



Preventing Violence & Unintentional Injuries in King County, WA



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AGENDA

BACKGROUND

PHSKC VIP Unit,
Injury Data

01

DROWNING PREVENTION

MEO Data Analysis &
Comms Efforts

02

BIKE HELMET SAFETY

History, Regulations, &
Affordable Helmets

03

CONCLUSION

Key Takeaways,
Q&A

04

PHSKC VIOLENCE & INJURY PREVENTION (VIP) UNIT

- Plan, implement, and evaluate approaches that reduce injury and violent deaths in King County
- Focus on averting critical yet entirely preventable health issues
 - Intentional: suicide, gun violence, domestic violence
 - Unintentional: drowning, bicycle / head injuries, motor vehicle crashes, traffic and pedestrian safety
- Adapting during Covid-19 pandemic
- Shift away from “accidents” towards prediction and prevention

UNINTENTIONAL INJURIES IN KING COUNTY

1,004

Unintentional injury-related deaths in King County in 2020

#3

Leading cause of death in WA; #4 in King County

#1

Leading cause of death for teens & young adults; #2 among kids

Unintentional injuries are a leading cause of death & hospitalization in King County

19%↑

Unintentional injury death rates in 2020 vs 2017-2019

6.6X

Higher death rate for Asians; 2.8x for AI/AN; 3.6x for Black residents

4X

Higher death rate for those who identify as males vs. females



DROWNING PREVENTION



2020 DROWNING DEATH REVIEW

- Review of Medical Examiner Office's 2020 drowning data from King County, WA
- Summary of demographic characteristics and select preventable incident characteristics
- Analysis of 5-year trends in preventable drowning deaths
- Data compilation used to inform key safety messaging and communication

Microsoft Excel spreadsheet titled "2020 EC Drowning Data - 2016-2020 Combined Database". The spreadsheet displays drowning data by year (2016-2020) and by incident type (e.g., Drowning, Near Drowning, etc.). It includes columns for Year, Count, and Percentage of Total Drowning Deaths. The data is organized into sections for Incident Type, Demographic Characteristics (Age, Sex, Race/Ethnicity), and Geographic Location/County Region of Incident.

2020 King County, WA Preventable Drowning Deaths*

Number of King County Medical Examiner Cases Reviewed: 33

	Count	Percentage of Total Drowning Deaths
Age (years)		
0-4	1	3.0%
5-14	0	0.0%
15-24	8	24.2%
25-44	9	27.3%
45-64	8	24.2%
65 & older	7	21.2%
Total	33	100.0%
Under 18		
Under 18	5	15.2%
18 & up	28	84.8%
Total	33	100.0%
Race / Ethnicity¹		
White (includes white, non-Hispanic)	20	60.6%
Asian (includes Pacific Islander)	3	9.1%
African American / Black	5	15.2%
American Indian / Native American / Alaska Native	1	3.0%
Latino / Hispanic (includes white-Hispanic)	3	9.1%
Multiracial/Other	1	3.0%
Unknown	0	0.0%
Total	33	100.0%
Sex		
Female	7	21.2%
Male	26	78.8%
Total	33	100.0%
Geographic Location / County Region of Incident		
Seattle	19	57.6%
South King County	11	33.3%
North and East King County	3	9.1%
Total	33	100.0%
Months of Incident		
January	0	0.0%
February	6	18.1%
March	1	3.0%
April	2	6.1%

¹Hispanic ethnicity can be of any race and are included in the race categories listed
Produced June 1, 2021 by Shannon Murphy, Emily Devora-Hopps, Tony Gomez and Myduc Ta

KING COUNTY DROWNING TRENDS

2020 PREVENTABLE DROWNING DEATHS

33

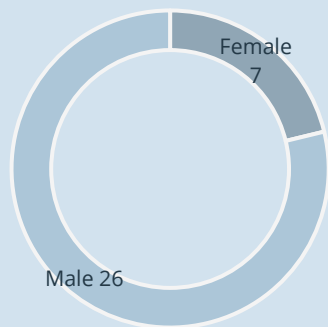
2016 – 2020 PREVENTABLE DROWNING DEATHS

116

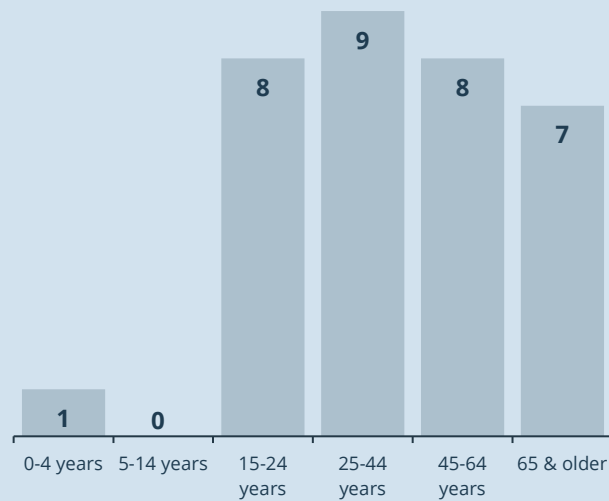


2020 DROWNING DEMOGRAPHIC DATA

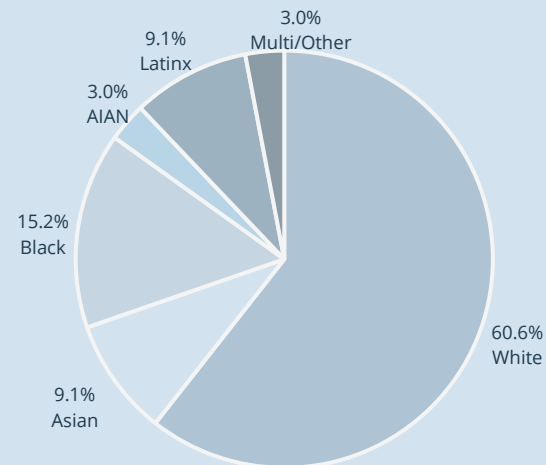
SEX



AGE



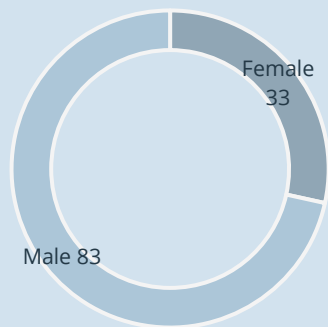
RACE/ETHNICITY†



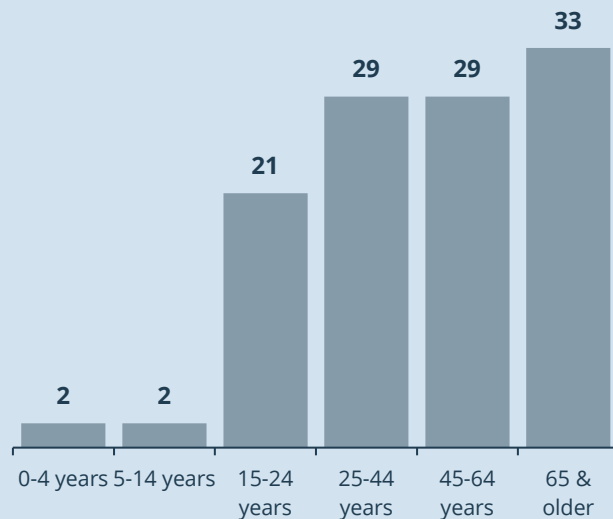
† Hispanic ethnicity can be of any race and are included in the race categories listed

2016–2020 DROWNING DEMOGRAPHIC DATA

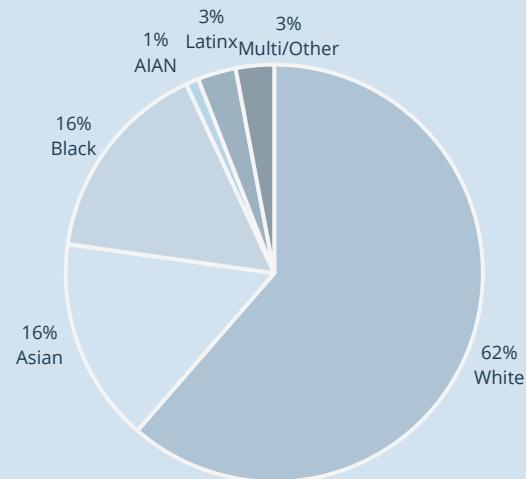
SEX



AGE



RACE/ETHNICITY†



† Hispanic ethnicity can be of any race and are included in the race categories listed

2020 DROWNING CHARACTERISTICS

TYPE OF BODY OF WATER



70%

Open Water



24%

Private Pools



0%

Public Health
Regulated Facility

TIME OF YEAR

7

Jan/Feb/Mar

9

Apr/May/Jun

15

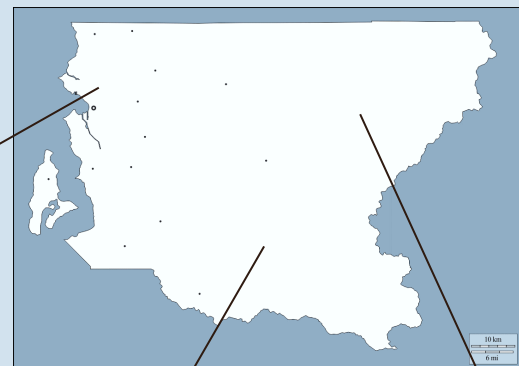
Jul/Aug/Sep

2

Oct/Nov/Dec

GEOGRAPHIC LOCATION

57.6%
Seattle



33.3%
South King County

9.1%
North & East
King County

2016–2020 DROWNING CHARACTERISTICS

TYPE OF BODY OF WATER



53%

Open Water



41%

Private Pools



2%

Public Health
Regulated Facility

TIME OF YEAR

24

Jan/Feb/Mar

34

Apr/May/Jun

41

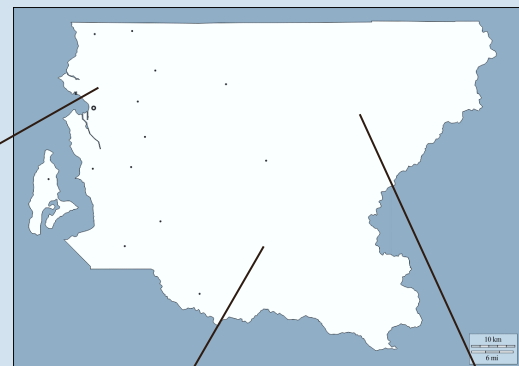
Jul/Aug/Sep

16

Oct/Nov/Dec

GEOGRAPHIC LOCATION

47%
Seattle



27%
South King County

25%
North & East
King County

2020 DROWNING SAFETY STATISTICS

ALCOHOL &/OR DRUG
INVOLVEMENT

55%

167% increase compared to
previous 4-year average

BOATING-RELATED
DEATHS

35%

For information on boating
safety, visit [WA State Parks
Boating Safety Info](#)

CASES WHERE LIFE JACKET
MAY HAVE PREVENTED DEATH

57%

[Lifejacket loaner stations](#)
available throughout
Washington state

DROWNING PREVENTION COMMUNICATION

- Drowning Prevention Talking Points for Law Enforcement, Fire Officials, & Water Safety Partners
 - Guide for communicating with the public and media
 - Key messages to prevent drowning
- Lifeguard Resource Guide for King County
 - List of guarded public beaches and outdoor pools – listed on [VIP website](#)

Drowning Prevention Talking Points For Law Enforcement, Fire Officials and Water Safety Partners



James.Apa@kingcounty.gov

Key Messages

With Covid restrictions loosening and warm weather here early season drowning prevention is critical! Drowning is a preventable tragedy and an important public health and public safety issue. Warm weather draws people to pools, lakes, rivers and salt-water areas, creating potentially high risk situations for themselves, others and rescuers. Swimmers, waders, boaters and other water recreationists should follow these recommendations to prevent drownings:

Know the risks -- Washington waters are often cold enough to cause muscles to not work, cause cold water shock, even on the hottest summer day. Cold water can quickly weaken even the strongest swimmer.

- King County rivers for most of the season are extremely cold, fast moving and dangerous. Snow pack is high and will be a factor for the next several weeks. Cold water can quickly weaken even the strongest swimmer.
- The safest decision may be to not enter the water. If you must enter, wear a life jacket, inner tubing, or rafting in rivers due to the cold water.
- Many beaches are again being lifeguarded. If lifeguards are present, wear a life jacket.
- Raft the rivers with a professional guide.
- Obey all safety signs and warning flags.

We all have a part to play in water safety.

Every year, there is preventable tragedy on the water. In King County, 33 people died in preventable drownings in 2020. Up from 28 in 2019 and twice as many as the 16 deaths in 2018! Over half of victims had alcohol, drugs or both as factors.

Public Health – Seattle & King County has created these updated talking points for you to use when communicating with the public and media about drowning prevention. If you have questions, please contact Tony Gomez, Violence and Injury Prevention Manager for Public Health at 206-263-8178, Tony.Gomez@kingcounty.gov or James Apa, Communications Director, at 206-263-8698.

Home » Public Health — Seattle & King County » Violence and injury prevention » Water safety

Water safety

We live in an area surrounded by water, giving many opportunities for exciting water activities, but also increasing the possibility of injury and drowning.

Help keep the waters around and in King County safe and enjoyable by increasing your awareness of water safety and practicing several simple safety tips.

Lifeguard resource guide (MS Excel format)

Affordable lifejackets

Boater safety

Pool and spa safety

River safety

Swim safety

Did you know...

- In 2017, there were 4,508 drowning deaths in the United States, an average of 12 deaths per day. CDC, WISQARS Injury Mortality Report, accessed June 2019
- In Washington, there were 98 unintentional drowning deaths of residents in 2017. Drowning along with fire/burns, were the second leading cause of unintentional injury death for children and teens ages 1 - 17 in Washington. WA Department of Health, Washington Tracking Network Data, accessed June 2019
- In King County, 16 people died in preventable drownings in 2018. Public Health – Seattle & King County, Drowning Data, June 2019

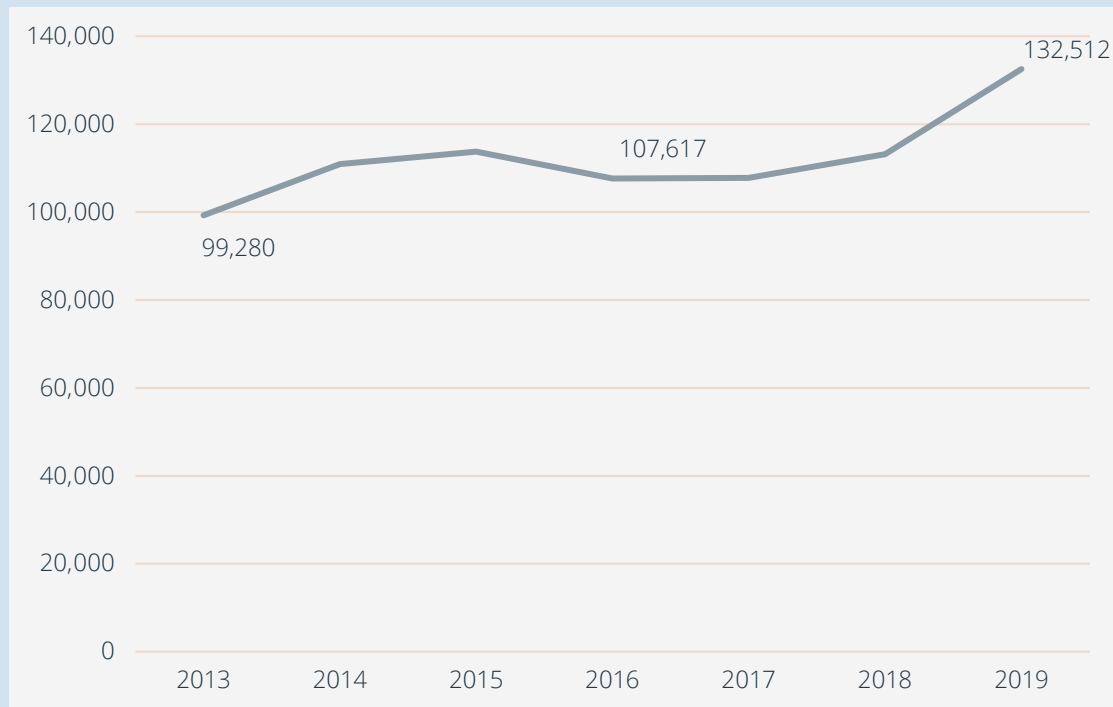


BICYCLE HELMET SAFETY



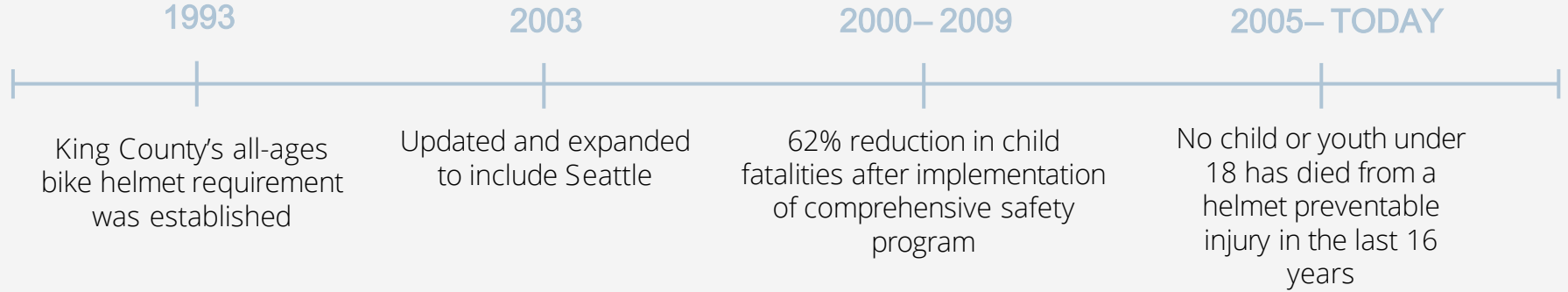
SEATTLE BIKE RIDERSHIP

- Bike ridership has increased from 2013 – 2019 based on counts of bikers crossing the Fremont Bridge in June





BIKE HELMET HISTORY



- Bike helmet laws are associated with significant reductions in injuries and serious injuries, including traumatic brain injuries
- **BIKE HELMETS SAVE LIVES!**

BICYCLE SAFETY COMMUNICAT

- King County Free & Low-Cost Bicycle Helmet Resource Guide
 - List of local, affordable helmet providers – listed on [VIP website](#)
- *Public Health Insider* blog post
 - Importance of helmets for injury prevention, correct fit, where to find

Free & Low-Cost Bicycle Helmet Resources in King County, Washington

Organization	Contact Information	Details
Bike Works Office and Classrooms: 3715 S Hudson Street Suite #111 (Lower Level) Seattle, WA 98118 Community Bike Shop: 3709 S Ferdinand Street Seattle, WA 98118	Email: info@bikeworks.org Main Website: bikeworks.org Bikes-for-All Website: bikeworks.org/bikes-for-all Webstore: shop.bikeworks.org Office: (206) 695-2522 Bike Shop: (206) 725-8867	Bike Works' "Bikes-for-All" program provides free bicycles and helmets to marginalized youth, adults, and families in SE Seattle. Applications from individuals and organizations are accepted on a rolling basis and fulfilled first come, first serve via the Bikes-for-All website. The Community Bike Shop is open 11am - 5pm by appointment only and all sales are thru the webstore. The shop will follow state guidelines to determine when to fully reopen.
Bothell Fire Department & EMS 10726 Beardslee Boulevard Bothell, WA 98011	For appointments, contact Nicole: (425) 806-6260 Website: www.ci.bothell.wa.us/466/Bike-helmet-Program Main: (425) 806-6242	Program is currently on hold. The team will re-evaluate safety based on state guidelines in July.
Cascade Bicycle Club 7787 62nd Ave NE Seattle, WA 98115	For appointments, contact Amy Korver: amyk@cascade.org Main Email: info@cascade.org Website: cascade.org/helmets Main: (206) 522-3222	Offers \$10 helmets for ages 8 and up in size S, M, L, & XL (no toddler sizes). Sliding fee scale is available for schools and community centers. Club also offers summer camps for youth ages 6-15 resuming in 2022. Call or email Amy to set up a helmet appointment or inquire about summer camp scholarships.
Fall City - King County Fire District #27 4301 334th Place SE Fall City, WA 98024	Website: king27fire.com/public-education Main: (425) 222-5841	Low cost (suggested donation) helmets are available at the fire station. Fittings are currently on hold. Call or visit the station for additional details.
Northshore - King County Fire District #16 Headquarters Station S1: 7220 NE 181st Street Kenmore, WA 98028	Website: northshorefire.com Main: (425) 354-1780	The service is currently closed but will resume when it is deemed safe. Call the station for an update.

Proper helmet fit is key! See [Seattle Children's Helmet Fit Guide](#) (available in 6 languages)

PUBLIC HEALTH INSIDER

PROTECT YOUR HEAD! FREE AND LOW-COST HELMETS IN KING COUNTY

June 15, 2021. Reading time 3 minutes.



The Centers for Disease Control and Prevention (CDC) recommends all people riding a bike should wear helmets so they can have a safer brain and stronger future. The good news is that affordable bike helmets are available for King County residents.

KEY TAKEAWAY: INJURIES CAN BE PREVENTED!



HELMET ACCESS & AWARENESS

- Importance of helmets
- Get the word out about helmet availability
- Reduce barriers to access

SWIMCOMPETENCY & EQUITABLE ACCESS

- Advocate for statewide competency
- Reduce disparities with programs & scholarships
- Water safety in school curriculum





THANK YOU!

Questions?

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