



ARIZONA PUBLIC HEALTH ASSOCIATION

◆ Injury Prevention and Environment Section ◆

<http://www.azpha.org>

Injury Facts

- ◆ Injuries in Arizona caused 4,494 deaths in 2007 -- 10% of all deaths.
- ◆ Injuries are classified according to the intent: unintentional or intentional.
- ◆ Your risk of death from injury depends upon your age. However, some hazards, such as motor vehicle crashes, are common to *all* age groups.
- ◆ Arizona's rates of injury death are *higher* than US rates for: motor vehicle crashes, suicide, homicide, firearms, drowning, falls, traumatic brain injury, and poisoning.

Tips for Avoiding Fatal Injuries

Age	Top causes of fatal injuries	Actions you can take
Up to 1 year	<ol style="list-style-type: none"> 1. Suffocation 2. Homicide 3. Motor vehicle crash 	<ul style="list-style-type: none"> ✓ Place infant on back when sleeping; assure safe crib. ✓ Strengthen social and family support systems. ✓ Correctly install baby's car seat; seek free inspection.
1-4 years	<ol style="list-style-type: none"> 1. Drowning 2. Motor vehicle crash 3. Homicide 4. Suffocation 	<ul style="list-style-type: none"> ✓ Fence the pool. Maintain latches on gates and doors. ✓ Use a child safety seat correctly. ✓ Strengthen social and family support systems. ✓ Stabilize furniture that can tip over.
5-14 years	<ol style="list-style-type: none"> 1. Motor vehicle crash 2. Firearm (homicide and suicide) 3. Drowning 4. Other land transportation 	<ul style="list-style-type: none"> ✓ All children ride in back seat. Use a booster seat (40-80 lbs); then use a seat belt. ✓ Lock away the guns; lock up bullets separately. ✓ Take swim lessons. Swim in safe areas. ✓ Wear bike helmet or head protection. Play safely.
15-34 years	<ol style="list-style-type: none"> 1. Motor vehicle crash 2. Firearm (homicide and suicide) 3. Poisoning (illegal drugs) 	<ul style="list-style-type: none"> ✓ Use a seat belt; do not drink and drive. ✓ Stay out of violent gangs. If depressed, seek help. ✓ If drug addicted, seek help.
35-64 years	<ol style="list-style-type: none"> 1. Motor vehicle crash 2. Poisoning (illegal drugs) 3. Firearm (homicide and suicide) 	<ul style="list-style-type: none"> ✓ Use a seat belt; do not drink and drive. ✓ If drug addicted, seek help. ✓ If depressed, seek help.
65 and over	<ol style="list-style-type: none"> 1. Falls 2. Motor vehicle crash 3. Fire and burns 	<ul style="list-style-type: none"> ✓ Improve your balance through muscle strengthening exercises such as tai chi and yoga. ✓ Use a seat belt; do not drink and drive. ✓ Test your smoke detectors. No smoking in the house. Use alternatives to candles.

Injury Prevention Resources on the Internet

- ◆ Arizona Injury Plan – http://www.azdhs.gov/phs/owch/pdf/injury_plan_06-10.pdf
- ◆ Arizona Governor's Office of Highway Safety – <http://www.azgohs.gov/>
- ◆ SafeKids – <http://www.safekids.org>
- ◆ First Candle – http://www.firstcandle.org/new_exp_parents/new_exp_safesleeptips.html
- ◆ National Safety Council, AZ Chapter – <http://www.acnsc.org/>
- ◆ U.S. Consumer Product Safety Commission – <http://www.cpsc.gov/>
- ◆ CDC, National Center for Injury Prevention and Control – <http://www.cdc.gov/ncipc/>