

COUNTY PROFILE: Pocahontas 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	Pocahontas County	Iowa	National	National rank	% change 1980-2014
Female	82.7	81.9	81.5	377	+3.8
Male	77.3	77.5	76.7	795	+8.3

life expectancy at birth (years), 2014

Fig. 1: Female life expectancy, 2014

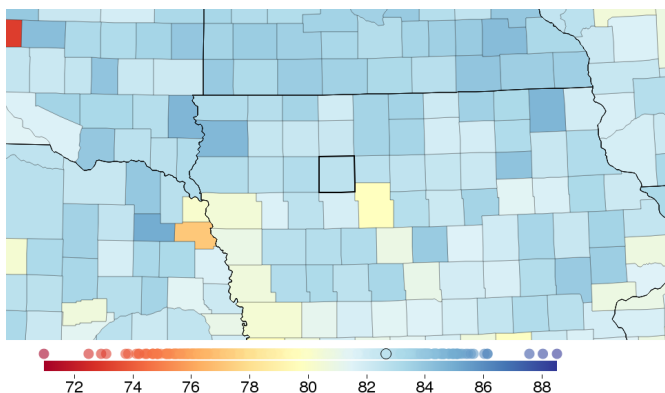
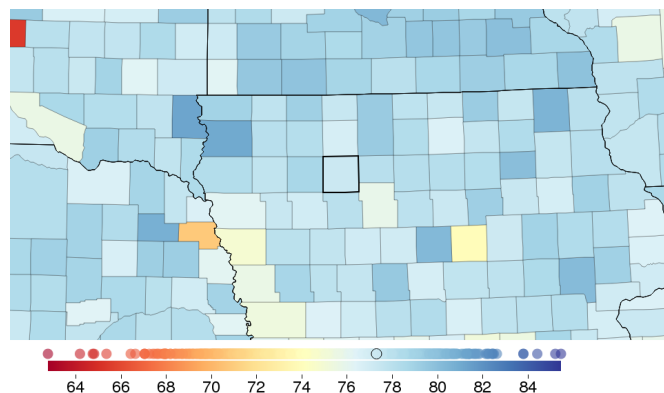


Fig. 2: Male life expectancy, 2014



FINDINGS: ALL-CAUSE MORTALITY

Sex	Pocahontas County	Iowa	National	National rank	% change 1980-2014
Female	602.0	645.3	667.8	433	-19.3
Male	901.9	908.2	930.1	817	-33.4

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

Fig. 3: Female all-cause mortality, 2014

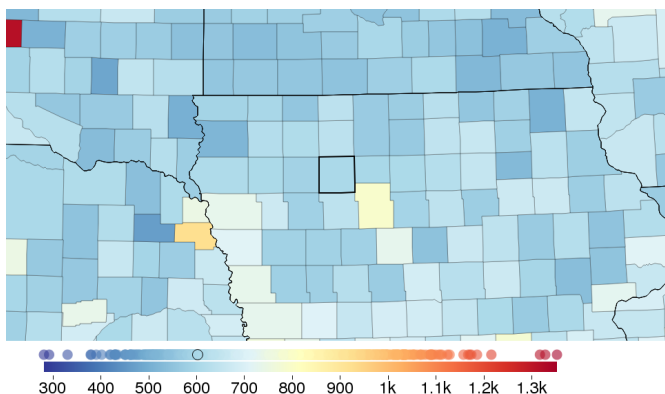
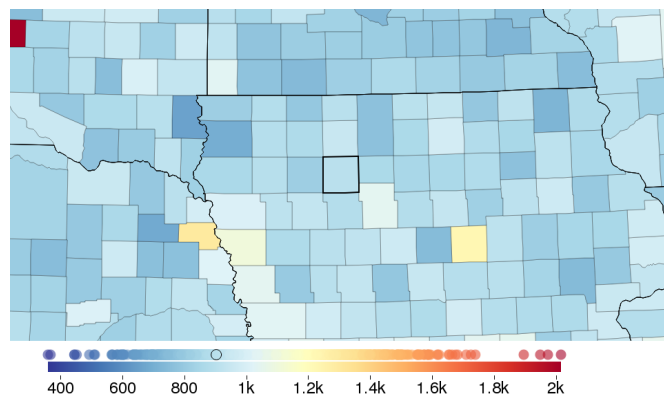


Fig. 4: Male all-cause mortality, 2014



FINDINGS: ISCHEMIC HEART DISEASE

Sex	Pocahontas County	Iowa	National	National rank	% change 1980-2014
Female	119.1	121.6	124.9	1136	-45.3
Male	210.2	196.9	191.5	1644	-57.3

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

Fig. 5: Female ischemic heart disease, 2014

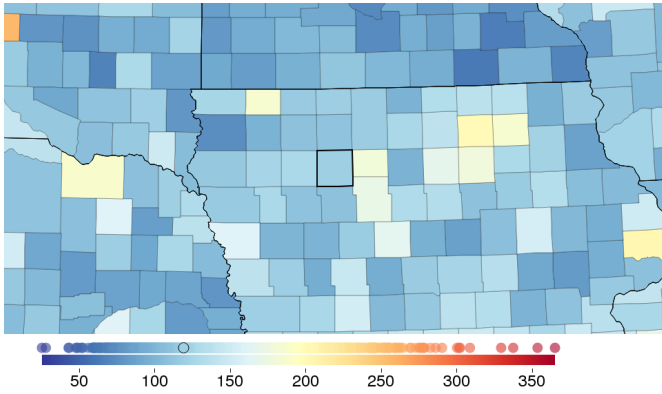
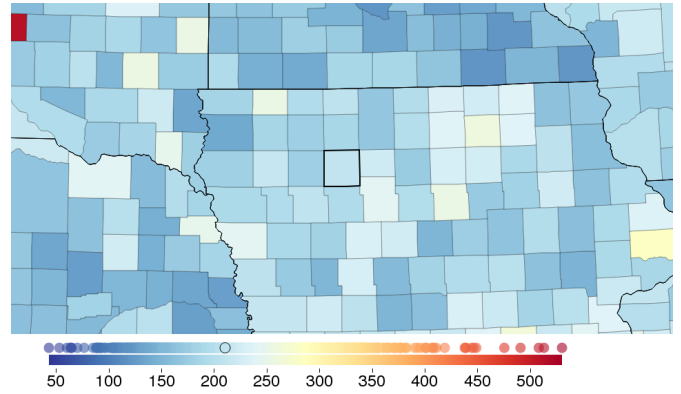


Fig. 6: Male ischemic heart disease, 2014



FINDINGS: CEREBROVASCULAR DISEASE (STROKE)

Sex	Pocahontas County	Iowa	National	National rank	% change 1980-2014
Female	52.8	48.5	47.4	1745	-42.1
Male	51.0	49.4	48.8	1472	-41.0

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

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

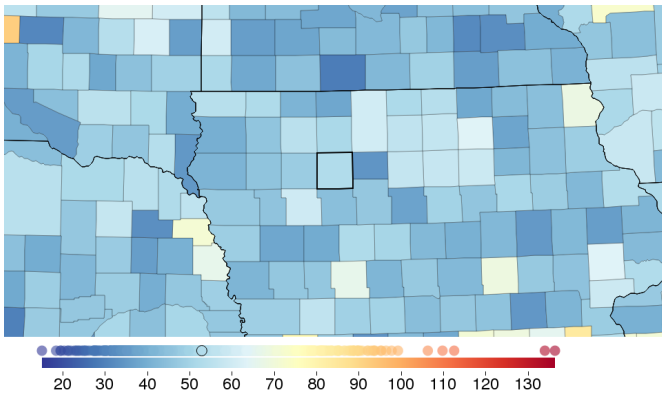
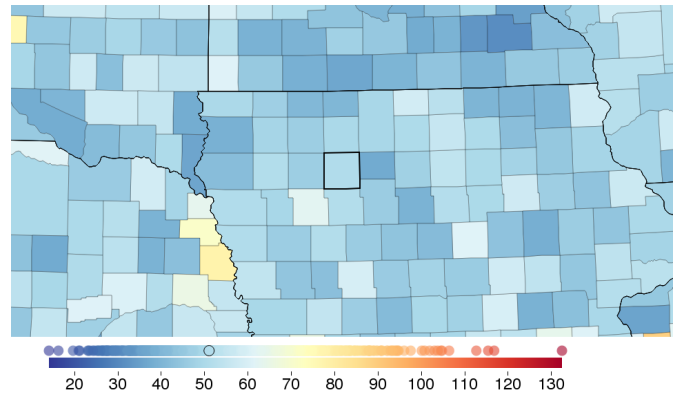


Fig. 8: Male cerebrovascular disease (stroke), 2014



FINDINGS: TRACHEAL, BRONCHUS, AND LUNG CANCER

Sex	Pocahontas County	Iowa	National	National rank	% change 1980-2014
Female	37.3	44.1	43.8	606	+69.5
Male	62.7	70.0	67.6	875	-22.5

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

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

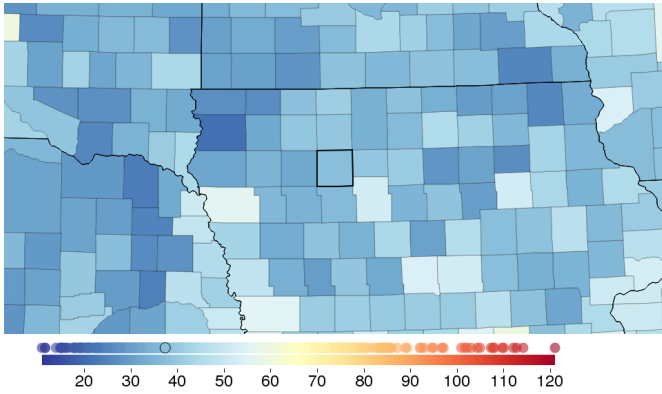
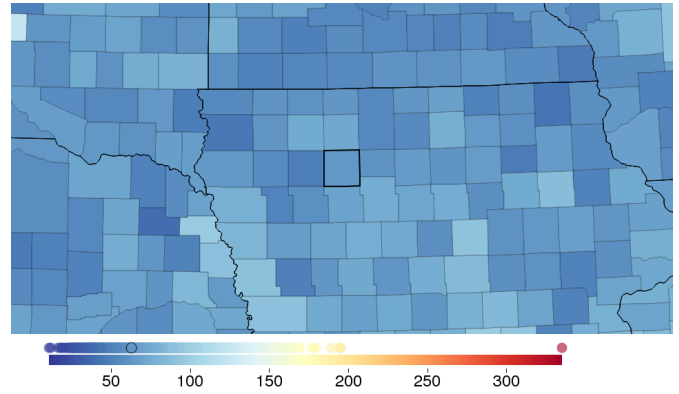


Fig. 10: Male tracheal, bronchus, and lung cancer, 2014



FINDINGS: BREAST CANCER

Sex	Pocahontas County	Iowa	National	National rank	% change 1980-2014
Female	22.6	23.7	25.9	484	-36.2
Male	0.3	0.3	0.3	1606	-10.8

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

Fig. 11: Female breast cancer, 2014

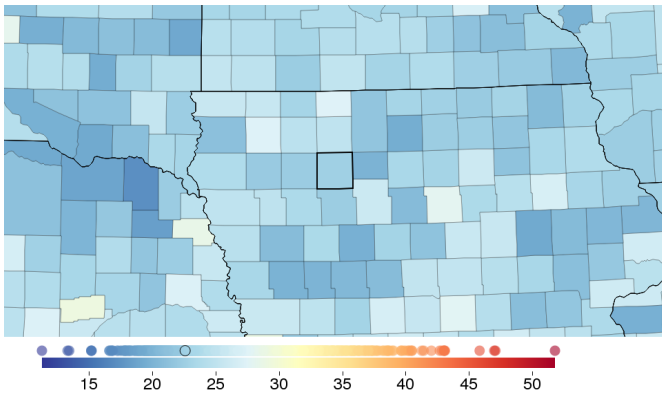
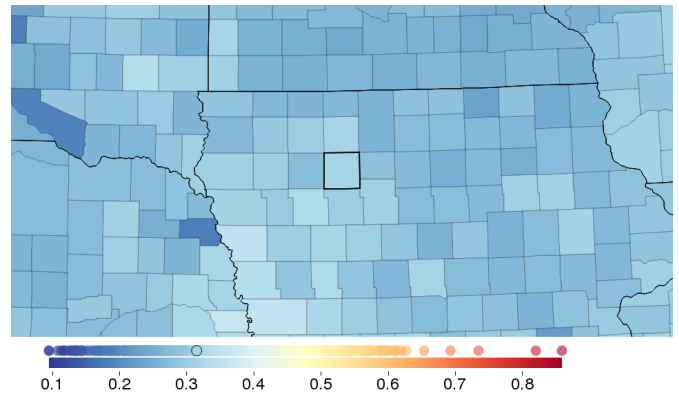


Fig. 12: Male breast cancer, 2014



FINDINGS: MALIGNANT SKIN MELANOMA

Sex	Pocahontas County	Iowa	National	National rank	% change 1980-2014
Female	2.0	2.0	1.9	1105	+3.3
Male	4.8	4.4	4.5	1424	+39.8

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

Fig. 13: Female malignant skin melanoma, 2014

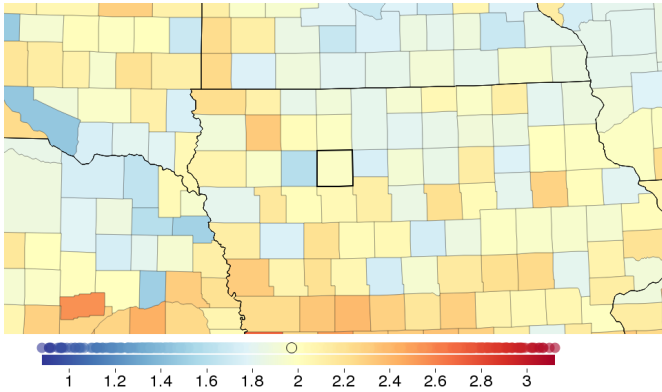
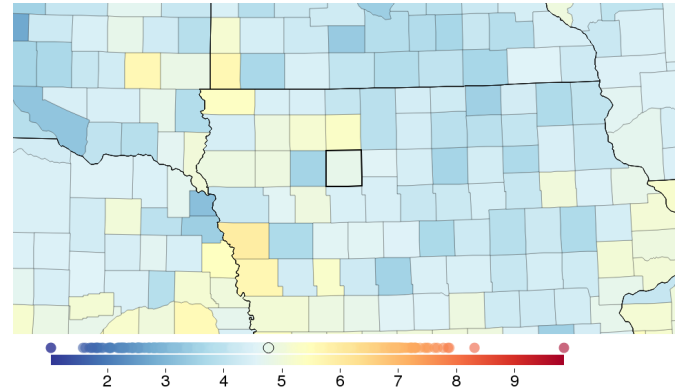


Fig. 14: Male malignant skin melanoma, 2014



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

Sex	Pocahontas County	Iowa	National	National rank	% change 1980-2014
Female	39.0	44.3	49.6	378	+66.6
Male	53.3	55.2	63.8	564	+52.0

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

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

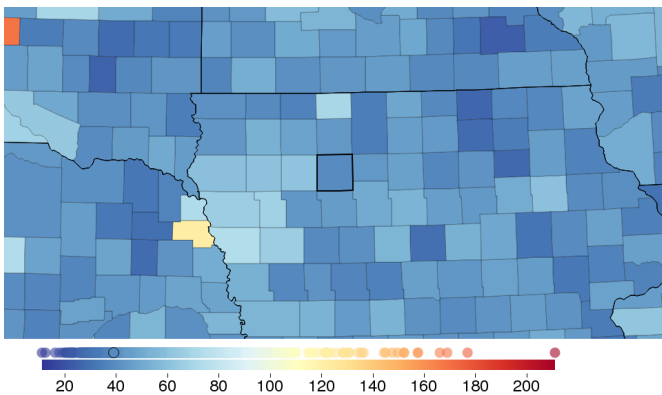
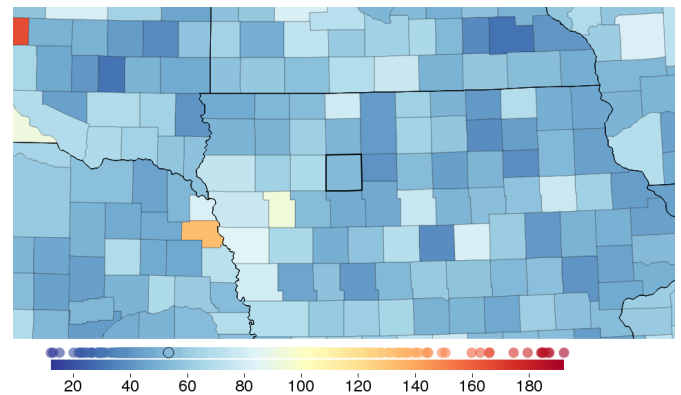


Fig. 16: Male diabetes, urogenital, blood, and endocrine diseases mortality, 2014



FINDINGS: SELF-HARM AND INTERPERSONAL VIOLENCE MORTALITY

Sex	Pocahontas County	Iowa	National	National rank	% change 1980-2014
Female	6.0	7.4	9.0	247	+3.5
Male	28.5	24.5	30.9	1017	+11.4

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

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

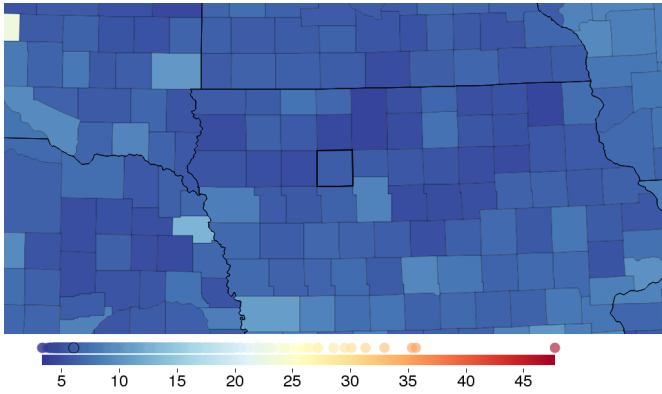
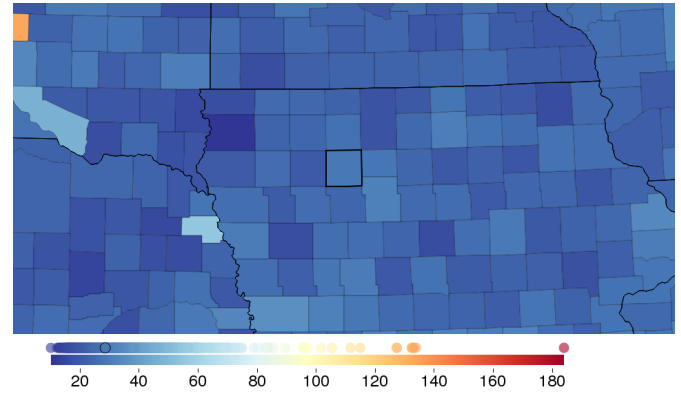


Fig. 18: Male self-harm and interpersonal violence mortality, 2014



FINDINGS: TRANSPORT INJURIES MORTALITY

Sex	Pocahontas County	Iowa	National	National rank	% change 1980-2014
Female	12.8	8.7	8.1	1423	-18.3
Male	30.2	19.1	19.8	1520	-36.8

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

Fig. 19: Female transport injuries mortality, 2014

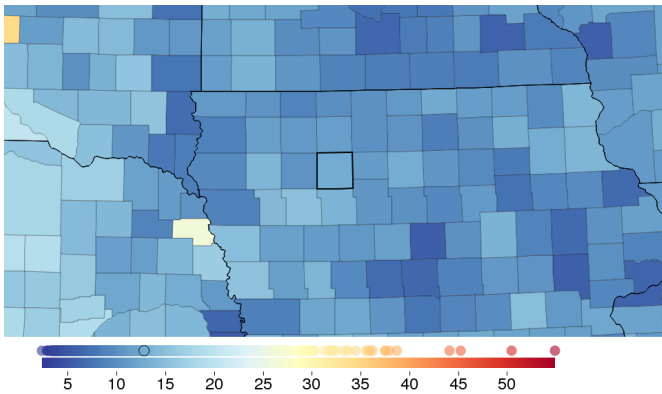
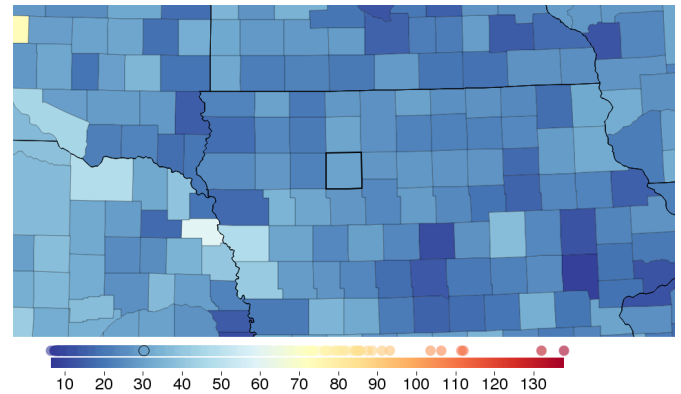


Fig. 20: Male transport injuries mortality, 2014



FINDINGS: MENTAL AND SUBSTANCE USE DISORDERS MORTALITY

Sex	Pocahontas County	Iowa	National	National rank	% change 1980-2014
Female	3.1	5.5	8.2	88	+184.0
Male	7.6	11.9	18.7	225	+139.7

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

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

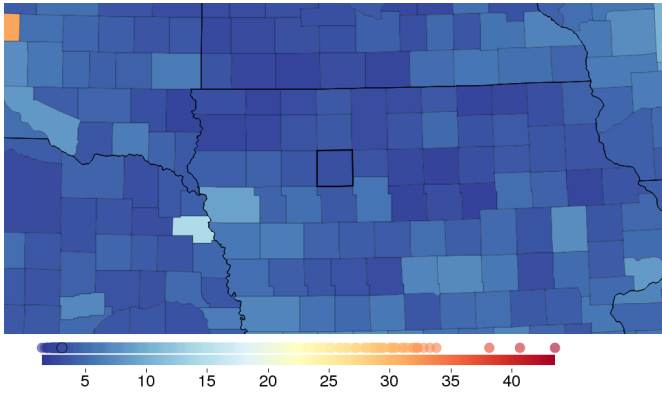
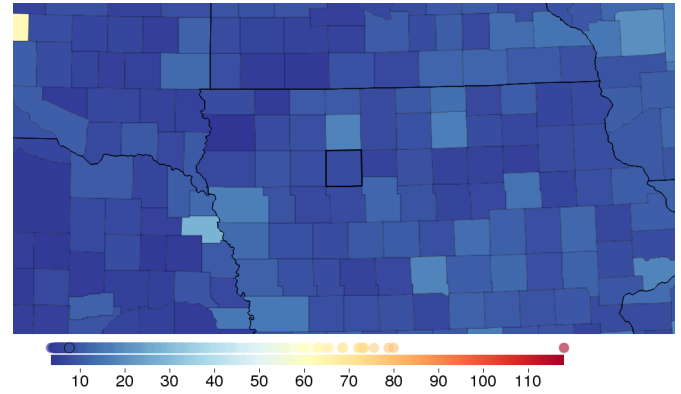


Fig. 22: Male mental and substance use disorders mortality, 2014



FINDINGS: CIRRHOSIS AND OTHER CHRONIC LIVER DISEASES MORTALITY

Sex	Pocahontas County	Iowa	National	National rank	% change 1980-2014
Female	9.0	9.0	11.8	433	+8.3
Male	17.6	15.6	22.2	812	+1.1

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

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

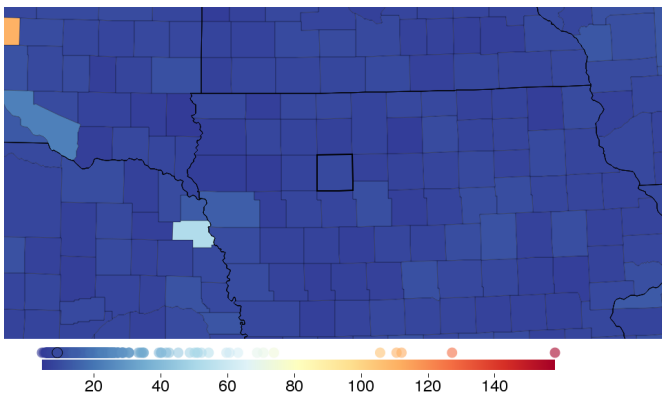
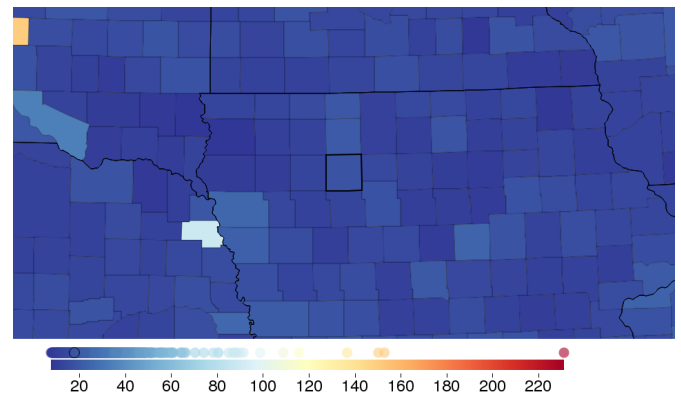


Fig. 24: Male cirrhosis and other chronic liver diseases mortality, 2014



FINDINGS: HEAVY DRINKING

Sex	Pocahontas County	Iowa	National	National rank	% change 2005-2012
Female	7.0	7.6	6.7	2302	+62.0
Male	17.1	13.9	9.9	3052	+45.5

prevalence (%), age-standardized, 2012

Fig. 25: Female heavy drinking, 2012

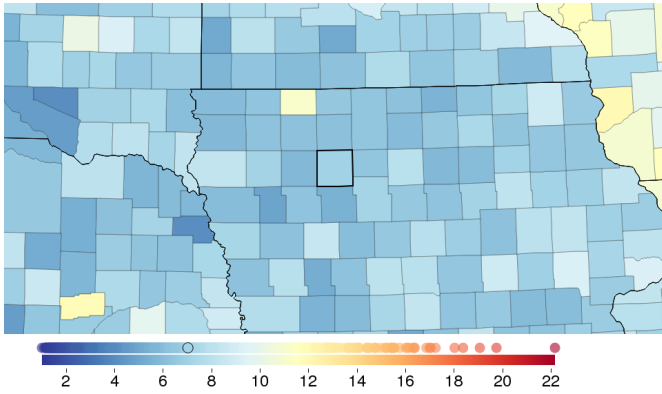
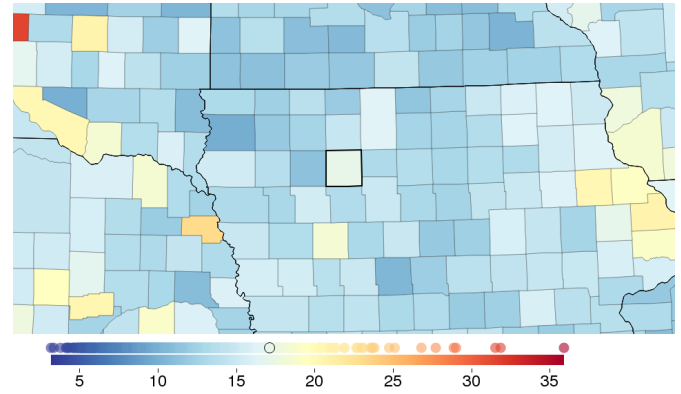


Fig. 26: Male heavy drinking, 2012



FINDINGS: BINGE DRINKING

Sex	Pocahontas County	Iowa	National	National rank	% change 2002-2012
Female	16.4	17.1	12.4	2742	+17.1
Male	39.1	33.4	24.5	3084	+7.6

prevalence (%), age-standardized, 2012

Fig. 27: Female binge drinking, 2012

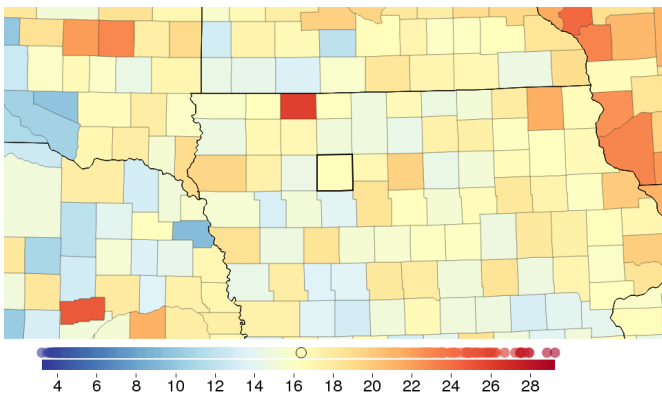
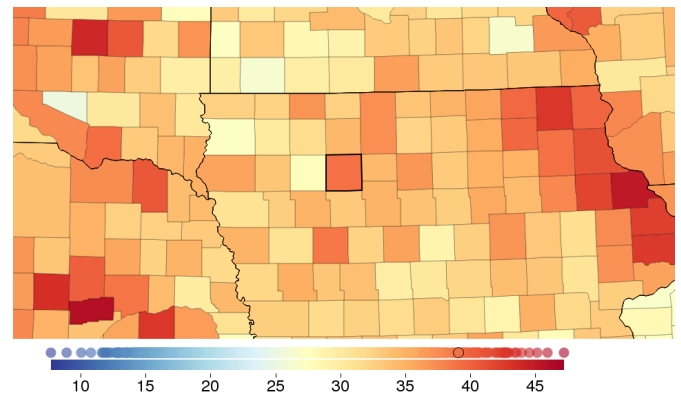


Fig. 28: Male binge drinking, 2012



FINDINGS: SMOKING

Sex	Pocahontas County	Iowa	National	National rank	% change 1996-2012
Female	20.5	19.2	17.9	1150	-6.1
Male	23.5	22.2	22.2	1005	-13.0

prevalence (%), age-standardized, 2012

Fig. 29: Female smoking, 2012

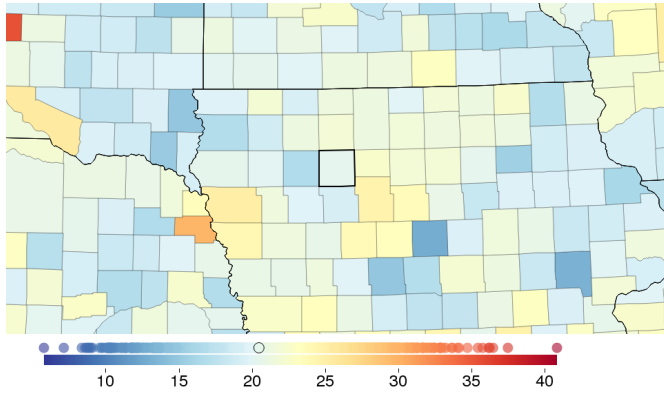
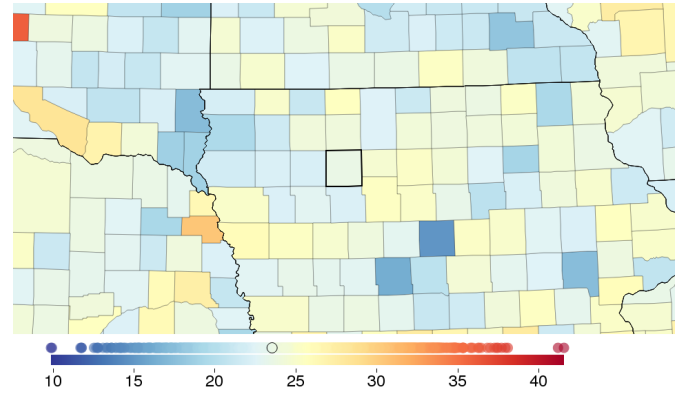


Fig. 30: Male smoking, 2012



FINDINGS: OBESITY

Sex	Pocahontas County	Iowa	National	National rank	% change 2001-2011
Female	34.9	35.9	36.1	598	+23.5
Male	35.5	36.3	33.8	802	+31.0

prevalence (%), age-standardized, 2011

Fig. 31: Female obesity, 2011

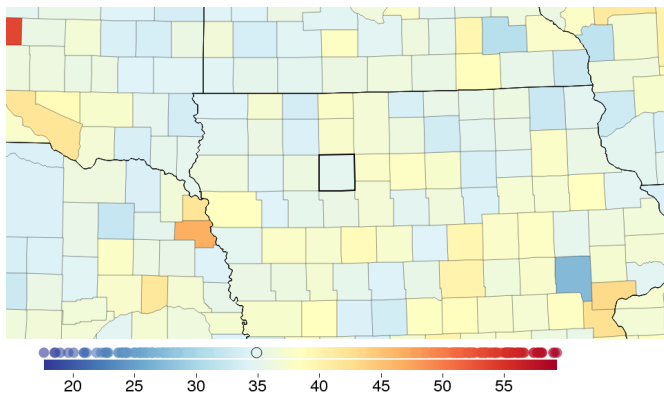
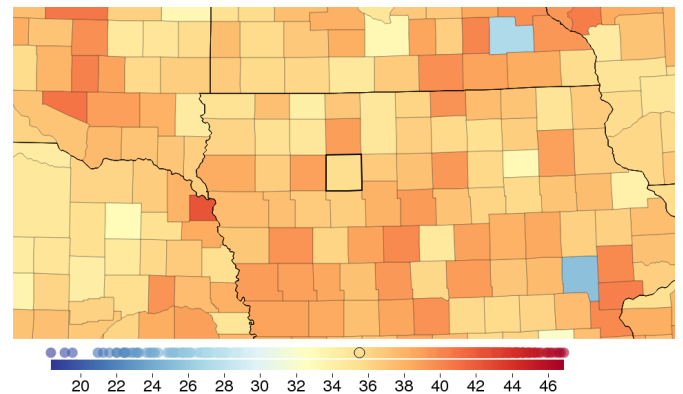


Fig. 32: Male obesity, 2011



FINDINGS: RECOMMENDED PHYSICAL ACTIVITY

Sex	Pocahontas County	Iowa	National	National rank	% change 2001-2011
Female	55.4	52.9	52.6	685	+11.2
Male	56.5	54.1	56.3	921	+7.9

prevalence (%), age-standardized, 2011

Fig. 33: Female recommended physical activity, 2011

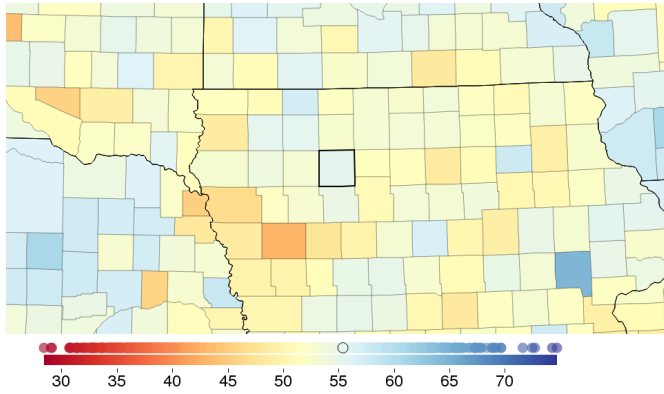
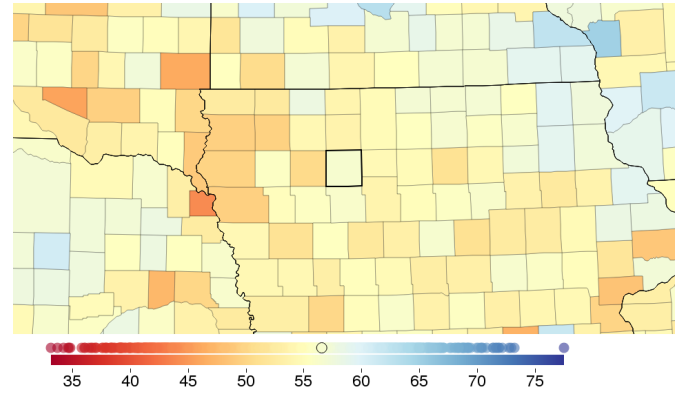


Fig. 34: Male recommended physical activity, 2011



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US County Profile: Pocahontas County, Iowa.
Seattle, WA: IHME, 2016.

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