

**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 (NCHS), part of the U.S. 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 web site: [cdc.gov/nchs/fastats/deaths.htm](http://cdc.gov/nchs/fastats/deaths.htm). Washington state data is available through the Washington State Department of Health, [doh.wa.gov/DataandStatisticalReports.aspx](http://doh.wa.gov/DataandStatisticalReports.aspx).

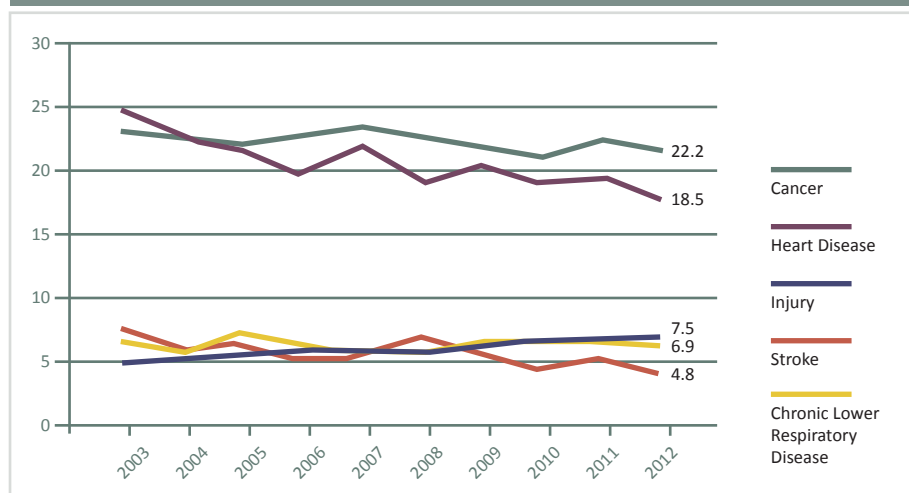
**The leading causes of death among Spokane County residents in 2012 were cancer and heart disease.**

Nationally, and in Washington state, these two causes of deaths accounted for nearly half of all deaths. In Spokane County, the proportion has been decreasing and in 2012 these two causes of death accounted for two in five 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 2012

| Rank | Cause of Death                    | Number of Deaths | Percent of Total | Cumulative Percent |
|------|-----------------------------------|------------------|------------------|--------------------|
| 1    | Cancer                            | 926              | 22.2%            | 22.2%              |
| 2    | Heart Disease                     | 773              | 18.5%            | 40.7%              |
| 3    | Unintentional Injury              | 313              | 7.5%             | 48.2%              |
| 4    | Chronic Lower Respiratory Disease | 288              | 6.9%             | 55.1%              |
| 5    | Alzheimer's Disease               | 223              | 5.3%             | 60.4%              |
| 6    | Stroke                            | 201              | 4.8%             | 65.2%              |
| 7    | Diabetes                          | 139              | 3.3%             | 68.6%              |
| 8    | Suicide                           | 73               | 1.7%             | 70.3%              |
| 9    | Chronic Liver Disease/Cirrhosis   | 72               | 1.7%             | 72.0%              |
| 10   | Other Respiratory Disease         | 64               | 1.5%             | 73.6%              |
|      | All Other Causes                  | 1,103            | 26.4%            | 100.0%             |
|      | <b>TOTAL</b>                      | <b>4,175</b>     | <b>100.0%</b>    |                    |

### Leading Causes of Death Over Time, Spokane County



## Leading Causes of Death by Age Group, 2008-2012

| Age Group    | Cause of Death                    | Number of Deaths | Percent of Total | Cumulative Percent |
|--------------|-----------------------------------|------------------|------------------|--------------------|
| < 1 year*    | Perinatal Conditions              | 69               | 38.5%            | 38.5%              |
|              | Birth Defects                     | 50               | 27.9%            | 66.5%              |
|              | Sudden Infant Death Syndrome      | 33               | 18.4%            | 84.9%              |
|              | All Other Causes                  | 27               | 15.1%            | 100.0%             |
|              | <b>TOTAL</b>                      | <b>179</b>       | <b>100.0%</b>    |                    |
| 1-14 years   | Unintentional Injuries            | 11               | 22.0%            | 22.0%              |
|              | Cancer                            | 9                | 18.0%            | 40.0%              |
|              | Birth Defects                     | 6                | 12.0%            | 52.0%              |
|              | Homicide                          | 4                | 8.0%             | 60.0%              |
|              | All Other Causes                  | 20               | 40.0%            | 100.0%             |
| <b>TOTAL</b> | <b>50</b>                         | <b>100.0%</b>    |                  |                    |
| 15-24 years  | Unintentional Injuries            | 91               | 45.3%            | 45.3%              |
|              | Suicide                           | 32               | 15.9%            | 61.2%              |
|              | Homicide                          | 16               | 8.0%             | 69.2%              |
|              | All Other Causes                  | 62               | 30.8%            | 100.0%             |
| <b>TOTAL</b> | <b>201</b>                        | <b>100.0%</b>    |                  |                    |
| 25-44 years  | Unintentional Injuries            | 241              | 29.6%            | 29.6%              |
|              | Suicide                           | 117              | 14.4%            | 43.9%              |
|              | Cancer                            | 113              | 13.9%            | 57.8%              |
|              | All Other Causes                  | 344              | 42.2%            | 100.0%             |
| <b>TOTAL</b> | <b>815</b>                        | <b>100.0%</b>    |                  |                    |
| 45-64 years  | Cancer                            | 1,225            | 31.7%            | 31.7%              |
|              | Heart Disease                     | 613              | 15.9%            | 47.6%              |
|              | Unintentional Injuries            | 372              | 9.6%             | 57.2%              |
|              | All Other Causes                  | 1,652            | 42.8%            | 100.0%             |
| <b>TOTAL</b> | <b>3,862</b>                      | <b>100.0%</b>    |                  |                    |
| 65+ years    | Heart Disease                     | 3,283            | 21.8%            | 21.8%              |
|              | Cancer                            | 3,169            | 21.1%            | 42.9%              |
|              | Chronic Lower Respiratory Disease | 1,154            | 7.7%             | 50.6%              |
|              | All Other Conditions              | 7,433            | 49.4%            | 100.0%             |
| <b>TOTAL</b> | <b>15,039</b>                     | <b>100.0%</b>    |                  |                    |

Data Source: Washington State Department of Health, Center for Health Statistics

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