

Idaho FACTS

THE REALITY

- > Despite the fact that many injuries and acts of violence are preventable, they continue to be the leading killer of Americans in the first four decades of life.
- > In 2006, more than 179,000 people died from unintentional and violence-related injuries in the U.S. Of these deaths, over 51,800 people died as a result of homicide or suicide.
- > Everyday, someone in Idaho dies as the result of an injury. In 2007, 899 Idahoans died as the result of either an unintentional or intentional injury
- > In Idaho, unintentional injury is the leading cause of death between the ages of 1 and 44. Motor-vehicle traffic injury deaths are the leading cause of unintentional injury death regardless of age.
- > Hospital emergency departments in the U.S. treat an average of 55 people for unintentional and violence-related injuries every minute.

FACT

During 2007, almost as many Idahoans died of suicide (220), as did those who died due to motor vehicle accidents (258).

THE COSTS

- > Injury and violence in a single year will ultimately cost the U.S. \$406 billion: \$80 billion in medical costs and \$326 billion in lost productivity.
- > In the U.S., fatal fire and burn injuries cost \$3.1 billion, and injuries as a result of falls cost \$80.9 billion.

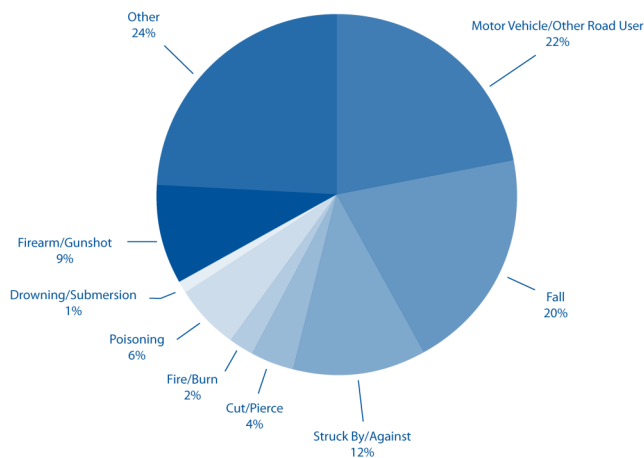
FACT

- > Compared to all causes of death, injury is the leading cause of Years of Potential Life Lost before the age of 75.

injury and violence prevention program



TOTAL COST OF INJURY BY MECHANISM (\$406 BILLION)



Sources: Centers for Medicare and Medicaid (www.cms.gov) and Finkelstein, E. A., et al., *The incidence and economic burden of injuries in the United States, 2006*.

THE BOTTOM LINE: INJURY AND VIOLENCE PREVENTION SAVES LIVES

Over the years, public health efforts to prevent injuries have saved lives.

Between 1966 and 1990, 240,000 lives were saved due to injury prevention efforts that include improved motor vehicle and highway designs, increased use of safety belts and motorcycle helmets, and enforcement of laws regarding speeding and driving under the influence.

Violence prevention efforts, such as home visitation programs, have been integral in saving lives. Early childhood home visitation has been shown to prevent child maltreatment in high-risk families. A systematic review of published studies found that home visitation resulted in a 40% reduction in child maltreatment episodes.

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STATE PROGRAMS IN ACTION

The Safe Routes to School (SRTS) program run by the Treasure Valley Family YMCA has been a great success in Boise, Idaho. The program began during the 2007 - 2008 school year with programs in ten schools, and will reach 39 schools in the 2009 - 2010 school year.

The goal of the SRTS program is to gain community support and to champion events about safe walking and bicycling that are both educational and encouraging for its participants. To promote these values, in May 2009 the mayor of Boise signed a proclamation recognizing "Be a Pedestrian Day"—a time to promote safe walking and bicycling, especially for school-age children.

This past school year, we have coordinated with our partners and SRTS School Committees to organize safety assemblies and bike rodeos to educate children. With additional grant money secured in 2009, we purchased and distributed bottled water, healthy snacks, and over 600 helmets during events.

Another success of this program is the 59% increase from 2007 to 2008 in community participation in the International Walk to School Day. It was so successful that many schools continued the events momentum by holding walking and bicycling events, like bike rodeos and "Walk 'n Roll Wednesdays." In general, our schools have been able to distribute educational materials, safety blinkers, stop paddles, safety vests and other materials to make their schools safer and more knowledgeable about safe walking and bicycling.

As the success and excitement for this program builds, we continue to move from a community-supported endeavor to a community-led, sustainable program.

FACT FACT

Falls are the leading cause of non transport-related accidents, and deaths due to falls are experienced most by Idaho seniors.

CORE COMPONENTS

The Safe States Alliance has defined five core components for injury and violence prevention programs including:

- > Building a solid infrastructure for injury prevention.
- > Collecting and analyzing injury data.
- > Designing, implementing and evaluating interventions.
- > Providing technical support and training.
- > Affecting public policy, including educating policy makers.

WHAT CAN YOU DO?

Injuries present a serious public health problem in Idaho; especially for our children. One of the greatest obstacles in reducing the burden of injury in Idaho is the mindset among Idahoans that "accidents just happen;" that they are "inevitable." We now know that the causes of injury are both predictable and preventable. The Injury Prevention & Surveillance Program, administratively managed within the Division of Public Health, leads, facilitates and coordinates injury prevention planning efforts with injury prevention stakeholders and other state agencies.

Resources are limited and it is imperative that state agencies and the injury prevention community collaborate to maximize injury prevention messages and to reach more audiences with injury prevention initiatives. By working together with community coalitions, public health educators, physicians, nurses, and other medical professionals, we can reduce the burden of injury and violence in Idaho.



CONTACT CDC
Centers for Disease Control and Prevention
National Center for Injury Prevention and Control (NCIPC)
1-800-CDC-INFO (232-4636)
TTY: 1-888-232-6348
www.cdc.gov/injury



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CONTACT YOUR STATE HEALTH DEPARTMENT

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