Injury prevention and control

By Saige Stute and Emma Crawford
Injury prevention and control is **Intentional harm** or **unintentional harm** that can result in death or can cause a range of **physical, cognitive** and **psychological** disabilities and reduce life quality.
Why is this a National health Priority Area?

• Injury is a leading cause of mortality and disability.
• 1 in 20 hospitalisations are due to injury
• 36% of children age 1-14 die and 70% of adults aged 15-24 die because of injury
• In 1996 in Victoria, injuries caused 1,567 deaths (1,094 males and 473 females) resulting in 30,568 Years of Life Lost (YLL)
What are the risk factors for getting this condition

Biological-
Age- children- are not aware of their surroundings.
Early adulthood- Self harm and road crashes.
Elderly- and falls causing great injury and death
Sex- males tend to be in greater risk of injury than females by 1.7%

Behavioural- alcohol consumption causes risks for injuries as you are un aware of what your doing.

Social- some occupations are more dangerous than others making the occupation have a higher injury rate.
What are the costs of this condition?

**Community**
- Direct costs
- specialist time
- emergency attendances
- hospital outpatient and inpatient services
- cost of pharmaceuticals
- Indirect costs
- unpaid care
- reduced or lost productivity
- absenteeism

**Individual**
- Direct costs
- costs of Medicare
- ambulance
- pharmaceutical expenses
- allied health services
- Indirect
- travel costs to receive treatment
- additional services
- loss or partial loss of current and future earnings
What can people do to prevent this condition?

• **Drowning**- parents can watch their children when they are swimming to ensure they are safe. Only swim in areas you know are safe, for example between the flags at the beach.

• **Transport related injuries**- people could assure they are not speeding and following road rules. Also having cars with safety features and wearing seat belts.

• **Falls**- parents should watch their kids at all times. Making sure they don’t climb too high where they could fall and injure themselves.

• **Poisoning**- in children parents need to make sure all poisonous items in the house are put away in a place where their children cannot reach them.
What Health Promotion Initiatives are there to improve this area?

The arrive alive 2008-2017 is the Victorian Government's new road safety strategy to help deliver further improvement to our road transport system and improve safety for all Victorian road uses.
The safe system approach includes

**Safer roads and roadsides:** to reduce the likelihood of crashes, and reduce the risk of death or serious injury.

**Safer vehicles:** increasing the vehicles on Victoria's roads with high-standard safety features to reduce risks for all road uses.

**Safer road users:** increasing the safe behaviour of road users by tackling areas such as speeding, drink driving, fatigued driving and driver distraction.

**Young drivers:** To improve the safety of young drivers a new licensing system has introduced a two stage P1 and P2 probationary licence system before moving to a full licence.

**Strategic enforcement:** crack down on the minority of road uses who put the broader community at risk through anti-social behaviour such as speeding and drink and drug driving.