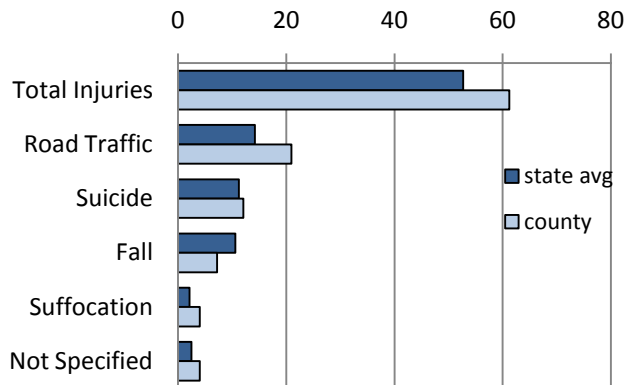
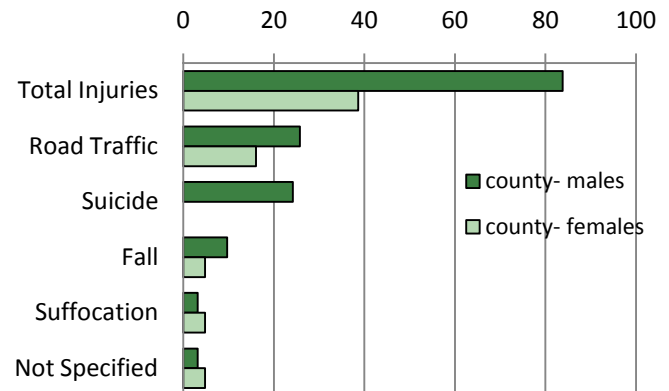


Plymouth County (2006 population= 24,906)

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	7	169.2	<5	<119	11	140.7
Leading Causes						
Fall	<5	<34	<5	<65	<5	<45
Road Traffic	<5	<34	<5	<37	<5	<33
Poisoning	<5	<58	0	-----	<5	<33
Fire/Burn	<5	<34	0	-----	<5	<20
Struck by/Against	<5	<34	0	-----	<5	<20

Youth (5-14 years)

	Male		Female		Total	
	N ¹	Rate ²	N ¹	Rate ²	N ¹	Rate ²
Total Injuries	10	106.0	6	67.1	16	87.0
Leading Causes						
Fall	<5	<38	<5	<18	<5	<26
Road Traffic	<5	<17	<5	<29	<5	<21
Other Pedal Cycle	<5	<28	0	-----	<5	<15
Other Transport	<5	<17	<5	<18	<5	<15
Fire/Burn	<5	<17	0	-----	<5	<10

Young Adults (15-24 years)

	Male		Female		Total	
	N ¹	Rate ²	N ¹	Rate ²	N ¹	Rate ²
Total Injuries	44	472.0	33	408.3	77	442.4
Leading Causes						
Road Traffic	13	139.4	17	210.3	30	172.4
Suicide	<5	<28	8	99.0	10	57.5
Other Transport	6	64.4	<5	<32	8	46.0
Fall	5	53.6	<5	<32	7	40.2
Struck by/Against	6	64.4	<5	<19	7	40.2

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.



Plymouth County (2006 population= 24,906)

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	44	295.5	28	190.0	72	243.0
Leading Causes						
Road Traffic	10	67.2	6	40.7	16	54.0
Fall	5	33.6	9	61.1	14	47.3
Suicide	7	47.0	<5	<25	10	33.8
Homicide	<5	<25	<5	<25	6	20.3
Poisoning	<5	<25	<5	<19	5	16.9

Older Adults (45-64 years)

	Male		Female		Total	
	N ¹	Rate ²	N ¹	Rate ²	N ¹	Rate ²
Total Injuries	53	332.2	48	304.5	101	318.5
Leading Causes						
Fall	20	125.4	27	171.3	47	148.2
Road Traffic	7	43.9	10	63.4	17	53.6
Suicide	<5	<11	<5	<30	5	15.8
Poisoning	<5	<17	<5	<18	<5	<16
Other Transport	<5	<24	<5	<11	<5	<16

Seniors (65+ years)

	Male		Female		Total	
	N ¹	Rate ²	N ¹	Rate ²	N ¹	Rate ²
Total Injuries	106	1277.4	221	2026.8	327	1702.9
Leading Causes						
Fall	80	964.1	188	1724.1	268	1395.7
Road Traffic	9	108.5	11	100.9	20	104.2
Natural/Environmental	6	72.3	<5	<15	7	36.5
Overexertion	<5	<19	6	55.0	7	36.5
Other Specified	<5	<31	<5	<24	<5	<25

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.

