61	0	-----	<5	<33
Fall	<5	<35	0	-----	<5	<20
Other Transport	<5	<35	0	-----	<5	<20
Other Specified	0	-----	<5	<37	<5	<20

Young Adults (15-24 years)

	Male		Female		Total	
	N ¹	Rate ²	N ¹	Rate ²	N ¹	Rate ²
Total Injuries	5	135.7	5	154.8	10	144.6
Leading Causes						
Road Traffic	<5	<37	<5	<104	<5	<65
Fall	<5	<65	<5	<42	<5	<51
Other Transport	<5	<37	0	-----	<5	<22
Suicide	<5	<37	0	-----	<5	<22
Homicide	0	-----	<5	<42	<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.



Mitchell County (2006 population = 10,856)

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	149.9	<5	<26	10	85.1
Leading Causes						
Road Traffic	5	83.3	<5	<26	6	51.1
Fall	<5	<25	0	-----	<5	<14
Fire/Burn	<5	<25	0	-----	<5	<14
Struck by/Against	<5	<25	0	-----	<5	<14
Other Transport	<5	<25	0	-----	<5	<14

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	10	147.3	<5	<53	13	97.3
Leading Causes						
Fall	<5	<66	<5	<23	5	37.4
Road Traffic	<5	<37	0	-----	<5	<20
Struck by/Against	<5	<37	0	-----	<5	<20
Machinery	<5	<22	0	-----	<5	<13
Other Pedal Cycle	<5	<22	0	-----	<5	<13

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	26	550.4	37	553.3	63	552.1
Leading Causes						
Fall	22	465.7	33	493.5	55	482.0
Fire/Burn	<5	<51	<5	<23	<5	<32
Struck by/Against	0	-----	<5	<23	<5	<15
Natural/Environmental	<5	<30	0	-----	<5	<15
Overexertion	0	-----	<5	<23	<5	<15

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.

