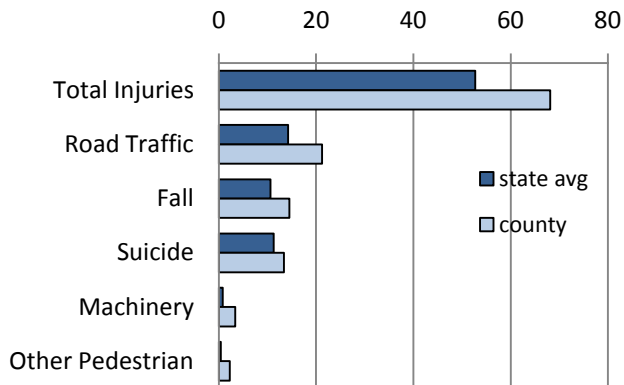
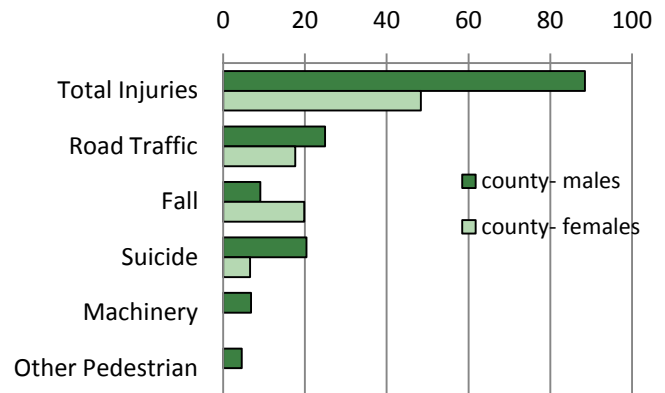


# Tama County (2006 population= 38,899)

**Injury death rate<sup>2</sup>- all ages** (total and 5 leading causes)  
County vs. State avg (Avg. rate for 2002-2006 per 100,000)



**Injury death rate<sup>2</sup>- 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 <sup>1</sup>	Rate <sup>2</sup>	N <sup>1</sup>	Rate <sup>2</sup>	N <sup>1</sup>	Rate <sup>2</sup>
Total Injuries	5	161.3	7	244.8	12	201.4
<b>Leading Causes</b>						
Poisoning	<5	<76	<5	<82	<5	<75
Fall	<5	<43	<5	<47	<5	<42
Fire/Burn	<5	<76	0	-----	<5	<42
Homicide	0	-----	<5	<82	<5	<42
Road Traffic	0	-----	<5	<47	<5	<25

### Youth (5-14 years)

	Male		Female		Total	
	N <sup>1</sup>	Rate <sup>2</sup>	N <sup>1</sup>	Rate <sup>2</sup>	N <sup>1</sup>	Rate <sup>2</sup>
Total Injuries	16	241.5	12	191.1	28	217.0
<b>Leading Causes</b>						
Road Traffic	<5	<53	<5	<56	6	46.5
Fall	<5	<23	<5	<56	<5	<36
Fire/Burn	<5	<68	0	-----	<5	<36
Struck by/Against	<5	<53	<5	<24	<5	<36
Other Pedal Cycle	<5	<23	<5	<24	<5	<21

### Young Adults (15-24 years)

	Male		Female		Total	
	N <sup>1</sup>	Rate <sup>2</sup>	N <sup>1</sup>	Rate <sup>2</sup>	N <sup>1</sup>	Rate <sup>2</sup>
Total Injuries	43	712.5	17	310.9	60	521.6
<b>Leading Causes</b>						
Road Traffic	15	248.6	5	91.4	20	173.9
Suicide	<5	<41	9	164.6	11	95.6
Fall	8	132.6	0	-----	8	69.5
Other Transport	7	116.0	<5	<27	8	69.5
Homicide	<5	<58	0	-----	<5	<32

## 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.



# Tama County (2006 population= 38,899)

## County Injury Hospitalization Data

## Injury Prevention Facts

### Adults (25-44 years)

	Male		Female		Total	
	N <sup>1</sup>	Rate <sup>2</sup>	N <sup>1</sup>	Rate <sup>2</sup>	N <sup>1</sup>	Rate <sup>2</sup>
Total Injuries	50	486.7	43	411.5	93	448.8
<b>Leading Causes</b>						
Suicide	17	165.5	20	191.4	37	178.5
Road Traffic	14	136.3	10	95.7	24	115.8
Fall	5	48.7	<5	<44	9	43.4
Fire/Burn	<5	<16	<5	<44	5	24.1
Homicide	<5	<35	<5	<25	5	24.1

### 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 <sup>1</sup>	Rate <sup>2</sup>	N <sup>1</sup>	Rate <sup>2</sup>	N <sup>1</sup>	Rate <sup>2</sup>
Total Injuries	47	416.6	49	452.0	96	433.9
<b>Leading Causes</b>						
Road Traffic	13	115.2	20	184.5	33	149.2
Fall	15	132.9	18	166.1	33	149.2
Machinery	6	53.2	0	-----	6	27.1
Struck by/Against	<5	<41	<5	<15	5	22.6
Other Transport	<5	<24	<5	<34	5	22.6

### Poisoning

- Poisoning was the 4<sup>th</sup> leading cause of injury death and 2<sup>nd</sup> 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 <sup>1</sup>	Rate <sup>2</sup>	N <sup>1</sup>	Rate <sup>2</sup>	N <sup>1</sup>	Rate <sup>2</sup>
Total Injuries	68	1003.5	188	1965.5	256	1566.6
<b>Leading Causes</b>						
Fall	48	708.4	166	1735.5	214	1309.6
Road Traffic	6	88.5	6	62.7	12	73.4
Poisoning	<5	<22	8	83.6	9	55.1
Overexertion	<5	<52	0	-----	<5	<23
Other Specified	<5	<22	<5	<27	<5	<23

### 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.

<sup>1</sup>Total N for 2002-2006.

<sup>2</sup>Rates 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.

