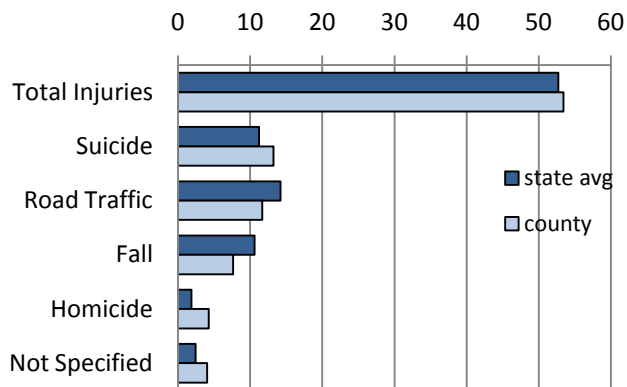
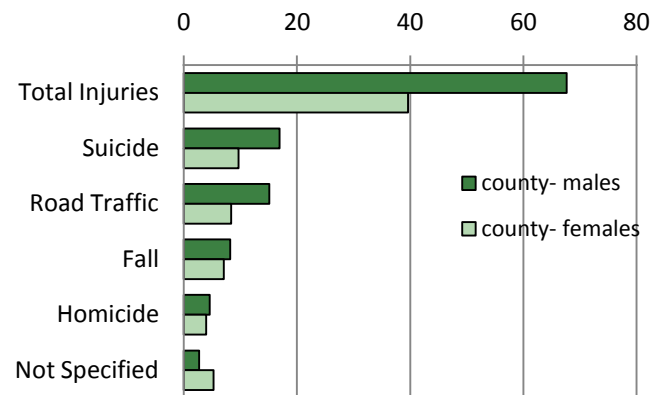


Pottawattamie County (2006 population= 90,218)

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	21	133.8	<5	<33	25	82.5
Leading Causes						
Fall	7	44.6	<5	<19	9	29.7
Poisoning	7	44.6	0	-----	7	23.1
Struck by/Against	<5	<11	<5	<12	<5	<10
Natural/Environmental	<5	<11	<5	<12	<5	<10
Cut/Pierce	<5	<11	0	-----	<5	<7

Youth (5-14 years)

	Male		Female		Total	
	N ¹	Rate ²	N ¹	Rate ²	N ¹	Rate ²
Total Injuries	54	171.4	19	62.7	73	118.1
Leading Causes						
Fall	16	50.8	8	26.4	24	38.8
Road Traffic	7	22.2	<5	<7	8	12.9
Struck by/Against	7	22.2	<5	<7	8	12.9
Other Pedal Cycle	6	19.0	<5	<7	7	11.3
Other Transport	<5	<16	<5	<10	6	9.7

Young Adults (15-24 years)

	Male		Female		Total	
	N ¹	Rate ²	N ¹	Rate ²	N ¹	Rate ²
Total Injuries	106	341.1	74	243.7	180	292.9
Leading Causes						
Suicide	18	57.9	39	128.4	57	92.8
Road Traffic	25	80.4	12	39.5	37	60.2
Fall	14	45.0	5	16.5	19	30.9
Other Transport	11	35.4	5	16.5	16	26.0
Homicide	11	35.4	<5	<13	14	22.8

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.



Pottawattamie County (2006 population= 90,218)

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	186	304.7	147	246.6	333	276.0
Leading Causes						
Suicide	36	59.0	53	88.9	89	73.8
Fall	47	77.0	30	50.3	77	63.8
Road Traffic	33	54.1	18	30.2	51	42.3
Poisoning	9	14.7	8	13.4	17	14.1
Unknown Intent	7	11.5	10	16.8	17	14.1

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	151	278.0	168	296.4	319	287.4
Leading Causes						
Fall	59	108.6	95	167.6	154	138.7
Suicide	23	42.3	20	35.3	43	38.7
Road Traffic	14	25.8	13	22.9	27	24.3
Poisoning	5	9.2	15	26.5	20	18.0
Overexertion	9	16.6	5	8.8	14	12.6

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	241	962.5	592	1671.6	833	1377.9
Leading Causes						
Fall	189	754.8	521	1471.1	710	1174.4
Not Specified	6	24.0	21	59.3	27	44.7
Road Traffic	9	35.9	17	48.0	26	43.0
Poisoning	9	35.9	8	22.6	17	28.1
Overexertion	5	20.0	<5	<12	8	13.2

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.

