

# COUNTY PROFILE: Bremer County, Iowa

## US COUNTY PERFORMANCE

The Institute for Health Metrics and Evaluation (IHME) at the University of Washington analyzed the performance of all 3,142 US counties or county-equivalents in terms of life expectancy at birth, mortality rates for select causes, alcohol use, smoking prevalence, obesity prevalence, and recommended physical activity using novel small area estimation techniques and the most up-to-date county-level information.

Explore more results using the interactive US Health Map data visualization (<http://vizhub.healthdata.org/subnational/usa>).

## FINDINGS: LIFE EXPECTANCY

| Sex    | Bremer County | Iowa | National | National rank | % change 1980-2014 |
|--------|---------------|------|----------|---------------|--------------------|
| Female | 84.1          | 81.9 | 81.5     | 55            | +4.4               |
| Male   | 80.0          | 77.5 | 76.7     | 76            | +8.8               |

life expectancy at birth (years), 2014

Fig. 1: Female life expectancy, 2014

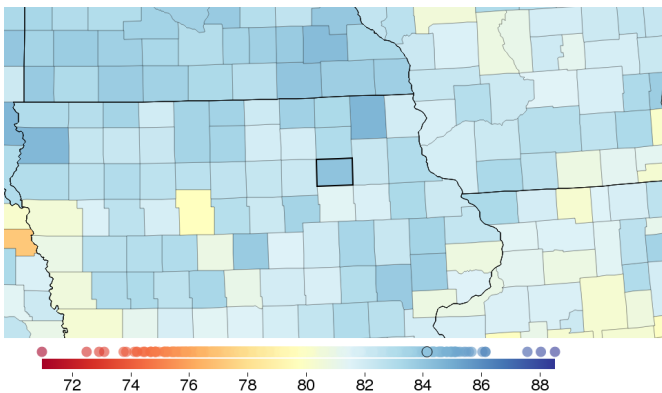
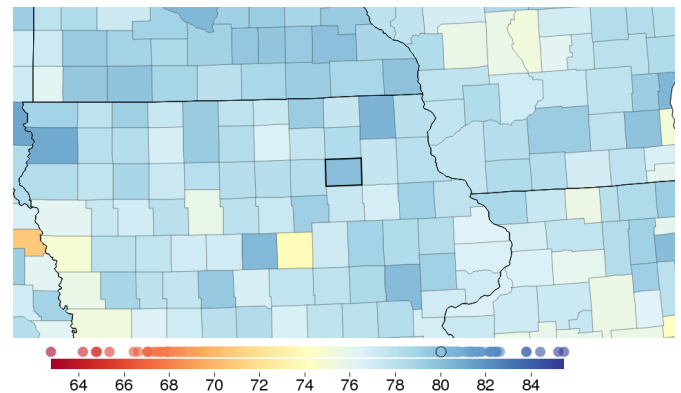


Fig. 2: Male life expectancy, 2014



## FINDINGS: ALL-CAUSE MORTALITY

| Sex    | Bremer County | Iowa  | National | National rank | % change 1980-2014 |
|--------|---------------|-------|----------|---------------|--------------------|
| Female | 525.8         | 645.3 | 667.8    | 107           | -25.3              |
| Male   | 764.7         | 908.2 | 930.1    | 165           | -39.6              |

rate per 100,000 population, age-standardized, 2014

Fig. 3: Female all-cause mortality, 2014

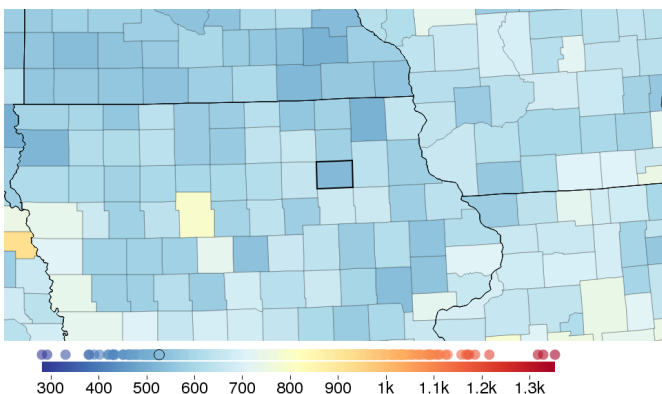
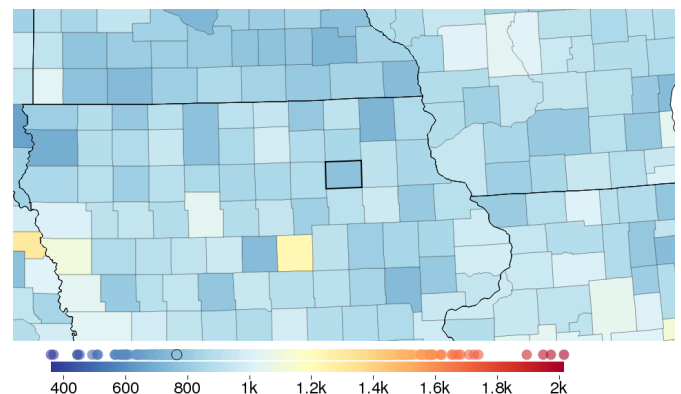


Fig. 4: Male all-cause mortality, 2014



## FINDINGS: ISCHEMIC HEART DISEASE

| Sex    | Bremer County | Iowa  | National | National rank | % change 1980-2014 |
|--------|---------------|-------|----------|---------------|--------------------|
| Female | 128.3         | 121.6 | 124.9    | 1433          | -35.1              |
| Male   | 189.0         | 196.9 | 191.5    | 1126          | -58.9              |

rate per 100,000 population, age-standardized, 2014

Fig. 5: Female ischemic heart disease, 2014

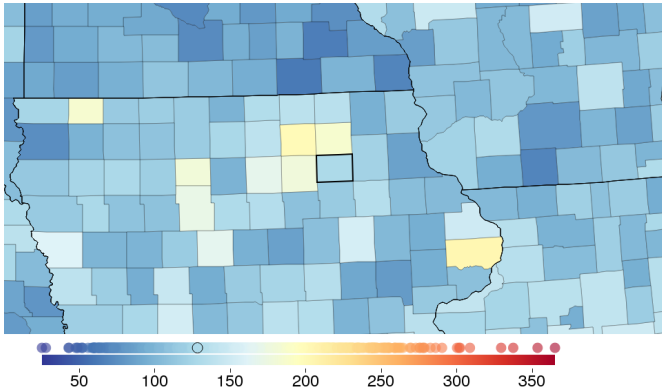
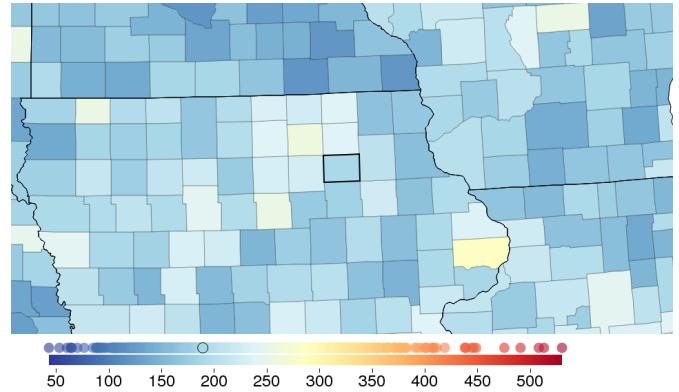


Fig. 6: Male ischemic heart disease, 2014



## FINDINGS: CEREBROVASCULAR DISEASE (STROKE)

| Sex    | Bremer County | Iowa | National | National rank | % change 1980-2014 |
|--------|---------------|------|----------|---------------|--------------------|
| Female | 42.0          | 48.5 | 47.4     | 516           | -47.9              |
| Male   | 48.1          | 49.4 | 48.8     | 1127          | -56.0              |

rate per 100,000 population, age-standardized, 2014

Fig. 7: Female cerebrovascular disease (stroke), 2014

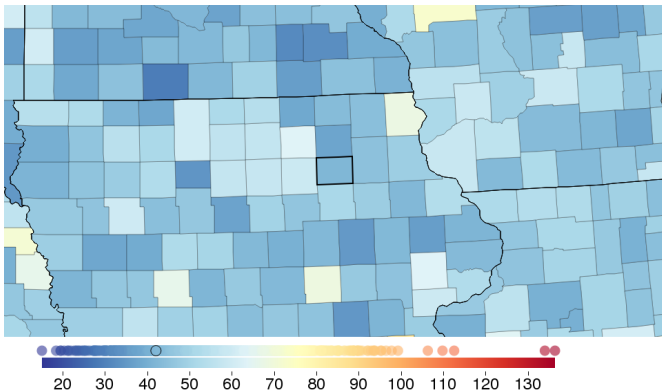
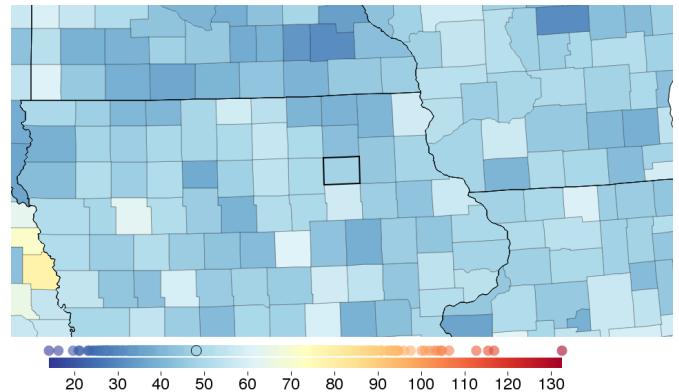


Fig. 8: Male cerebrovascular disease (stroke), 2014



## FINDINGS: TRACHEAL, BRONCHUS, AND LUNG CANCER

| Sex    | Bremer County | Iowa | National | National rank | % change 1980-2014 |
|--------|---------------|------|----------|---------------|--------------------|
| Female | 26.8          | 44.1 | 43.8     | 115           | +49.9              |
| Male   | 47.1          | 70.0 | 67.6     | 224           | -37.6              |

rate per 100,000 population, age-standardized, 2014

Fig. 9: Female tracheal, bronchus, and lung cancer, 2014

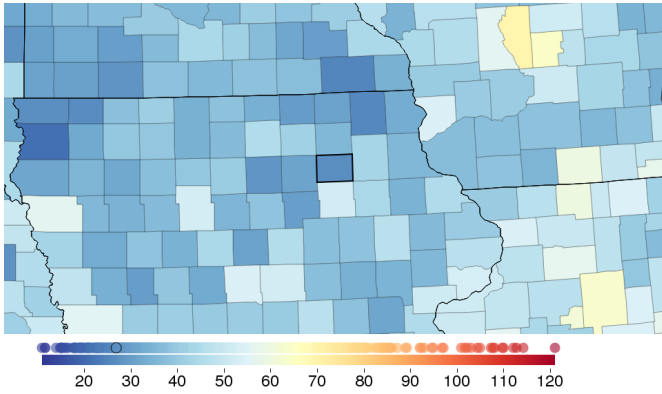
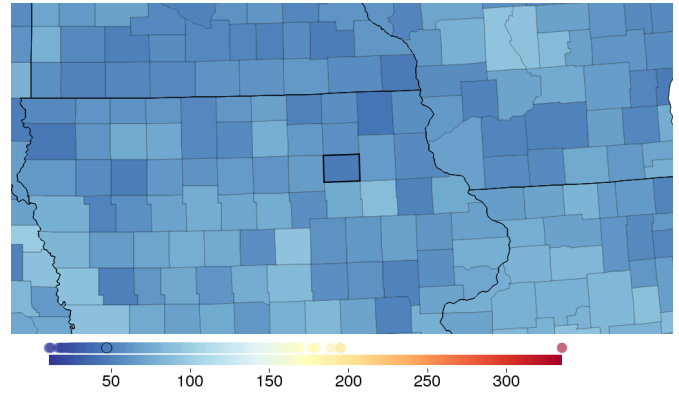


Fig. 10: Male tracheal, bronchus, and lung cancer, 2014



## FINDINGS: BREAST CANCER

| Sex    | Bremer County | Iowa | National | National rank | % change 1980-2014 |
|--------|---------------|------|----------|---------------|--------------------|
| Female | 21.3          | 23.7 | 25.9     | 256           | -35.5              |
| Male   | 0.3           | 0.3  | 0.3      | 334           | -23.6              |

rate per 100,000 population, age-standardized, 2014

Fig. 11: Female breast cancer, 2014

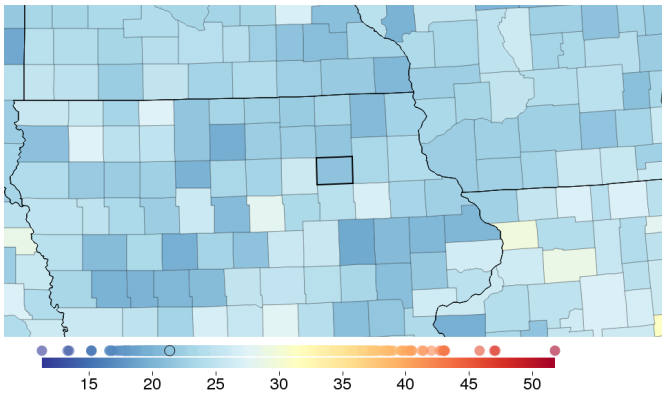
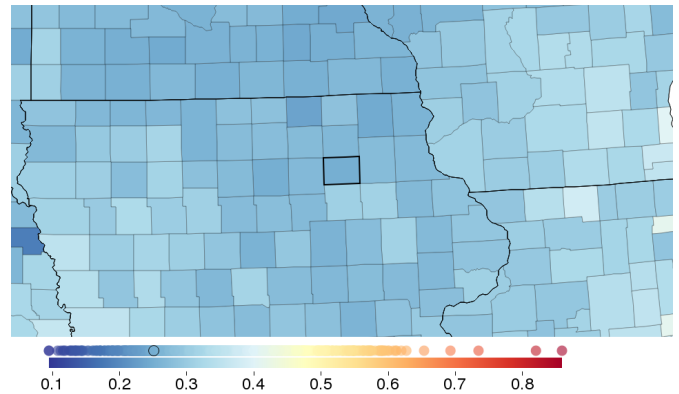


Fig. 12: Male breast cancer, 2014



## FINDINGS: MALIGNANT SKIN MELANOMA

| Sex    | Bremer County | Iowa | National | National rank | % change 1980-2014 |
|--------|---------------|------|----------|---------------|--------------------|
| Female | 1.8           | 2.0  | 1.9      | 553           | +4.9               |
| Male   | 3.7           | 4.4  | 4.5      | 413           | +26.6              |

rate per 100,000 population, age-standardized, 2014

Fig. 13: Female malignant skin melanoma, 2014

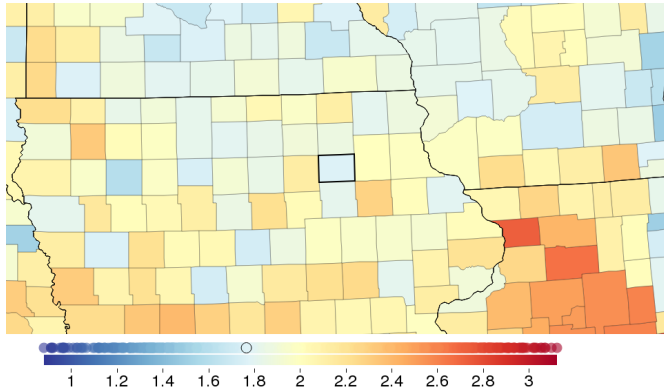
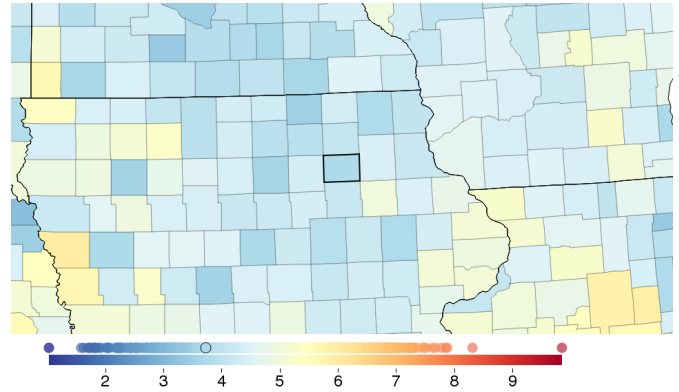


Fig. 14: Male malignant skin melanoma, 2014



## FINDINGS: DIABETES, UROGENITAL, BLOOD, AND ENDOCRINE DISEASES MORTALITY

| Sex    | Bremer County | Iowa | National | National rank | % change 1980-2014 |
|--------|---------------|------|----------|---------------|--------------------|
| Female | 27.3          | 44.3 | 49.6     | 34            | +3.7               |
| Male   | 38.1          | 55.2 | 63.8     | 58            | +2.5               |

rate per 100,000 population, age-standardized, 2014

Fig. 15: Female diabetes, urogenital, blood, and endocrine diseases mortality, 2014

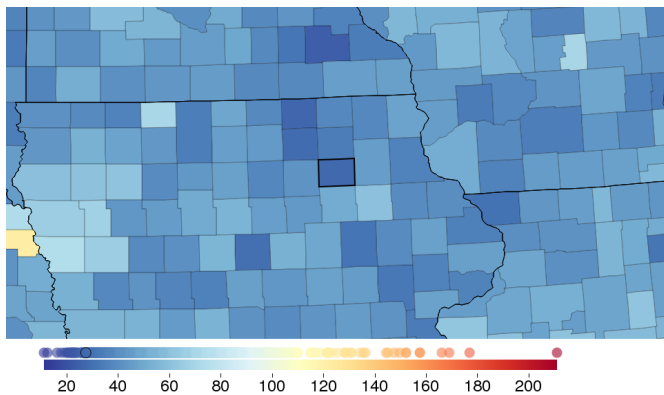
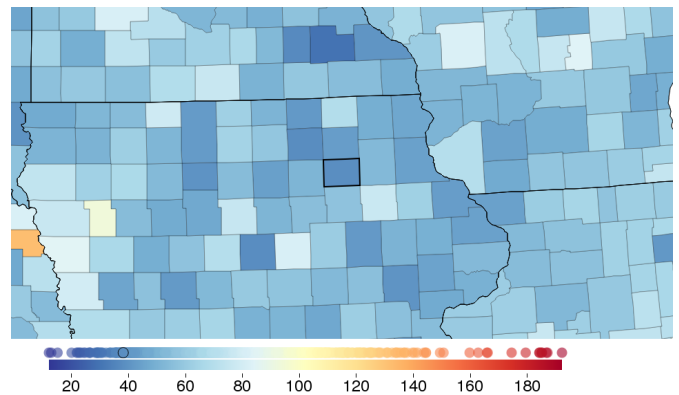


Fig. 16: Male diabetes, urogenital, blood, and endocrine diseases mortality, 2014



## FINDINGS: SELF-HARM AND INTERPERSONAL VIOLENCE MORTALITY

| Sex    | Bremer County | Iowa | National | National rank | % change 1980-2014 |
|--------|---------------|------|----------|---------------|--------------------|
| Female | 4.7           | 7.4  | 9.0      | 32            | -7.3               |
| Male   | 19.1          | 24.5 | 30.9     | 102           | -5.5               |

rate per 100,000 population, age-standardized, 2014

Fig. 17: Female self-harm and interpersonal violence mortality, 2014

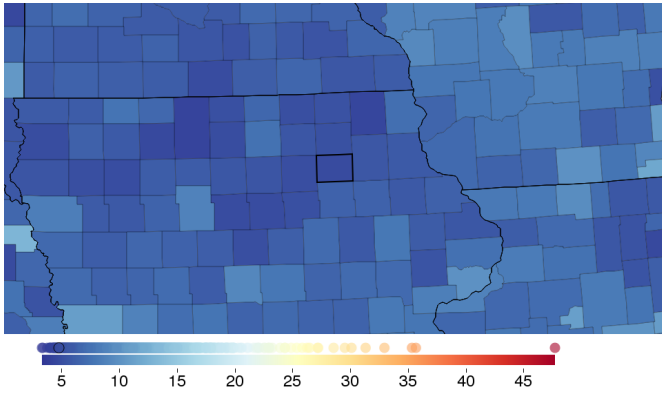
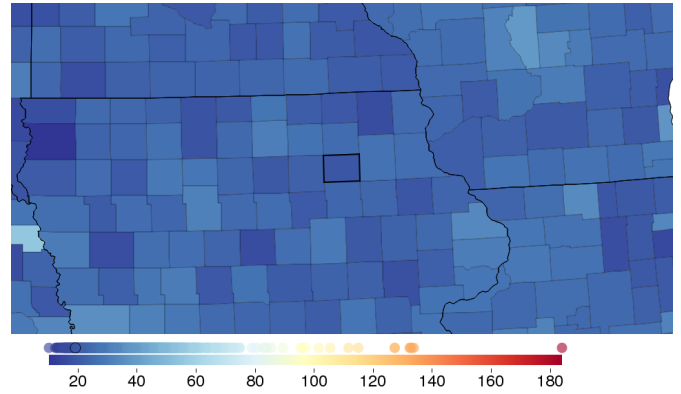


Fig. 18: Male self-harm and interpersonal violence mortality, 2014



## FINDINGS: TRANSPORT INJURIES MORTALITY

| Sex    | Bremer County | Iowa | National | National rank | % change 1980-2014 |
|--------|---------------|------|----------|---------------|--------------------|
| Female | 8.1           | 8.7  | 8.1      | 479           | -35.2              |
| Male   | 17.4          | 19.1 | 19.8     | 374           | -44.4              |

rate per 100,000 population, age-standardized, 2014

Fig. 19: Female transport injuries mortality, 2014

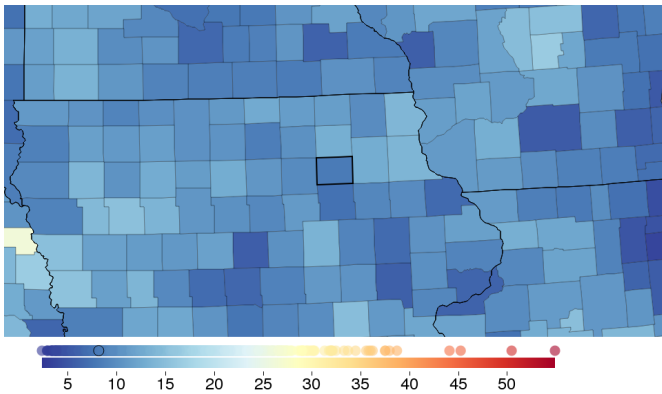
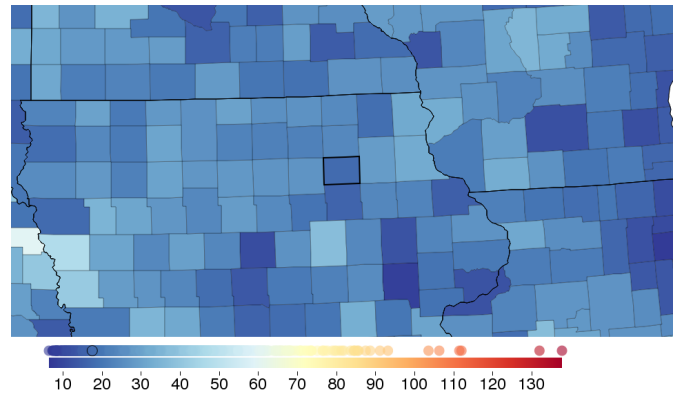


Fig. 20: Male transport injuries mortality, 2014



## FINDINGS: MENTAL AND SUBSTANCE USE DISORDERS MORTALITY

| Sex    | Bremer County | Iowa | National | National rank | % change 1980-2014 |
|--------|---------------|------|----------|---------------|--------------------|
| Female | 3.7           | 5.5  | 8.2      | 203           | +262.8             |
| Male   | 5.2           | 11.9 | 18.7     | 35            | +130.7             |

rate per 100,000 population, age-standardized, 2014

Fig. 21: Female mental and substance use disorders mortality, 2014

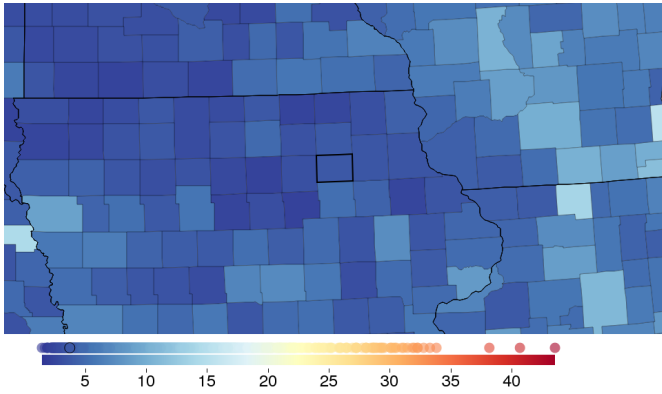
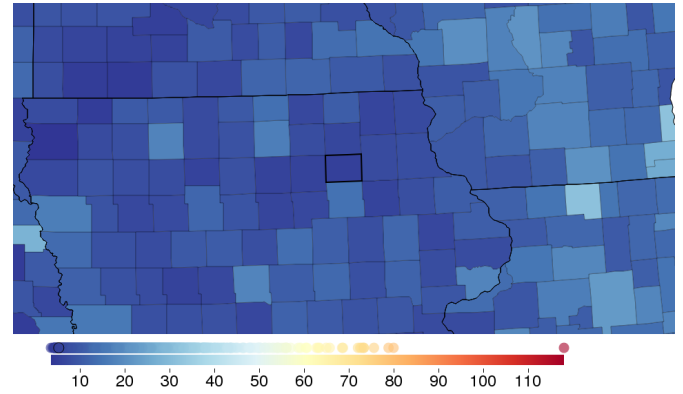


Fig. 22: Male mental and substance use disorders mortality, 2014



## FINDINGS: CIRRHOSIS AND OTHER CHRONIC LIVER DISEASES MORTALITY

| Sex    | Bremer County | Iowa | National | National rank | % change 1980-2014 |
|--------|---------------|------|----------|---------------|--------------------|
| Female | 7.9           | 9.0  | 11.8     | 157           | +31.2              |
| Male   | 12.6          | 15.6 | 22.2     | 180           | -13.4              |

rate per 100,000 population, age-standardized, 2014

Fig. 23: Female cirrhosis and other chronic liver diseases mortality, 2014

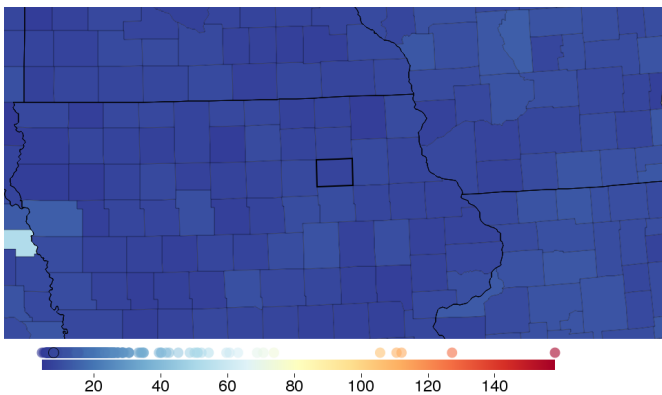
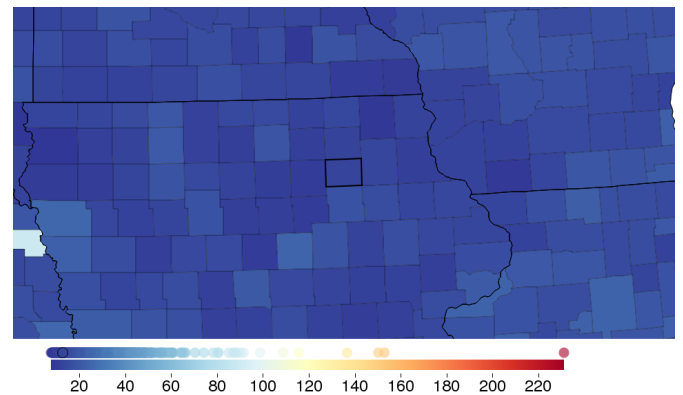


Fig. 24: Male cirrhosis and other chronic liver diseases mortality, 2014



## FINDINGS: HEAVY DRINKING

| Sex    | Bremer County | Iowa | National | National rank | % change 2005-2012 |
|--------|---------------|------|----------|---------------|--------------------|
| Female | 7.0           | 7.6  | 6.7      | 2310          | +32.4              |
| Male   | 13.2          | 13.9 | 9.9      | 2630          | +26.3              |

prevalence (%), age-standardized, 2012

Fig. 25: Female heavy drinking, 2012

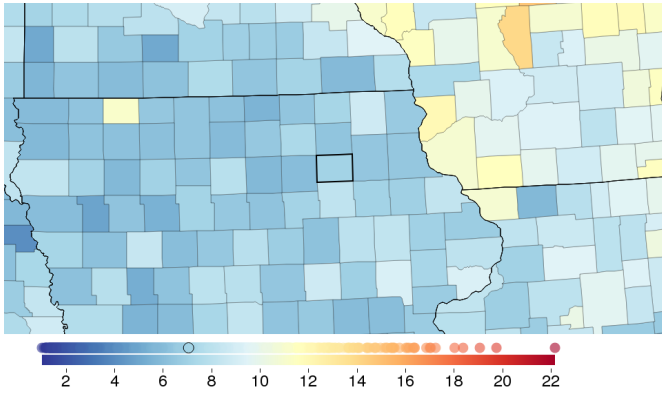
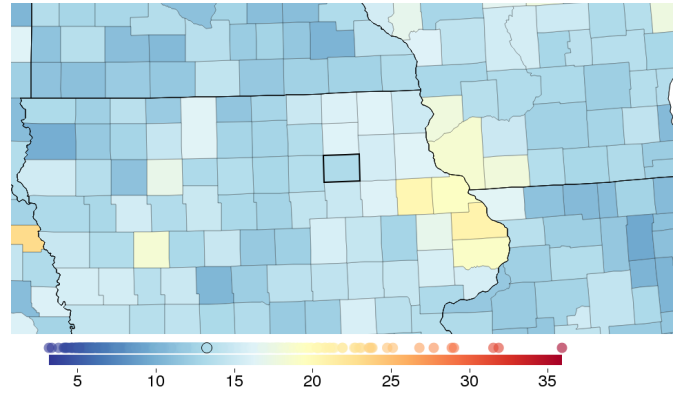


Fig. 26: Male heavy drinking, 2012



## FINDINGS: BINGE DRINKING

| Sex    | Bremer County | Iowa | National | National rank | % change 2002-2012 |
|--------|---------------|------|----------|---------------|--------------------|
| Female | 16.5          | 17.1 | 12.4     | 2760          | +12.9              |
| Male   | 35.0          | 33.4 | 24.5     | 2948          | +1.3               |

prevalence (%), age-standardized, 2012

Fig. 27: Female binge drinking, 2012

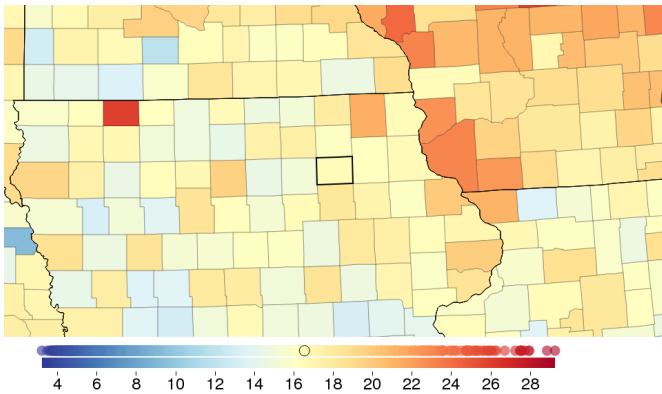
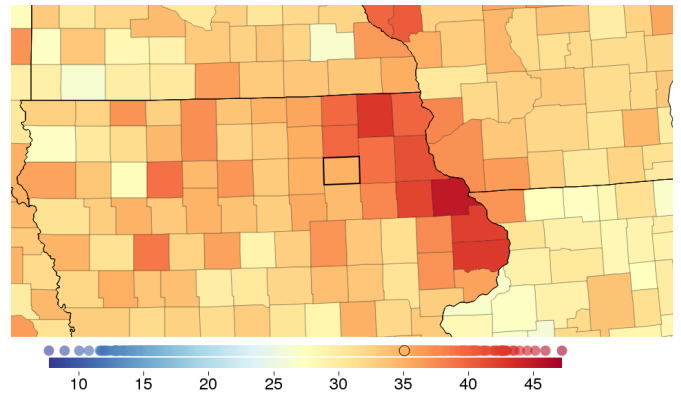


Fig. 28: Male binge drinking, 2012



## FINDINGS: SMOKING

| Sex    | Bremer County | Iowa | National | National rank | % change 1996-2012 |
|--------|---------------|------|----------|---------------|--------------------|
| Female | 15.6          | 19.2 | 17.9     | 249           | -21.0              |
| Male   | 19.1          | 22.2 | 22.2     | 188           | -27.7              |

prevalence (%), age-standardized, 2012

Fig. 29: Female smoking, 2012

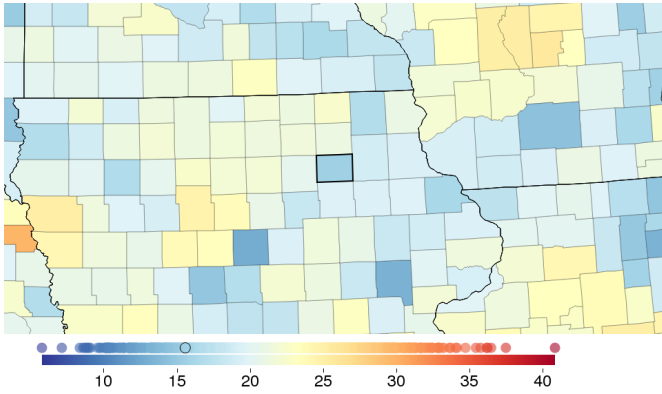
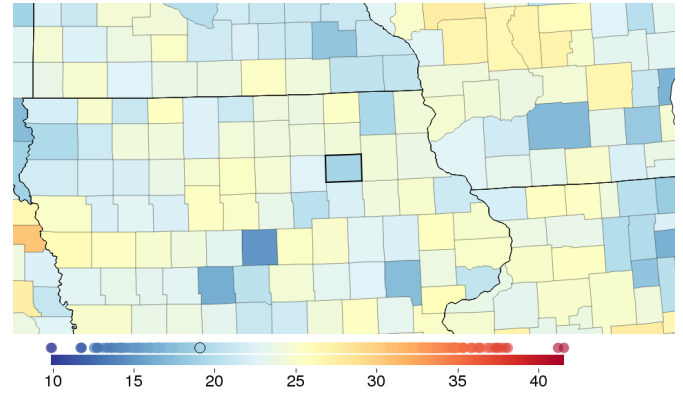


Fig. 30: Male smoking, 2012



## FINDINGS: OBESITY

| Sex    | Bremer County | Iowa | National | National rank | % change 2001-2011 |
|--------|---------------|------|----------|---------------|--------------------|
| Female | 34.7          | 35.9 | 36.1     | 546           | +22.2              |
| Male   | 33.2          | 36.3 | 33.8     | 362           | +20.4              |

prevalence (%), age-standardized, 2011

Fig. 31: Female obesity, 2011

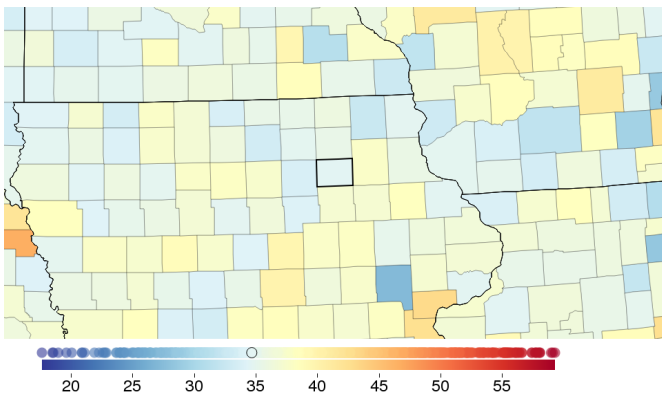
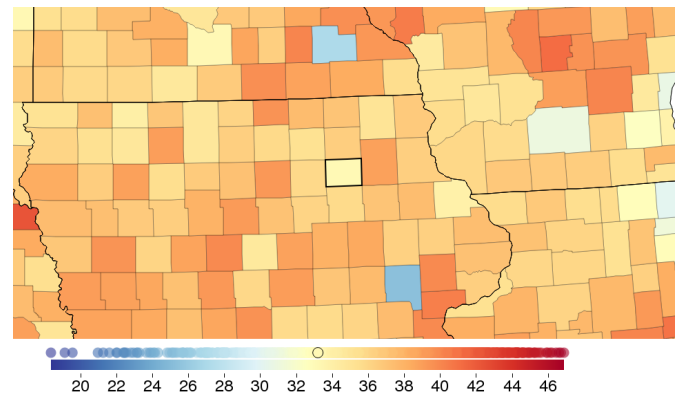


Fig. 32: Male obesity, 2011





## FINDINGS: RECOMMENDED PHYSICAL ACTIVITY

| Sex    | Bremer County | Iowa | National | National rank | % change 2001-2011 |
|--------|---------------|------|----------|---------------|--------------------|
| Female | 57.8          | 52.9 | 52.6     | 372           | +19.8              |
| Male   | 57.3          | 54.1 | 56.3     | 761           | +12.9              |

prevalence (%), age-standardized, 2011

Fig. 33: Female recommended physical activity, 2011

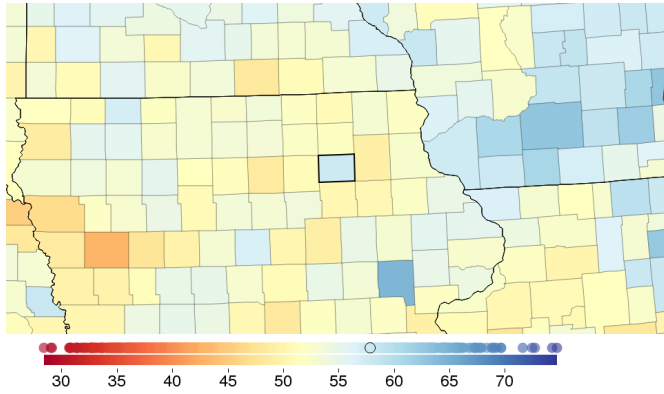
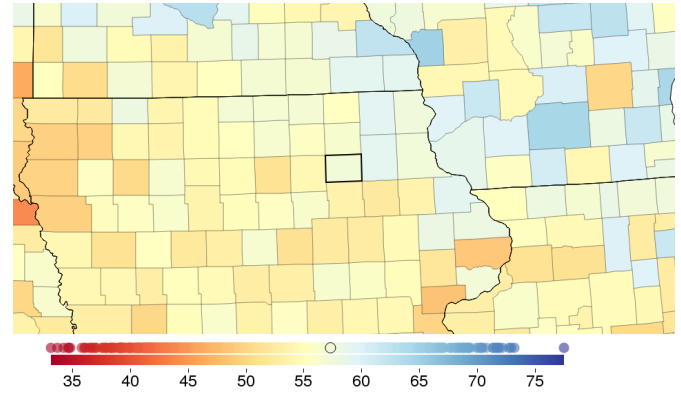


Fig. 34: Male recommended physical activity, 2011



### CITATION:

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