

# COUNTY PROFILE: Mitchell 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	Mitchell County	Iowa	National	National rank	% change 1980-2014
Female	83.6	81.9	81.5	128	+4.1
Male	79.3	77.5	76.7	163	+8.3

life expectancy at birth (years), 2014

Fig. 1: Female life expectancy, 2014

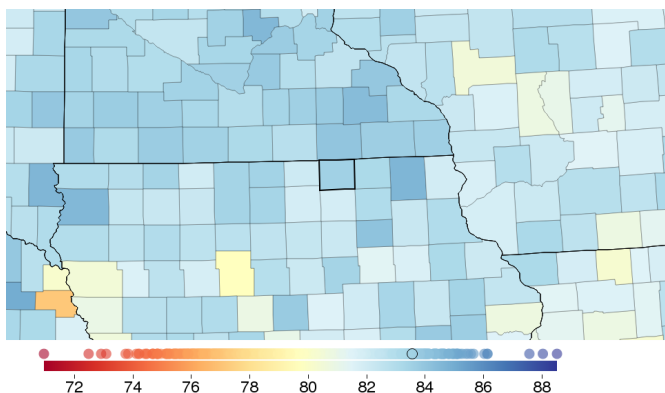
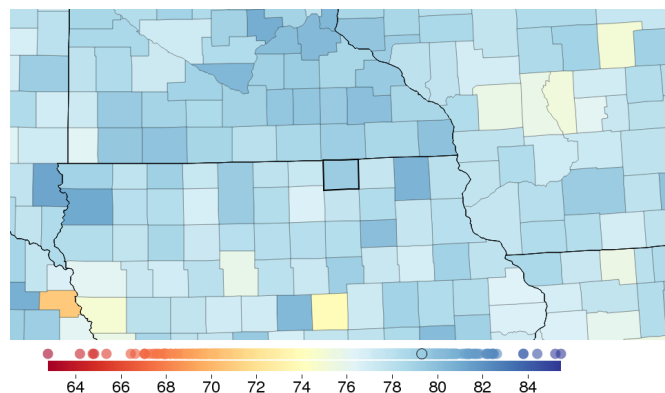


Fig. 2: Male life expectancy, 2014



## FINDINGS: ALL-CAUSE MORTALITY

Sex	Mitchell County	Iowa	National	National rank	% change 1980-2014
Female	555.8	645.3	667.8	178	-21.9
Male	788.0	908.2	930.1	219	-35.8

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

Fig. 3: Female all-cause mortality, 2014

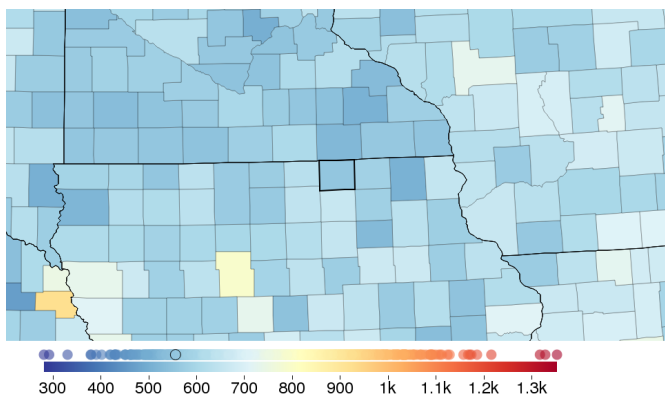
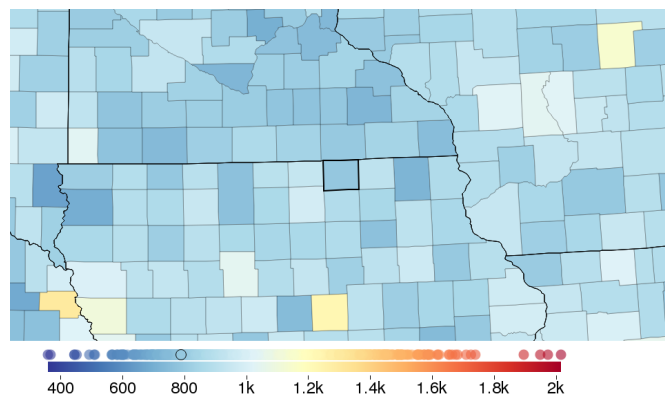


Fig. 4: Male all-cause mortality, 2014



## FINDINGS: ISCHEMIC HEART DISEASE

Sex	Mitchell County	Iowa	National	National rank	% change 1980-2014
Female	137.2	121.6	124.9	1697	-27.7
Male	224.2	196.9	191.5	1946	-49.2

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

Fig. 5: Female ischemic heart disease, 2014

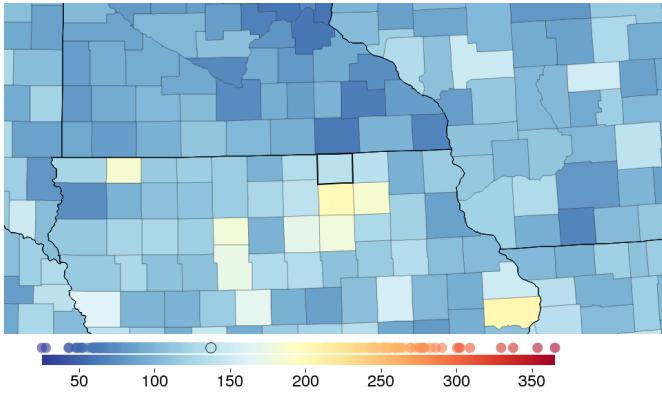
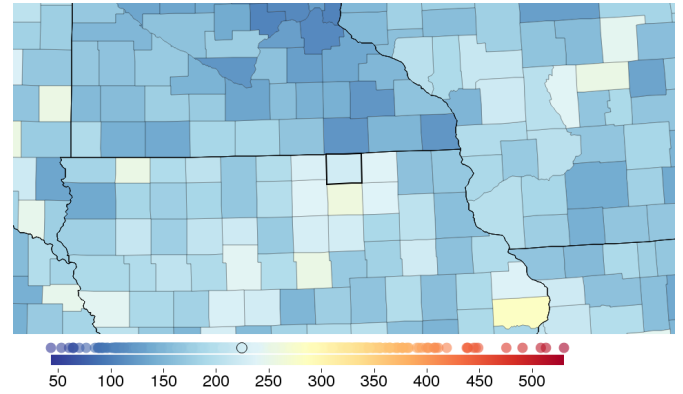


Fig. 6: Male ischemic heart disease, 2014



## FINDINGS: CEREBROVASCULAR DISEASE (STROKE)

Sex	Mitchell County	Iowa	National	National rank	% change 1980-2014
Female	38.4	48.5	47.4	286	-50.9
Male	39.9	49.4	48.8	321	-54.8

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

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

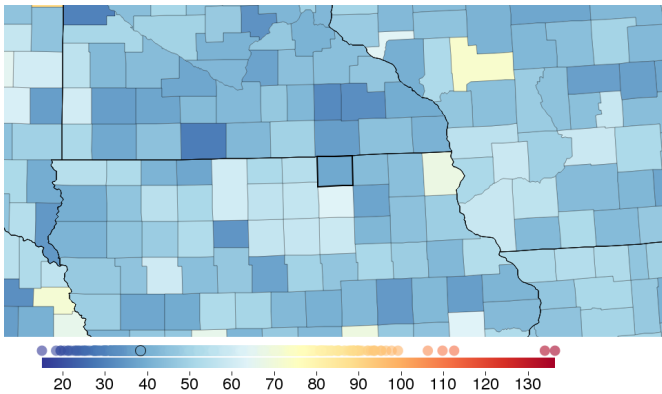
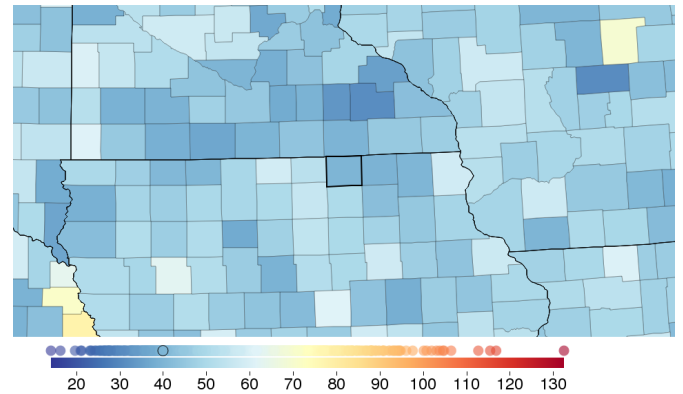


Fig. 8: Male cerebrovascular disease (stroke), 2014



## FINDINGS: TRACHEAL, BRONCHUS, AND LUNG CANCER

Sex	Mitchell County	Iowa	National	National rank	% change 1980-2014
Female	29.6	44.1	43.8	196	+51.8
Male	49.9	70.0	67.6	300	-36.1

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

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

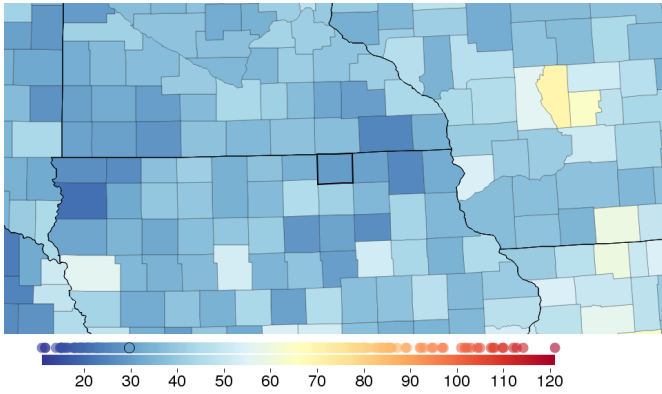
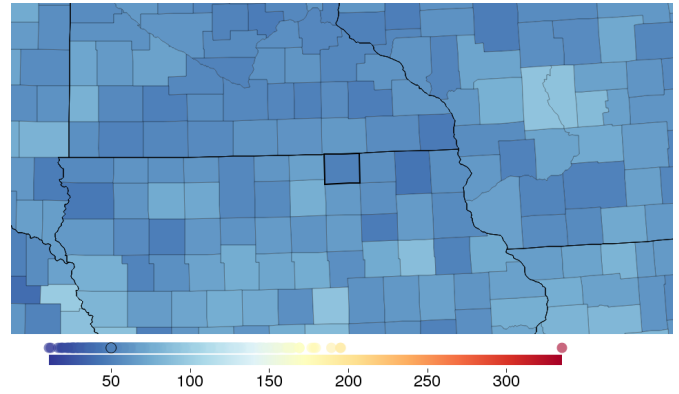


Fig. 10: Male tracheal, bronchus, and lung cancer, 2014



## FINDINGS: BREAST CANCER

Sex	Mitchell County	Iowa	National	National rank	% change 1980-2014
Female	22.1	23.7	25.9	394	-36.7
Male	0.2	0.3	0.3	181	-26.3

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

Fig. 11: Female breast cancer, 2014

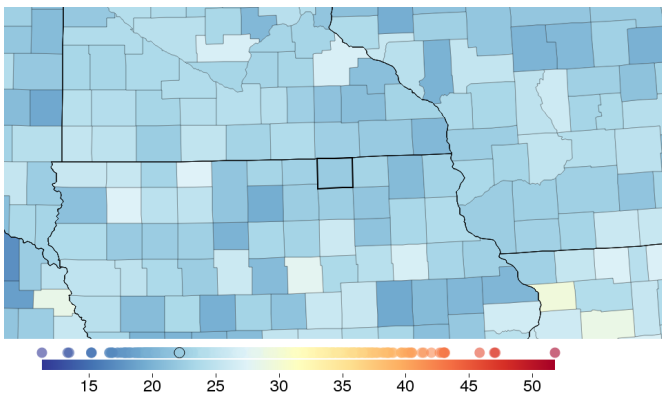
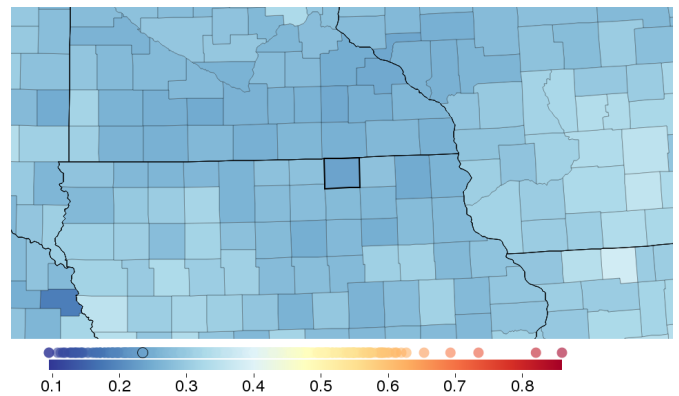


Fig. 12: Male breast cancer, 2014



## FINDINGS: MALIGNANT SKIN MELANOMA

Sex	Mitchell County	Iowa	National	National rank	% change 1980-2014
Female	2.0	2.0	1.9	1092	+9.2
Male	3.5	4.4	4.5	278	+19.3

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

Fig. 13: Female malignant skin melanoma, 2014

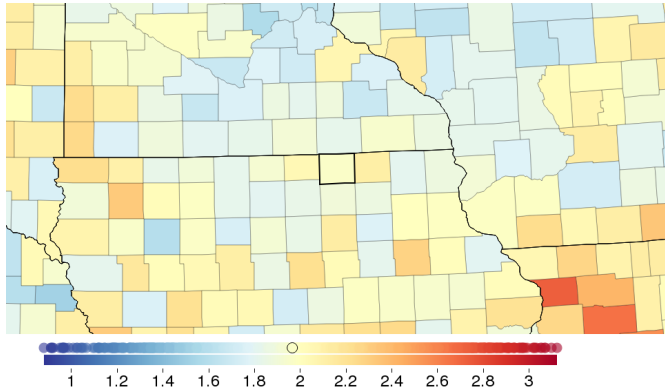
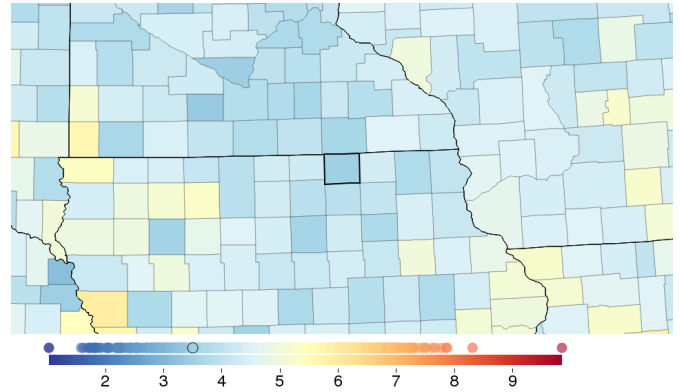


Fig. 14: Male malignant skin melanoma, 2014



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

Sex	Mitchell County	Iowa	National	National rank	% change 1980-2014
Female	26.4	44.3	49.6	29	+35.5
Male	41.6	55.2	63.8	103	+33.9

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

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

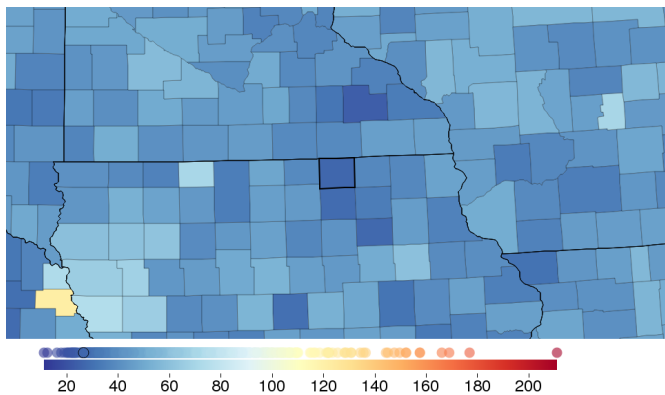
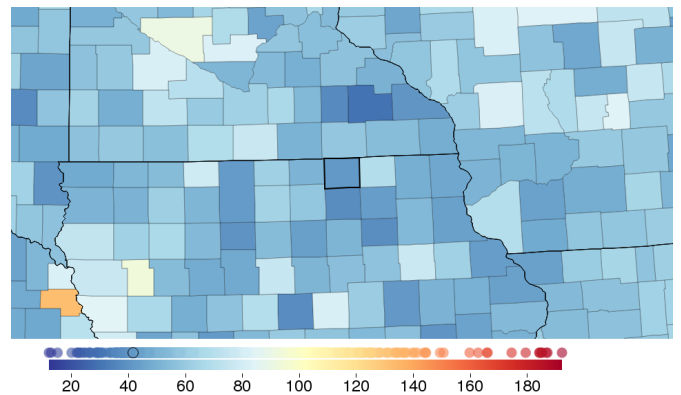


Fig. 16: Male diabetes, urogenital, blood, and endocrine diseases mortality, 2014



## FINDINGS: SELF-HARM AND INTERPERSONAL VIOLENCE MORTALITY

Sex	Mitchell County	Iowa	National	National rank	% change 1980-2014
Female	5.0	7.4	9.0	53	+10.2
Male	20.7	24.5	30.9	212	-8.2

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

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

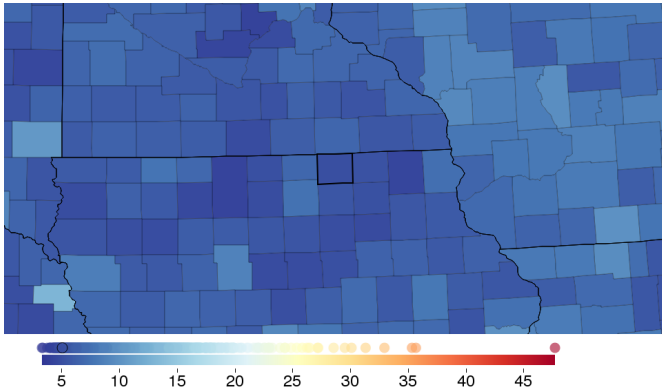
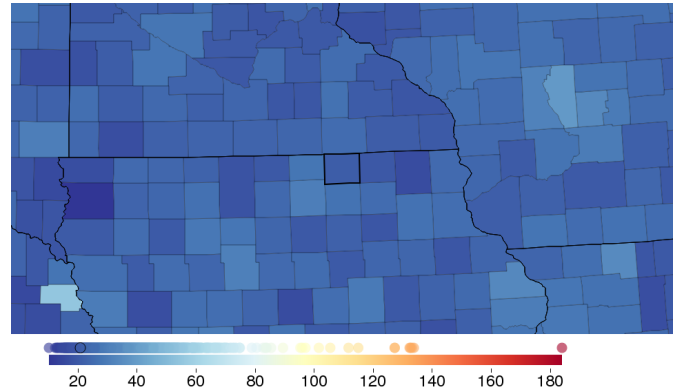


Fig. 18: Male self-harm and interpersonal violence mortality, 2014



## FINDINGS: TRANSPORT INJURIES MORTALITY

Sex	Mitchell County	Iowa	National	National rank	% change 1980-2014
Female	11.3	8.7	8.1	1086	-21.1
Male	26.2	19.1	19.8	1123	-28.9

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

Fig. 19: Female transport injuries mortality, 2014

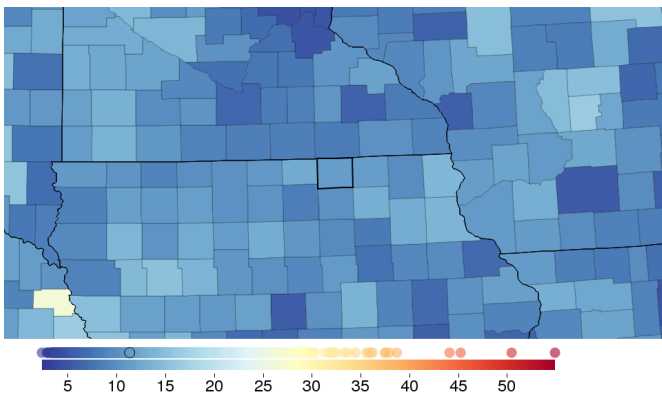
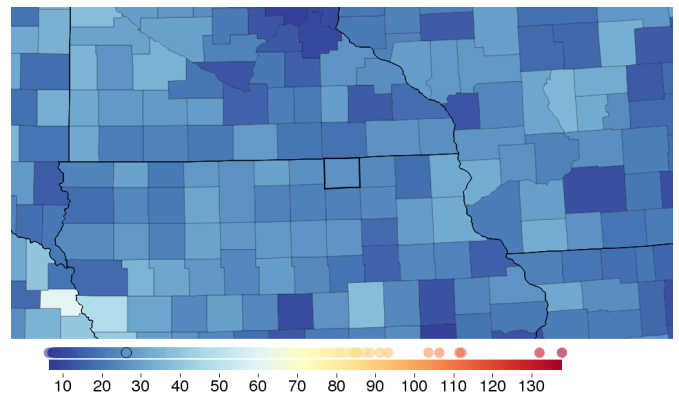


Fig. 20: Male transport injuries mortality, 2014



## FINDINGS: MENTAL AND SUBSTANCE USE DISORDERS MORTALITY

Sex	Mitchell County	Iowa	National	National rank	% change 1980-2014
Female	2.4	5.5	8.2	15	+173.9
Male	6.7	11.9	18.7	120	+127.8

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

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

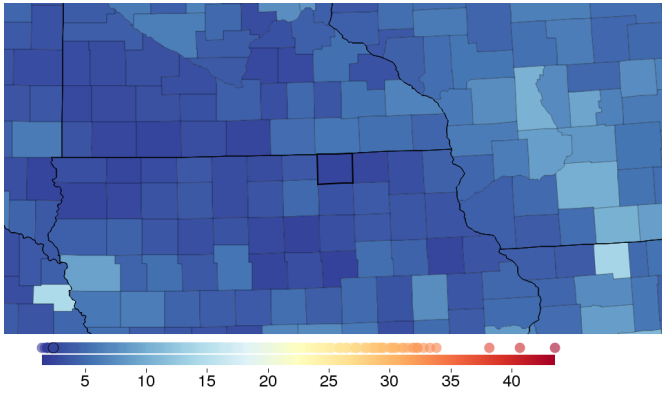
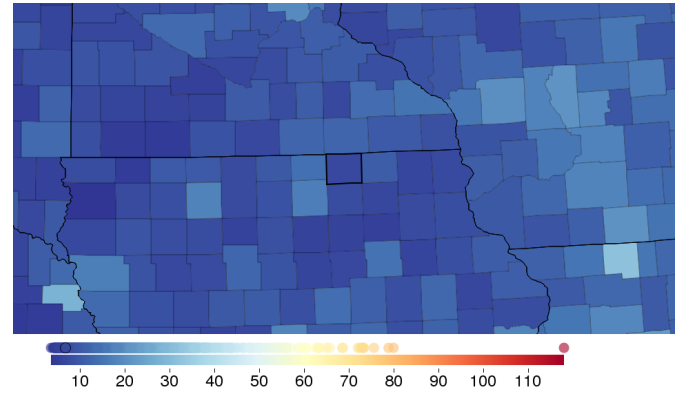


Fig. 22: Male mental and substance use disorders mortality, 2014



## FINDINGS: CIRRHOSIS AND OTHER CHRONIC LIVER DISEASES MORTALITY

Sex	Mitchell County	Iowa	National	National rank	% change 1980-2014
Female	7.4	9.0	11.8	93	+10.8
Male	11.6	15.6	22.2	88	-26.7

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

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

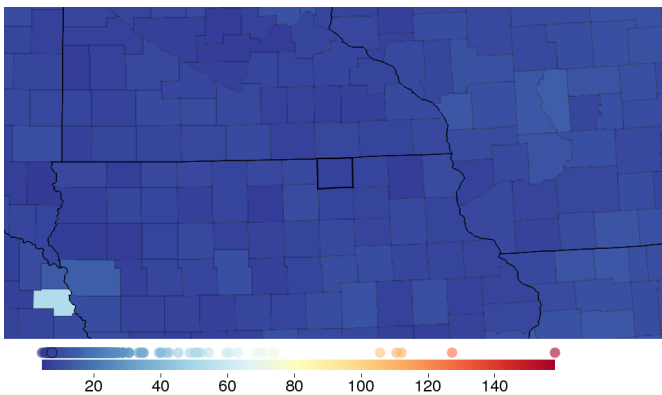
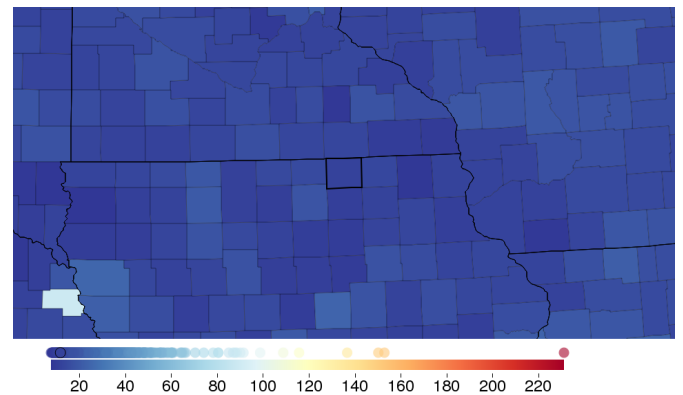


Fig. 24: Male cirrhosis and other chronic liver diseases mortality, 2014



## FINDINGS: HEAVY DRINKING

Sex	Mitchell County	Iowa	National	National rank	% change 2005-2012
Female	6.4	7.6	6.7	2066	+53.0
Male	14.9	13.9	9.9	2906	+31.6

prevalence (%), age-standardized, 2012

Fig. 25: Female heavy drinking, 2012

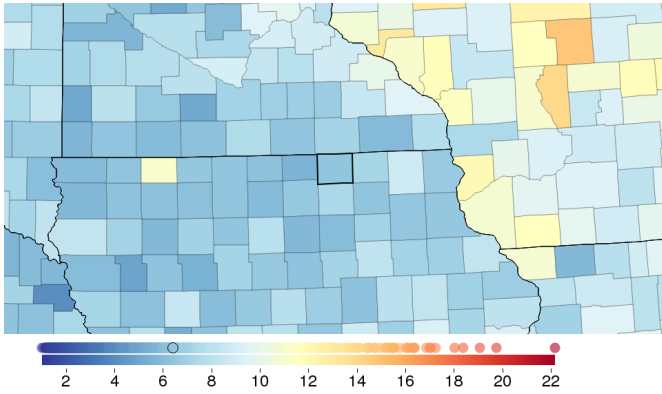
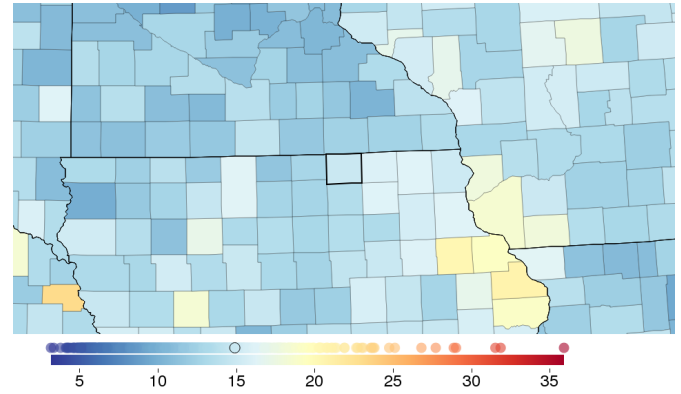


Fig. 26: Male heavy drinking, 2012



## FINDINGS: BINGE DRINKING

Sex	Mitchell County	Iowa	National	National rank	% change 2002-2012
Female	15.2	17.1	12.4	2545	+13.3
Male	35.8	33.4	24.5	2982	+8.2

prevalence (%), age-standardized, 2012

Fig. 27: Female binge drinking, 2012

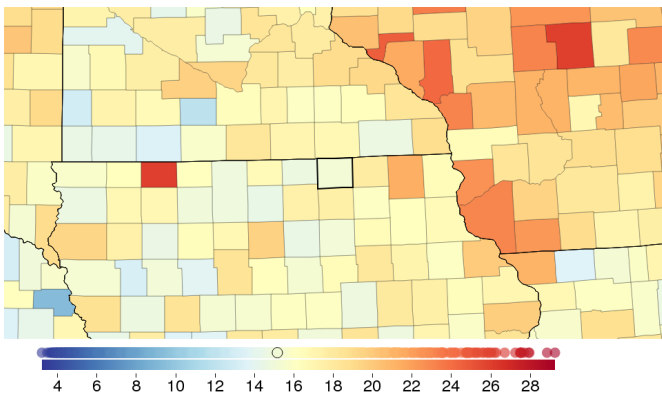
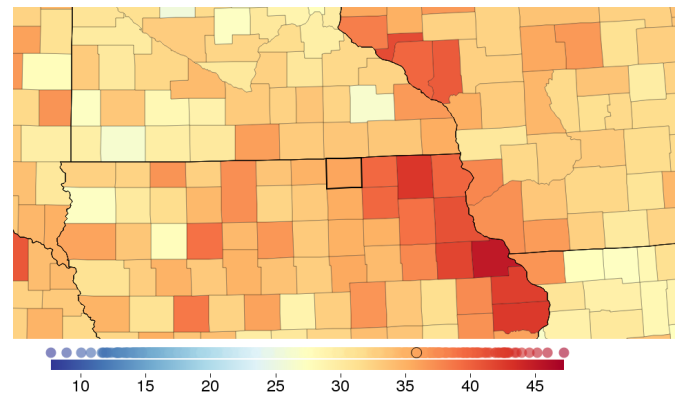


Fig. 28: Male binge drinking, 2012

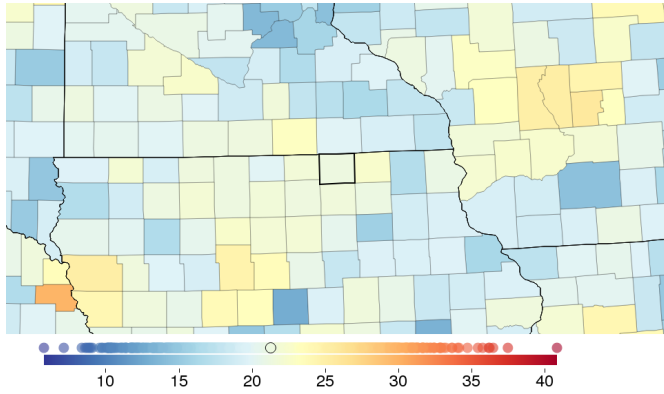


## FINDINGS: SMOKING

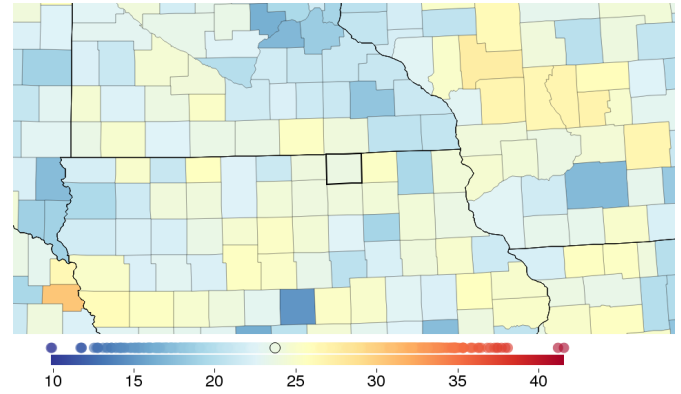
Sex	Mitchell County	Iowa	National	National rank	% change 1996-2012
Female	21.3	19.2	17.9	1396	-4.6
Male	23.7	22.2	22.2	1042	-14.3

prevalence (%), age-standardized, 2012

**Fig. 29: Female smoking, 2012**



**Fig. 30: Male smoking, 2012**

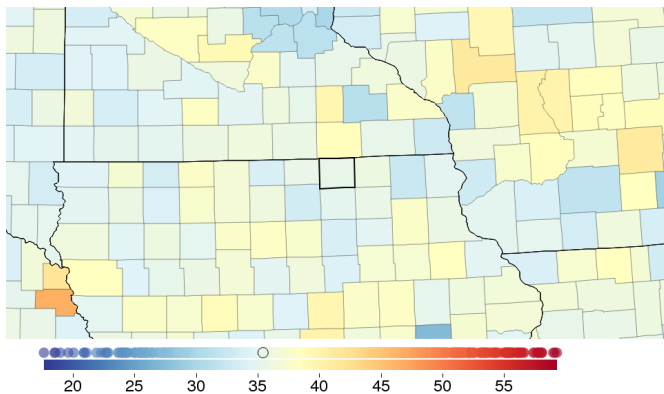


## FINDINGS: OBESITY

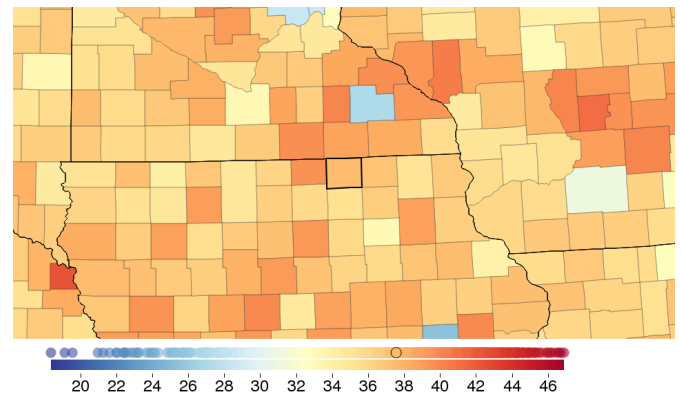
Sex	Mitchell County	Iowa	National	National rank	% change 2001-2011
Female	35.4	35.9	36.1	722	+28.5
Male	37.5	36.3	33.8	1632	+31.6

prevalence (%), age-standardized, 2011

**Fig. 31: Female obesity, 2011**



**Fig. 32: Male obesity, 2011**





## FINDINGS: RECOMMENDED PHYSICAL ACTIVITY

Sex	Mitchell County	Iowa	National	National rank	% change 2001-2011
Female	52.0	52.9	52.6	1277	+13.1
Male	56.9	54.1	56.3	825	+10.2

prevalence (%), age-standardized, 2011

Fig. 33: Female recommended physical activity, 2011

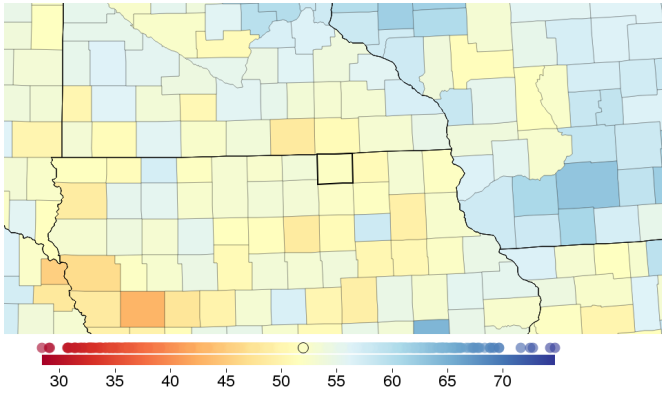
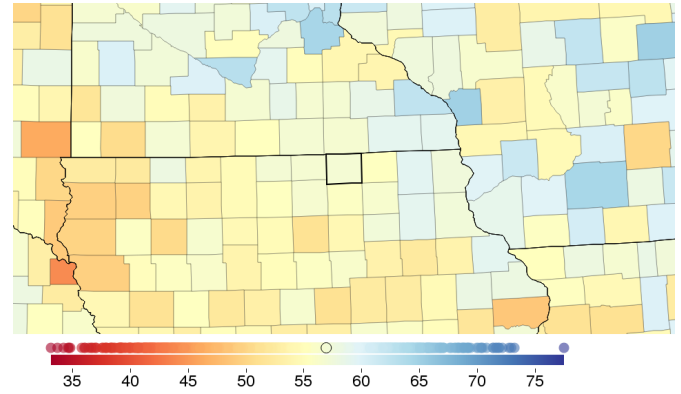


Fig. 34: Male recommended physical activity, 2011



### CITATION:

Institute for Health Metrics and Evaluation (IHME),  
US County Profile: Mitchell County, Iowa.  
Seattle, WA: IHME, 2016.

Institute for Health Metrics and Evaluation  
2301 Fifth Ave., Suite 600  
Seattle, WA 98121 USA

Telephone: +1-206-897-2800  
E-mail: [engage@healthdata.org](mailto:engage@healthdata.org)  
[www.healthdata.org](http://www.healthdata.org)

