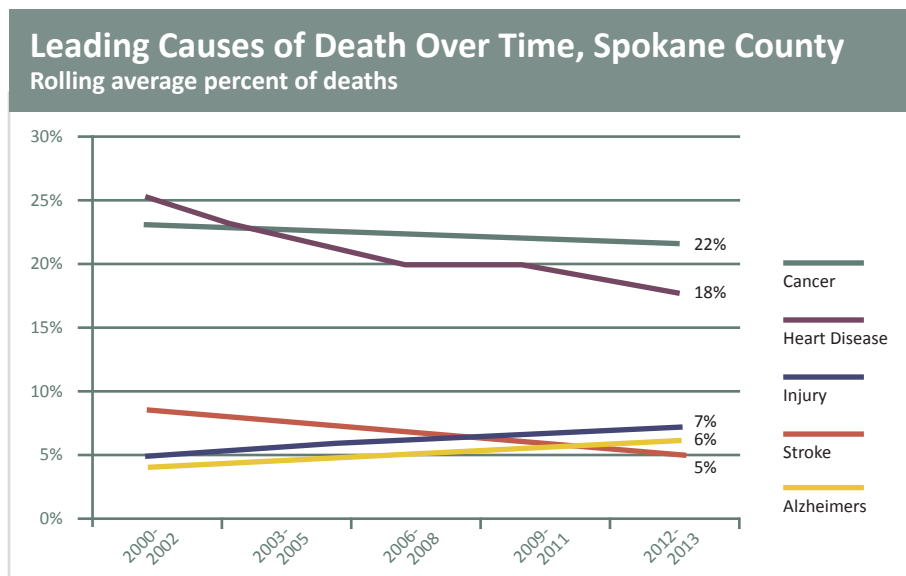


Spokane Regional Health District evaluates death records to track mortality trends among county residents. The leading causes of death, as presented here, parallel that of the National Center for Health Statistics, housed in the Centers for Disease Control and Prevention (CDC). Each cause of death represents 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 web site: cdc.gov/nchs/fastats/deaths.htm. Washington state data is available through the Washington State Department of Health, doh.wa.gov/DataandStatisticalReports.aspx.

The leading causes of death among Spokane County residents in 2013 were cancer and heart disease.

The proportion of deaths from these two causes of death has decreased since 2000 to a low of 39.3% in 2013. These two causes of deaths were also the leading cause of death nationally (46.6% in 2011) and in Washington State (43.5% in 2013). Leading causes of death vary by age. Perinatal conditions, which make survival difficult, such as 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.

Rank	Cause of Death	Number of Deaths	Percent of Total	Cumulative Percent
1	Cancer	907	21.5%	21.5%
2	Heart Disease	751	17.8%	39.3%
3	Chronic Lower Respiratory Disease	296	7.0%	46.3%
4	Unintentional Injury	272	6.4%	52.7%
5	Alzheimer's Disease	260	6.2%	58.9%
6	Stroke	228	5.4%	64.3%
7	Diabetes	128	3.0%	67.3%
8	Chronic Liver Disease/Cirrhosis	99	2.3%	69.6%
9	Suicide	95	2.2%	71.9%
10	Influenza and Pneumonia	81	1.9%	73.8%
	All Other Causes	1,107	26.2%	100.0%
	TOTAL	4,224	100.0%	



Leading Causes of Death by Age Group, 2009-2013

Age Group	Cause of Death	Number of Deaths	Percent of Total	Cumulative Percent
< 1 year*	Perinatal Conditions	69	40.6%	40.6%
	Birth Defects	49	28.8%	69.4%
	Sudden Infant Death Syndrome	28	16.5%	85.9%
	All Other Causes	24	14.1%	100.0%
	TOTAL	170	100.0%	
1-14 years	Unintentional Injuries	16	23.9%	23.9%
	Birth Defects	11	16.4%	40.3%
	Cancer	8	11.9%	52.3%
	Homicide	5	7.5%	59.7%
	All Other Causes	27	40.3%	100.0%
TOTAL	67	100.0%		
15-24 years	Unintentional Injuries	86	44.3%	44.3%
	Suicide	33	17.0%	61.3%
	Homicide	13	6.7%	68.0%
	All Other Causes	62	32.0%	100.0%
TOTAL	194	100.0%		
25-44 years	Unintentional Injuries	214	27.0%	27.0%
	Suicide	119	15.0%	42.0%
	Cancer	112	14.1%	56.2%
	All Other Causes	347	43.8%	100.0%
TOTAL	792	100.0%		
45-64 years	Cancer	1,235	31.3%	31.3%
	Heart Disease	614	15.5%	46.8%
	Unintentional Injuries	352	8.9%	55.7%
	All Other Causes	1,750	44.3%	100.0%
TOTAL	3,951	100.0%		
65+ years	Heart Disease	3,235	21.4%	21.4%
	Cancer	3,119	20.6%	42.0%
	Chronic Lower Respiratory Disease	1,190	7.9%	49.8%
	All Other Conditions	7,592	50.2%	100.0%
TOTAL	15,136	100.0%		

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.