

Leading Causes of Death, 2009

introduction

Spokane Regional Health District evaluates death records to track mortality trends among county residents. The leading causes of death, as presented here, parallel that of the National Center for Health Statistics, housed in the Centers for Disease Control and Prevention (CDC). Each cause of death represents a group of distinct diagnoses. For example, within the category of cancer are many types of cancer, each with its own risk factors, treatments, and preventive measures. National mortality statistics can be found at the CDC's website: www.cdc.gov/nchs/fastats/deaths.htm. Washington State data are available through the Department of Health, Center for Health Statistics: www.doh.wa.gov/EHSPHL/CHS/CHS-data/death/dea_vd.thm.

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The leading causes of death among Spokane County residents in 2009 were cancer and heart disease. Similar to state and national trends, these two causes of death accounted for nearly half of all deaths. Leading causes of death vary by age. Perinatal conditions, which make survival difficult, such as a preterm birth, respiratory distress, or feeding problems are the leading cause of death for infants. Younger age groups are more likely to die from either intentional or unintentional injury than are older age groups. Among older age groups, leading causes of death are more likely related to physical health conditions, such as heart disease.

Top 10 Leading Causes of Death, Spokane County, 2009

Rank	Cause of Death	Number of Deaths	Percent of Total	Cumulative Percent
1	Cancer	901	22.6	22.6
2	Heart Disease	835	20.9	43.5
3	Chronic Lower Respiratory Disease	281	7.0	50.5
4	Unintentional Injury	258	6.5	56.9
5	Stroke	249	6.2	63.2
6	Alzheimer's Disease	235	5.9	69.1
7	Diabetes	121	3.0	72.1
8	Chronic Liver Disease/Cirrhosis	64	1.6	73.7
9	Suicide	63	1.6	75.3
10	Influenza and Pneumonia	53	1.3	76.6
	All Other Causes	935	23.4	100.0
	TOTAL	3,995	100.0	

Leading Causes of Deaths by Age Group

Spokane County, 2005-2009

Age Group	Cause of Death	Number of Deaths	Percent of Total	Cumulative Percent
<1 year*	Perinatal conditions	60	36.1	36.1
	Birth Defects	39	23.5	59.6
	Sudden Infant Death Syndrome	34	20.5	80.1
	All other causes	33	19.9	100.0
	TOTAL	166	100.0	
1-14 years	Unintentional injuries	18	30.0	30.0
	Cancer	7	11.7	41.7
	Birth defects	5	8.3	50.0
	Homicide	4	6.7	56.7
	All other causes	26	43.3	100.0
TOTAL	60	100.0		
15-24 years	Unintentional injuries	93	43.7	43.7
	Suicide	41	19.2	62.9
	Homicide	18	8.5	71.4
	All other causes	61	28.6	100.0
TOTAL	213	100.0		
25-44 years	Unintentional injuries	259	31.1	31.1
	Cancer	116	13.9	45.0
	Suicide	102	12.2	57.2
	All other causes	357	42.8	100.0
TOTAL	834	100.0		
45-64 years	Cancer	1,149	32.6	32.6
	Heart disease	586	16.6	49.2
	Unintentional injuries	377	10.7	59.9
	All other causes	1,413	40.1	100.0
TOTAL	3,525	100.0		
65+ years	Heart disease	3,383	23.5	23.5
	Cancer	3,148	21.8	45.3
	Chronic Lower Respiratory Disease	1,116	7.7	53.0
	All other causes	6,786	47.0	100.1
TOTAL	14,433	100.0		

*The NCHS uses a separate leading cause of death list for infants than for other age groups.