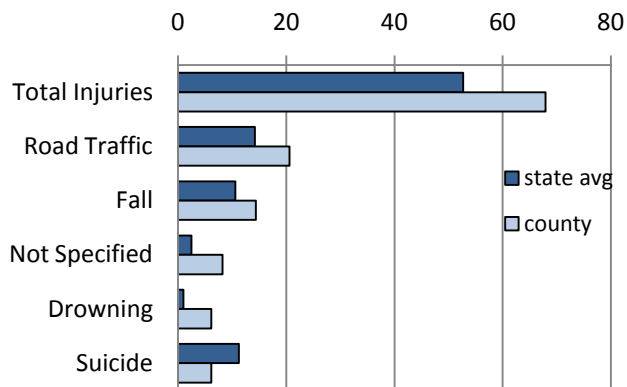
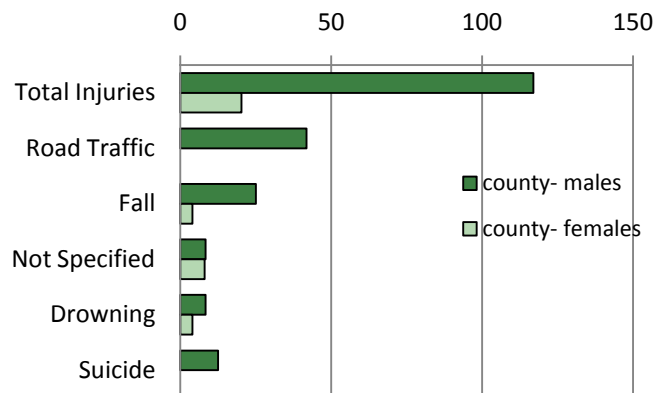


Palo Alto County (2006 population = 9,549)

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	0	-----	0	-----	0	-----
Leading Causes						

Youth (5-14 years)

	Male		Female		Total	
	N ¹	Rate ²	N ¹	Rate ²	N ¹	Rate ²
Total Injuries	6	199.1	0	-----	6	101.4
Leading Causes						
Other Transport	<5	<78	0	-----	<5	<42
Fall	<5	<44	0	-----	<5	<25
Fire/Burn	<5	<44	0	-----	<5	<25
Other Pedal Cycle	<5	<44	0	-----	<5	<25
Overexertion	<5	<44	0	-----	<5	<25

Young Adults (15-24 years)

	Male		Female		Total	
	N ¹	Rate ²	N ¹	Rate ²	N ¹	Rate ²
Total Injuries	8	198.2	<5	<94	11	144.2
Leading Causes						
Road Traffic	<5	<84	<5	<66	5	65.5
Fall	<5	<59	0	-----	<5	<33
Fire/Burn	<5	<59	0	-----	<5	<33
Other Specified	<5	<35	0	-----	<5	<20
Suicide	0	-----	<5	<38	<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.



Palo Alto County (2006 population = 9,549)

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	8	152.3	<5	<92	12	119.2
Leading Causes						
Suicide	<5	<28	<5	<50	<5	<36
Road Traffic	<5	<28	<5	<30	<5	<26
Natural/Environmental	<5	<28	<5	<30	<5	<26
Fall	<5	<28	0	-----	<5	<16
Fire/Burn	<5	<28	0	-----	<5	<16

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	9	148.9	9	153.5	18	151.2
Leading Causes						
Fall	<5	<58	<5	<76	7	58.8
Road Traffic	<5	<41	<5	<25	<5	<31
Struck by/Against	0	-----	<5	<42	<5	<22
Suicide	<5	<25	<5	<25	<5	<22
Drowning	<5	<25	0	-----	<5	<14

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	33	785.2	74	1193.7	107	1028.6
Leading Causes						
Fall	23	547.2	67	1080.8	90	865.2
Road Traffic	<5	<81	<5	<56	6	57.7
Poisoning	<5	<33	<5	<40	<5	<35
Fire/Burn	<5	<57	0	-----	<5	<25
Struck by/Against	<5	<57	0	-----	<5	<25

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.

