

Injury Prevention for Children and Youth – A Public Health Issue –

FEBRUARY 2011

“For some, the severity of the injury results in premature death, a severe impairment (where returning to good health may be difficult) or, in some cases, years of surgical, medical, psychological and rehabilitative interventions.”

David Butler-Jones, *Report on the State of Public Health in Canada 2009*

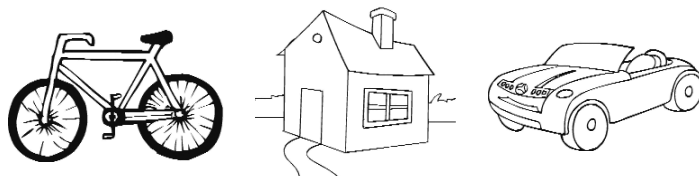
Background

- Unintentional injuries remain the number one cause of death to children and youth in Canada.
- Preventable injuries cost Canadians \$19.8 billion per year and account for over 21,000 children hospitalization, over 3 million emergency room visits and many more visits to clinics and physicians. Falls are the leading cause of hospitalization.
- Children living in poor neighbourhoods and in Aboriginal communities have higher rates of injuries.
- Although drowning rates have slowly declined, fatal drowning remains the second-leading cause of unintentional injury-related death for children ages 1 to 14 years. For every child who dies from drowning, another four receive emergency department care for nonfatal submersion injuries.

Most injuries are preventable...

- People call them ‘accidents’ but research shows that most injuries are both predictable and preventable.
- When used correctly, car seats reduce the risk of death and serious injuries in a collision by about 70% and booster seats by 60%.
- Bike helmets can prevent 88% of head injuries. Legislation is a proven strategy: Head injury rates among young cyclists are about 25% lower in the provinces with helmet laws versus provinces without helmet legislation.
- Unintentional poisoning has been reduced by 45% since the introduction of child safety lock caps on medicines and household products.
- The number of youth hospitalizations due to unintentional injury has decreased by 40% over the last two decades.

- Proper fencing could prevent seven out of 10 drowning incidents in private swimming pools for children under five years of age. For very young children both pools and bathtubs are places of concern.



Walking & Cycling

...at home

...in the car

What we can do?

Individual Canadians, communities and governments play key roles in preventing injuries.

Together we can:

- Create safer, supervised environments for children and youth to learn, play and be active, live and travel.
- Take action on legislation to protect our children and youth including child safe product design, requirement for appropriate restraints in all vehicles, and safer sports and recreation including helmet use.
- Monitor and enforce injury prevention legislation and regulations.
- Promote injury prevention as a public health priority in Canada and an indicator of child health.
- Identify populations at higher risk of injuries and create programs that promote health equity.
- Invest in a Pan-Canadian injury prevention strategy that includes leadership, policy coordination, research, surveillance, and public education and information.

SUPPORT PUBLIC HEALTH!

Canadian Coalition for Public Health in the 21st Century – Membership (April 2011)
Coalition canadienne pour la santé publique au 21^e siècle – organisations membres (avril 2011)

Association of Canadian Academic HealthCare Organizations	L'Alliance pour la prévention des maladies chroniques du Canada
Canadian Association of Occupational Therapists	L'Ambulance Saint-Jean
Canadian Association of Public Health Dentistry	L'Association canadienne de physiothérapie
Canadian Association for School Health	L'Association canadienne de santé dentaire publique
Canadian Association of Speech-Language Pathologists and Audiologists	L'Association canadienne de santé publique
Canadian Chiropractic Association	L'Association canadienne des ergothérapeutes
Canadian Coalition for Immunization Awareness & Promotion	L'Association canadienne des hygiénistes dentaires
Canadian Dental Association	L'Association canadienne des institutions de santé universitaires
Canadian Dental Hygienists Association	L'Association canadienne des médecins vétérinaires
Canadian Diabetes Association	L'Association canadienne des soins de santé
Canadian Healthcare Association	L'Association canadienne du diabète
Canadian Medical Association	L'Association canadienne pour la santé en milieu scolaire
Canadian Nurses Association	L'Association chiropratique canadienne
Canadian Paediatric Society	L'Association dentaire canadienne
Canadian Pharmacists Association	L'Association des infirmières et infirmiers du Canada
Canadian Physiotherapy Association	L'Association des pharmaciens du Canada
Canadian Psychological Association	L'Association médicale canadienne
Canadian Public Health Association	L'Association pour la prévention des infections à l'hôpital et dans la communauté
Canadian Society for International Health	L'Association pulmonaire
Canadian Society for Medical Laboratory Science	La Coalition canadienne pour la sensibilisation et la promotion de la vaccination
Canadian Veterinary Medical Association	La faculté de Santé de l'Université de York
Chronic Disease Prevention Alliance of Canada	Les diététistes du Canada
The College of Family Physicians of Canada	L'Institut de recherche Élisabeth-Bruyère
Community & Hospital Infection Control Association Canada	Médecins pour un Canada sans fumée
Dietitians of Canada	Pensez d'abord Canada
Élisabeth-Bruyère Research Institute	SécuriJeunes Canada
Faculty of Health, York University	La Société canadienne de pédiatrie
National Specialty Society for Community Medicine	La Société canadienne de psychologie
Physicians for a SmokeFree Canada	La Société canadienne de santé internationale
Safe Kids Canada	La Société canadienne de science de laboratoire médical
St. John Ambulance	La Société nationale de spécialistes pour la médecine communautaire
The Lung Association	
Think First Foundation of Canada	