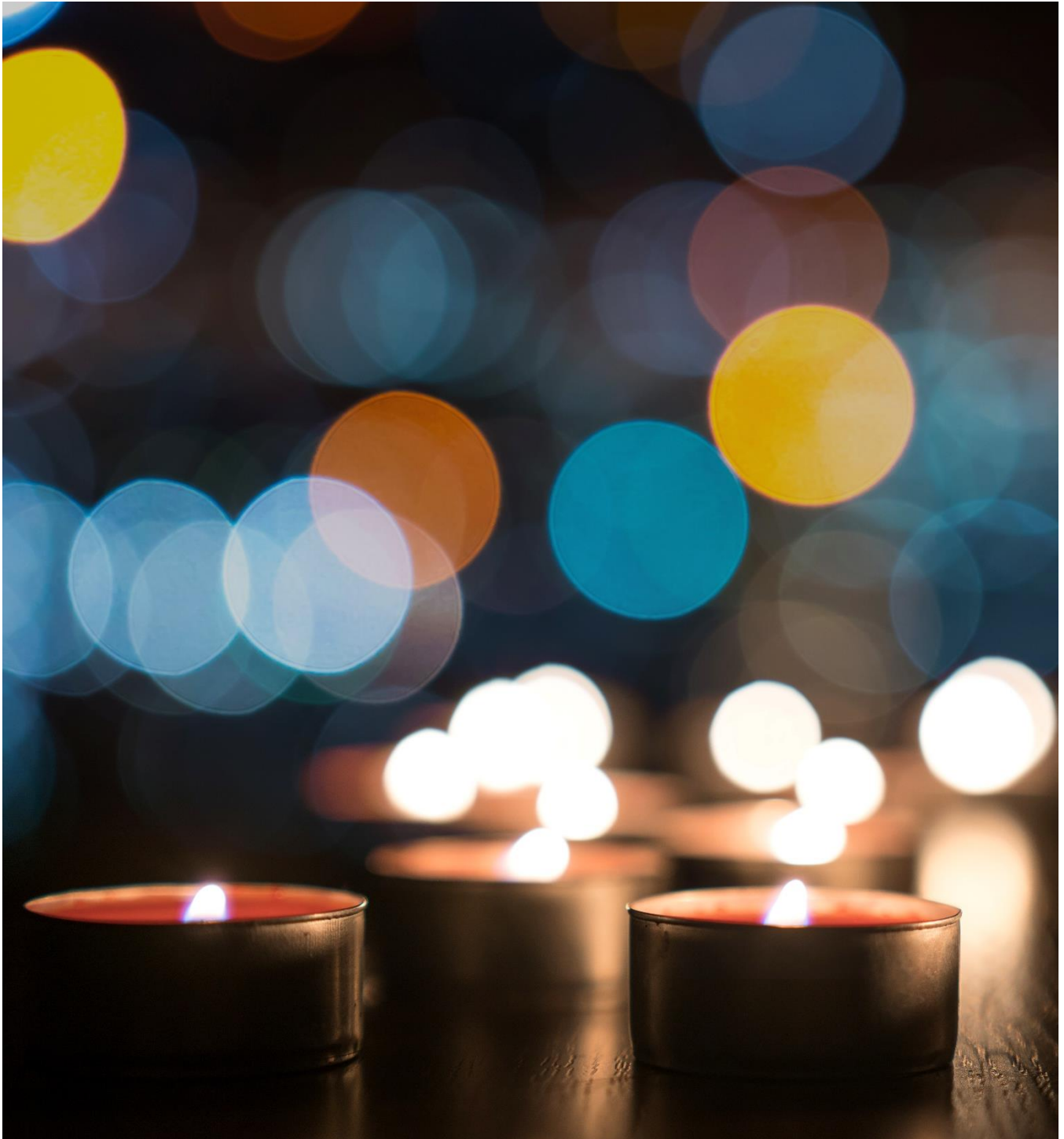


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# MORTALITY

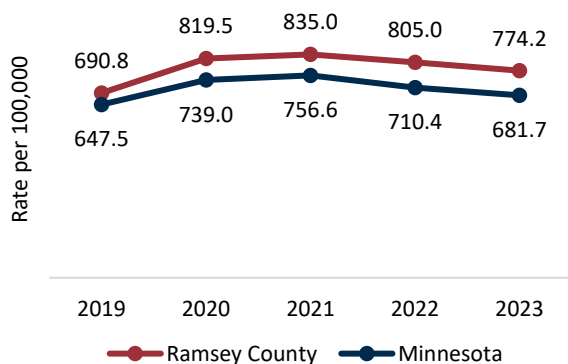
While death is inevitable, understanding emerging, leading, and preventable causes of death is critical to promoting long and healthy lives among community members.



## Death rates

- The death rates in Ramsey County and Minnesota increased between 2019 and 2021. They declined between 2021 and 2023.
- Ramsey County has a higher death rate than Minnesota overall.

### 1. Mortality



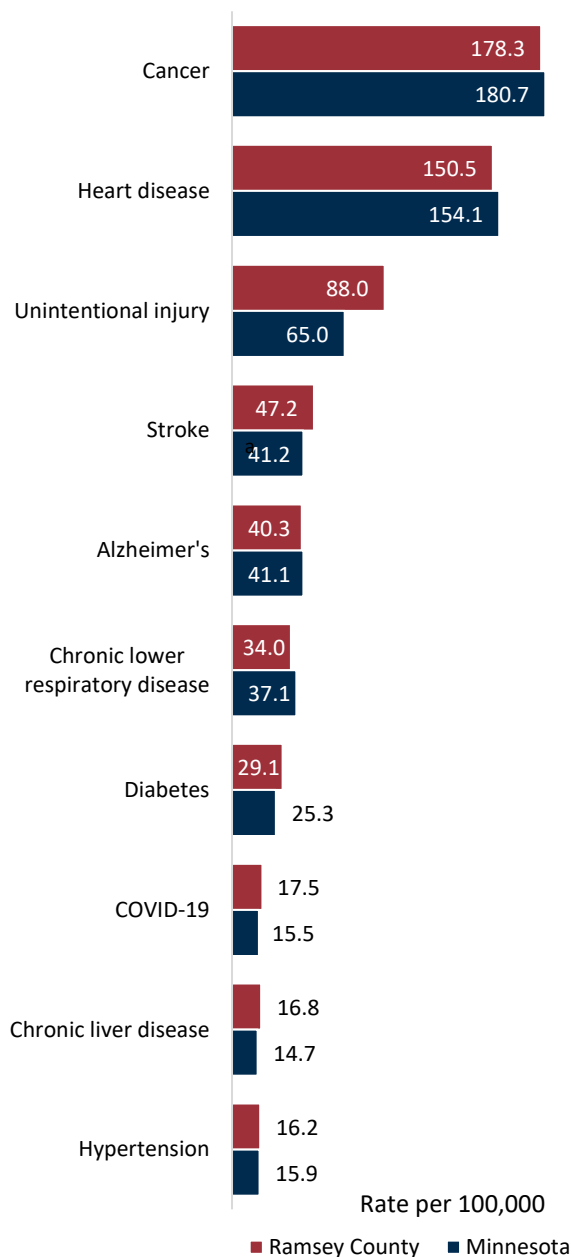
Source: Minnesota Department of Health.<sup>107</sup>

Note: Rates are age-adjusted.

## Leading causes of death

- In 2023, the leading cause of death in Ramsey County was cancer, followed by heart disease and unintentional injuries.
- Compared to Minnesota statewide, Ramsey County had higher mortality rates for unintentional injury, stroke, diabetes, COVID-19, chronic liver disease, and hypertension. Ramsey County had lower mortality rates for cancer, heart disease, Alzheimer's, and chronic lower respiratory disease.

### 2. Mortality for leading causes in Ramsey County, 2023

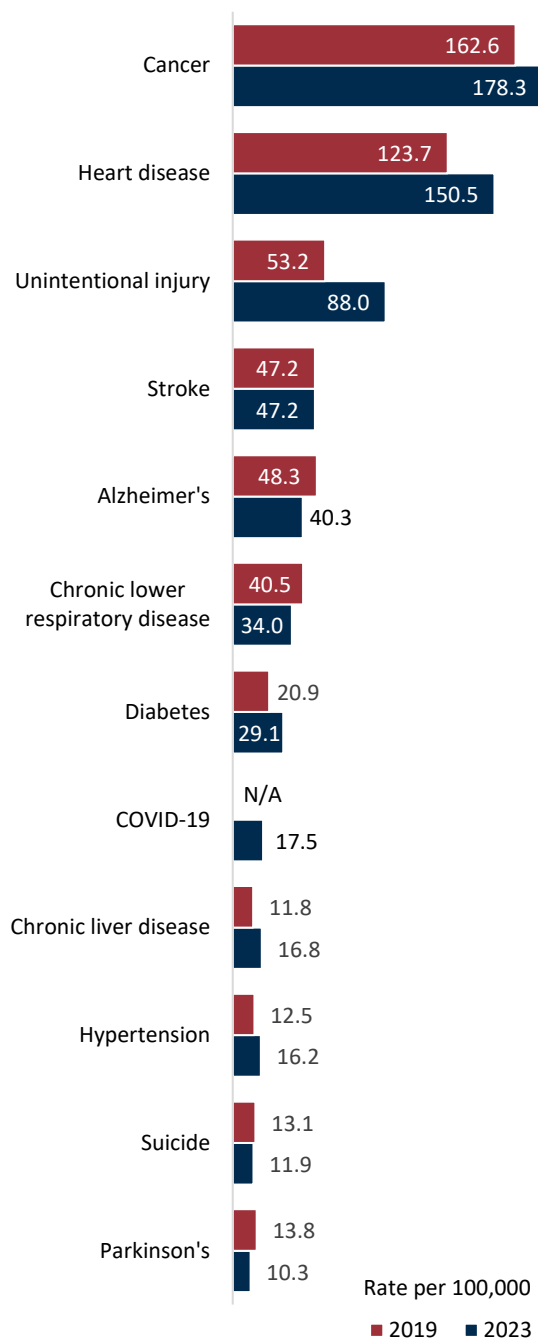


Source: Centers for Disease Control and Prevention.<sup>39</sup>

Note: Only crude rates are reported because age-adjusted rates were unavailable.

- Between 2019 and 2023, the mortality rates for cancer, heart disease, unintentional injury, diabetes, hypertension, and chronic liver disease increased in Ramsey County. Mortality rates declined for Alzheimer's, chronic lower respiratory disease, Parkinson's, and suicide.

### 3. Mortality for leading causes in Ramsey County, 2019 and 2023

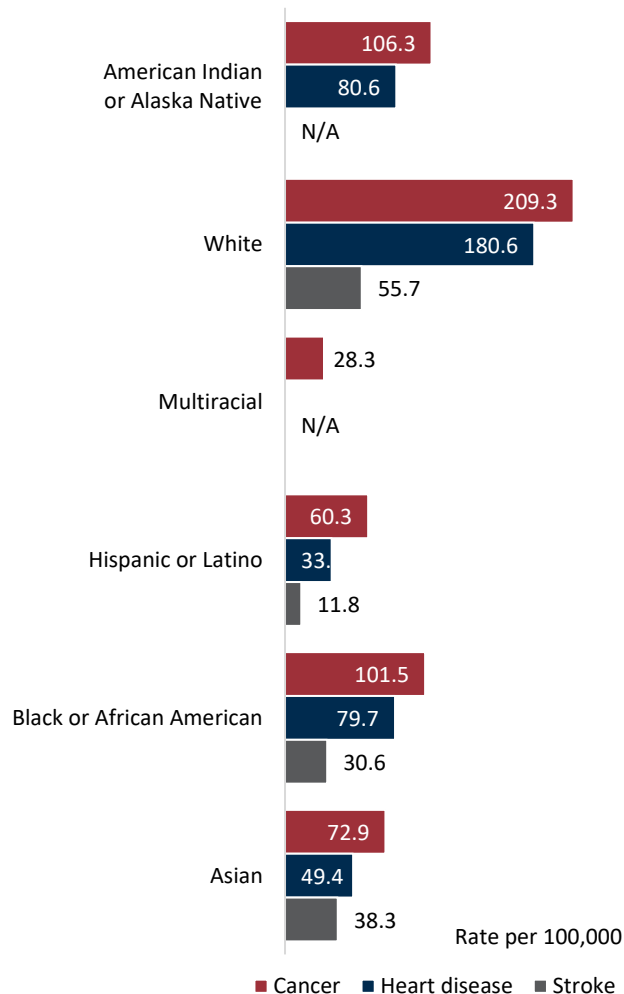


Source: Centers for Disease Control and Prevention.<sup>39</sup>

Note: Includes top ten leading causes for 2019 and 2023. Only crude rates are reported because age-adjusted rates were unavailable. COVID-19 data do not exist for 2019.

- White people had the highest cancer and heart disease death rate in Ramsey County in 2018-2022 compared to people from other racial/ethnic groups, followed by Black or African American people. White people had the highest stroke death rate, followed by Asian people.

### 4. Cancer, heart disease, and stroke deaths by race/ethnicity, Ramsey County, 2019-2023



Source: Centers for Disease Control and Prevention.<sup>39</sup>

Note: Only crude rates are reported because age-adjusted rates were unavailable. Stroke data for American Indian or Alaska Native and multiracial people and heart disease data for multiracial people were suppressed or unreliable.

# Premature death

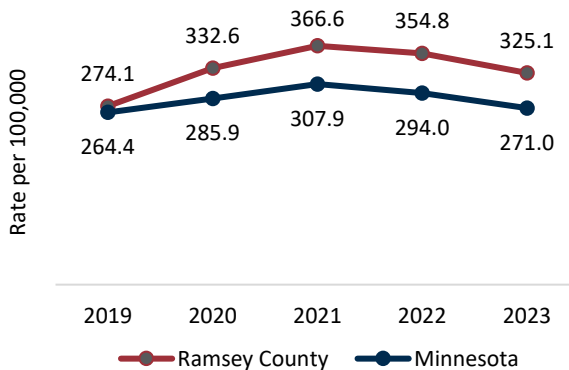
Premature death refers to deaths to people under age 75 that may have been preventable.

## Risk Factors

Premature death is more common among people with histories of substance misuse, people who experience poverty, people with limited access to health care and physical activity opportunities, and people with lower educational or career attainment and opportunities.<sup>62</sup>

- The premature death rates in Ramsey County and Minnesota increased between 2019 and 2021. They declined between 2021 and 2023.
- The premature death rate in Ramsey County is higher than the statewide rate.

### 5. Premature mortality



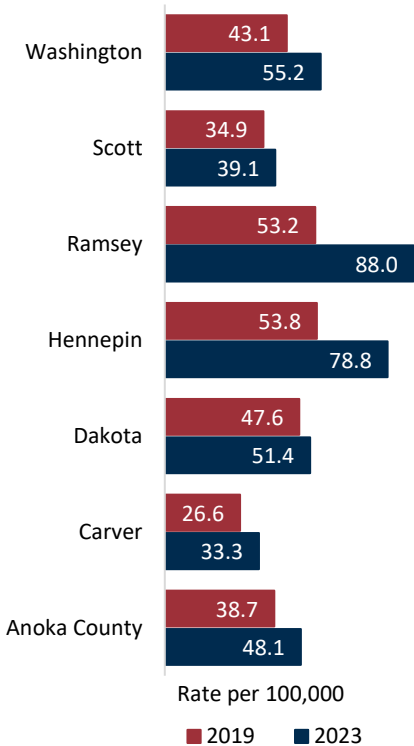
Source: Minnesota Department of Health.<sup>107</sup>

Note: Rates are age-adjusted.

# Injury deaths

- In 2023, the rate of unintentional injury deaths was highest in Ramsey County compared to other metro-area counties.
- The unintentional injury death rate increased between 2019 and 2023.

### 6. Unintentional injury deaths by metro-area county

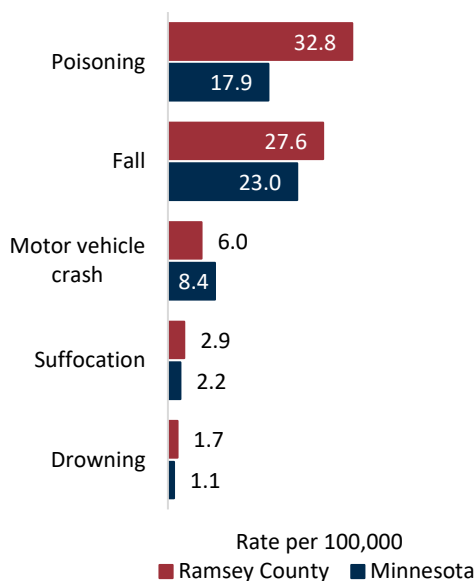


Source: Centers for Disease Control and Prevention.<sup>39</sup>

Note: Only crude rates are reported because age-adjusted rates were unavailable.

- Between 2019 and 2023, the most common mechanism of injury deaths in Ramsey County was poisoning (i.e., deaths that resulted from ingesting drugs or other substances that are poisonous if ingested), followed by falls and motor vehicle crashes.
- Ramsey County had a higher rate of poisoning, fall, suffocation, and drowning deaths compared to Minnesota overall. Ramsey County had a lower motor vehicle crash death rate.

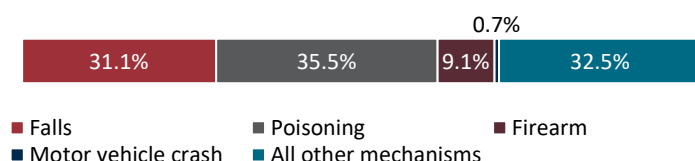
## 7. Injury deaths by mechanism, 2019-2023



Source: Centers for Disease Control and Prevention.<sup>39</sup>  
 Note: Only crude rates are reported because age-adjusted rates were unavailable.

- Among fatal injuries that involved an emergency department visit or hospitalization in Ramsey County in 2023, about a third were due to falls and poisonings, respectively

## 8. Fatalities from injuries involving an emergency department visit or hospitalizations by mechanism, Ramsey County, 2023



Source: Minnesota Hospital Association.<sup>133</sup>

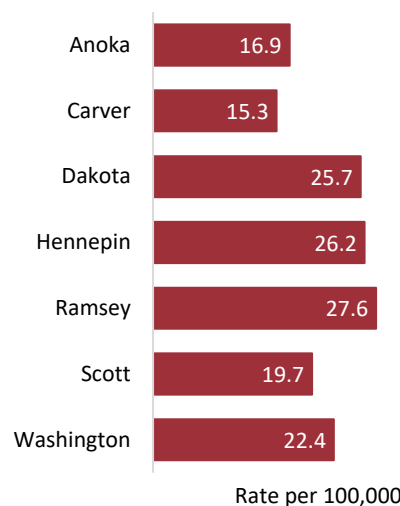
# Fall deaths

## Risk Factors

Falls are more common among individuals with certain physical health concerns, such as lower body weakness, mobility and balance challenges, and foot pain.<sup>18</sup> They are also more common among people who work in certain professions (e.g., construction, healthcare), among adults age 65 and older, and among men compared to women.<sup>22, 64</sup>

- The fall death rate is highest in Ramsey County compared to other metro-area counties.

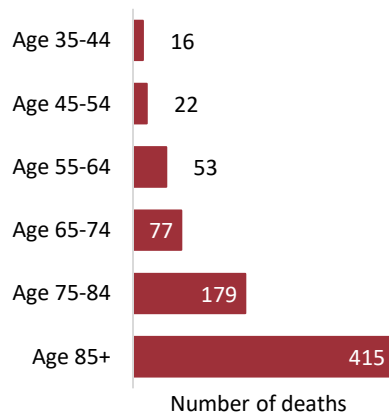
## 9. Fall deaths by metro-area county, 2019-2023



Source: Centers for Disease Control and Prevention.<sup>39</sup>  
 Note: Only crude rates are reported because age-adjusted rates were unavailable.

- Fall deaths in Ramsey County are more common among older adults.

## 10. Fall deaths by age, Ramsey County, 2019-2023



Source: Centers for Disease Control and Prevention.<sup>39</sup>  
 Note: Only crude rates are reported because age-adjusted rates were unavailable. Age categories younger than 35 had zero deaths or were suppressed.

# Firearm deaths

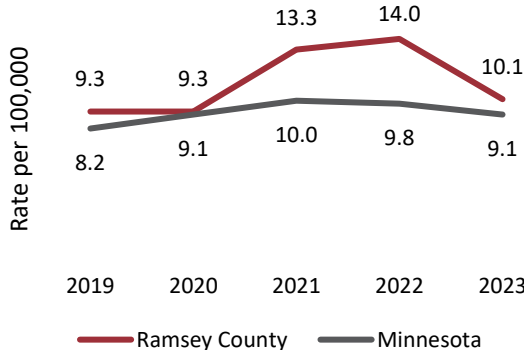
The majority of firearm deaths are suicides, followed by homicides.<sup>148</sup> Safe storage of firearms, street outreach programs, gatekeeper programs, and hospital-based violence and suicide intervention programs can reduce firearm injuries and deaths.<sup>27</sup>

## ! Risk Factors

Firearm deaths are associated with easier firearm access, substance misuse, suicidal ideation or other mental health concerns, engaging in or being victimized by violent or aggressive behavior, and lack of healthy relationships.<sup>86</sup> Additionally, firearm deaths are more common among young adults, men, and people who are Black or American Indian or Alaska Native.<sup>163</sup>

- The rate of firearm deaths in Ramsey County increased between 2019 and 2022. It declined between 2022 and 2023.

### 11. Firearm deaths

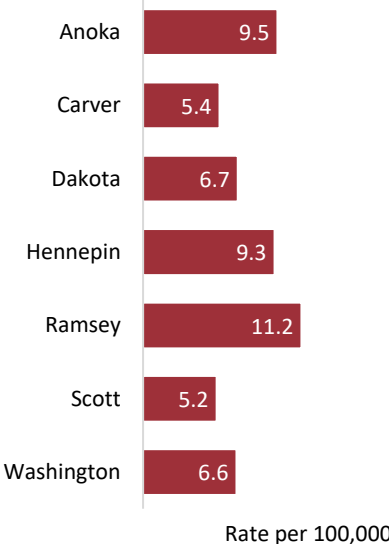


Source: Centers for Disease Control and Prevention.<sup>39</sup>

Note: Only crude rates are reported because age-adjusted rates were unavailable.

- Ramsey County has a higher rate of firearm deaths compared to other metro-area counties and Minnesota overall.

### 12. Firearm deaths by metro-area county, 2019-2023



Source: Centers for Disease Control and Prevention.<sup>39</sup>

Note: Only crude rates are reported because age-adjusted rates were unavailable.

# Motor vehicle deaths

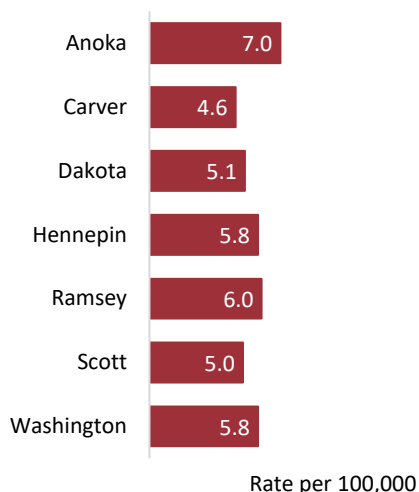
Motor vehicle crashes are a leading cause of injury and death. Drivers, passengers, cyclists, and pedestrians can be injured or killed due to distracted driving, impaired driving, and poor road conditions. Age-appropriate and properly installed car seats, helmets, and seatbelts can help prevent and reduce injury and death.<sup>24</sup>

## ! Risk Factors

Motor vehicle deaths are more common when individuals do not use seatbelts, when drivers are impaired, fatigued, or distracted, and when drivers exceed speed limits.<sup>194</sup> Motor vehicle crashes are also more common among males and teens ages 16-19.<sup>34</sup>

- Anoka County had the highest motor vehicle crash death rate among county residents between 2019 and 2023, followed by Ramsey County.

### 13. Motor vehicle crash deaths by metro-area county, 2019-2023

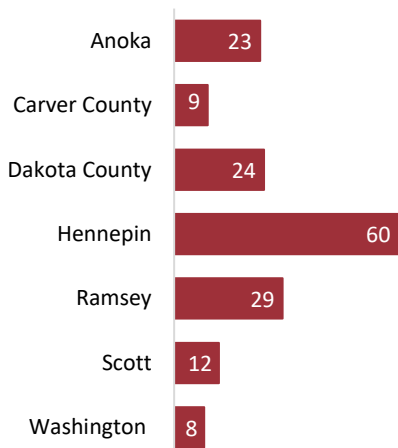


Source: Centers for Disease Control and Prevention.<sup>39</sup>

Note: Only crude rates are reported because age-adjusted rates were unavailable.

- Among metro-area counties in 2022, Hennepin County had the highest number of fatal motor vehicle crashes that occurred within the county, followed by Ramsey County.

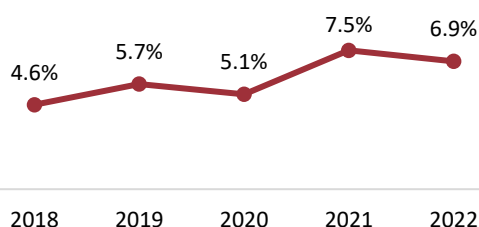
### 14. Number of fatal motor vehicle crashes by metro-area county, 2022



Source: Minnesota Department of Public Safety.<sup>131</sup>

- The percentage of all fatal motor vehicle crashes in Minnesota that occurred in Ramsey County increased between 2018 and 2022.

### 15. Fatal motor vehicle crashes in Minnesota that occurred in Ramsey County



Source: Minnesota Department of Public Safety.<sup>131</sup>

## Poisoning deaths

Poisoning deaths include fatalities from ingesting drugs and other types of substances that are poisonous if they are swallowed, inhaled, or absorbed (e.g., bleach). Data specifically regarding drug overdoses can be found in the Tobacco, Alcohol, and Substance Use chapter.

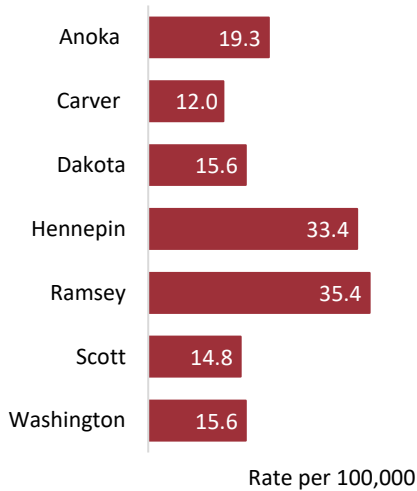
### ! Risk Factors

Young children are at increased risk of household poisoning, as they are closer to the ground and tend to put things in their mouths. Improperly stored cleaning products, pesticides, car maintenance products, and other chemicals can be especially risky for young children. Boys experience poisoning injuries at higher rates than girls.<sup>134, 74</sup>

Poisoning deaths from drug or alcohol use are more common among individuals with histories of substance misuse, males compared to females, adults ages 35 and older, people with mental health concerns, and people experiencing housing instability.<sup>26, 84</sup>

- Ramsey County had the highest rate of poisoning deaths between 2018 and 2022.

## 16. Poisoning deaths by metro-area county, 2019-2023

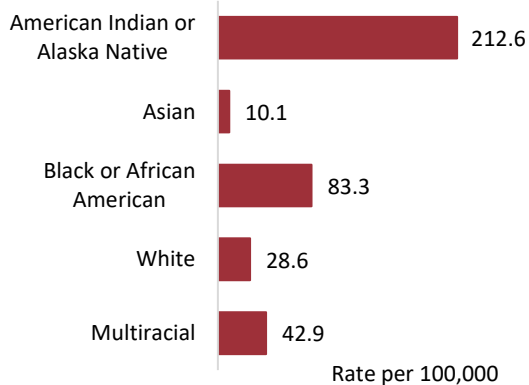


Source: Centers for Disease Control and Prevention.<sup>39</sup>

Note: Only crude rates are reported because age-adjusted rates were unavailable.

- Poisoning deaths in Ramsey County were much more common among American Indian or Alaska Native people compared to people with other racial/ethnic backgrounds.

## 17. Poisoning deaths by race/ethnicity, Ramsey County, 2019-2023



Source: Centers for Disease Control and Prevention.<sup>39</sup>

Note: Only crude rates are reported because age-adjusted rates were unavailable.

## Life expectancy

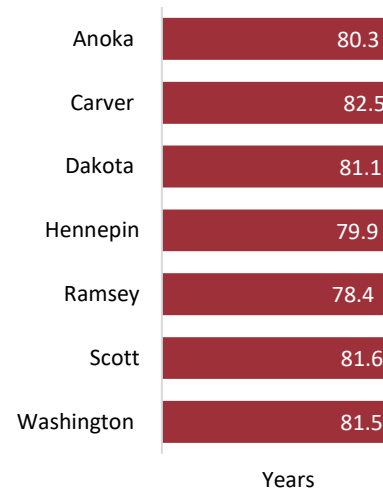
Life expectancy refers to a person's expected lifespan in years.

### ! Risk Factors

Risk factors for lower life expectancy include stress, chronic health conditions, substance misuse, poor nutrition, insufficient physical activity, lower educational attainment, and lack of social connection.<sup>166</sup>

- Ramsey County residents have lower life expectancy compared to residents of other metro-area counties.

## 18. Life expectancy by metro-area county, 2019-2021

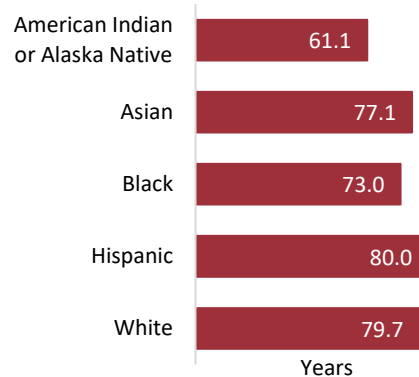


Source: County Health Rankings & Roadmaps.<sup>52</sup>



- Life expectancy in Ramsey County is lowest among American Indian or Alaska Native residents, followed by Black residents.
- The life expectancies for people who identify as Asian, Black, Hispanic, or white are lower in Ramsey County compared to other metro-area counties.<sup>52</sup> The life expectancy for people who identify as American Indian or Alaska Native is lowest in Hennepin County, followed by Ramsey County.

**19. Life expectancy by race/ethnicity, Ramsey County, 2019-2021**



Source: County Health Rankings & Roadmaps.<sup>52</sup>