**INJURY** is the leading cause of death among Indiana residents ages 1–44. It is also the fifth leading cause of death overall. The majority of injuries are unintentional; however, some can be inflicted deliberately through self-harm or by another individual. Injuries are accidents, but are correctable events with specific risks for occurrence. Injuries affect all groups of people, regardless of age, race or economic status. In 2014, 4,462 Hoosiers were fatally injured. An additional 32,000 were hospitalized. Figure 1 shows the age-adjusted injury death rates from 1999 to 2014.

**Figure 1. Injuy death rates* by year, Indiana, 1999–2014**

In Indiana, unintentional poisonings, unintentional falls and suicides are leading causes of injury death that increased from 1999 to 2014 [Fig 2]. Unintentional poisoning deaths among adolescents, young adults and adults have sharply increased in recent years, mostly as a result of prescription drug abuse and misuse. Unintentional fall deaths have also increased and continue to rise as the population ages.

**Figure 2. Percent change in death rates* by injury type, Indiana, 1999 vs. 2014**

<table>
<thead>
<tr>
<th>Injury Type</th>
<th>1999-2014 Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>Suicide</td>
<td>36.9%</td>
</tr>
<tr>
<td>Homicide</td>
<td>-9.1%</td>
</tr>
<tr>
<td>Motor Vehicle Crash</td>
<td>-30.1%</td>
</tr>
<tr>
<td>Falls</td>
<td>26.9%</td>
</tr>
<tr>
<td>Poisoning</td>
<td>685.0%</td>
</tr>
</tbody>
</table>

*Age-adjusted rates
† Unintentional

**Unintentional poisonings**
A poison is any substance, including medication, that can cause harm if too much is consumed, injected, inhaled or absorbed through the skin. Specifically, drug overdoses accounted for 92% of unintentional poisoning deaths.

**In the United States (2014):**
- More than 42,000 people died as a result of unintentional poisoning; 783,222 were treated in emergency departments (EDs).
- There was a 6.5 percent increase in drug overdose deaths from 2013 to 2014.
- Opioid overdose deaths have quadrupled since 1999, resulting in more than 28,000 fatalities in 2014.
- Heroin drug overdose deaths increased 26% from 2013-2014.

**In Indiana (2014):**
- Unintentional poisoning is the leading cause of injury death overall, surpassing motor vehicle crashes as the leading cause in 2008.
- There were 1,040 unintentional poisoning deaths, accounting for 23.3% of all injury deaths.
- Unintentional poisoning death rates increased 685.0% from 1999 to 2014 [Fig 2]. Specifically, drug poisoning death rates rose 775.4%.
- Unintentional poisoning is the leading cause of injury death for adults ages 25–64.

**Motor vehicle crashes (MVC)**
MVC deaths have declined in recent years but remain the second leading cause of injury death in the United States and Indiana.

**In the United States:**
- In 2014, nearly 34,000 people were killed in MVCs and 2.2 million were treated in EDs.
- MVCs are the leading cause of injury death among those ages 5–24.
- Seatbelts saved more than 12,500 lives in 2013. Approximately 10,000 persons die each year in alcohol-impaired-driving crashes.

**In Indiana:**
- There were 727 MVC-related fatalities and 2,654 MVC-related hospitalizations in 2014.
- In 2013, the economic costs of MVCs exceeded $1.07 billion, with $144 million among teens and $461 million among adults ages 20-34.
Unintentional falls
Falls are among the most frequent causes of injury, especially among older adults, but falls are not an inevitable part of aging. Common results of falls, including hip fractures, head traumas, lacerations and limited mobility, increase the risk of early death, specifically among older adults. Risk factors include vision problems, medications, home hazards, lower body weakness, and balance issues.7

In the United States (adults ages 65 and older):
- An estimated 1 out of 3 will fall each year, but less than half will discuss the fall with a medical provider.7
- Annually, the direct medical costs for fall injuries are $34 billion. Hospitalization costs account for two-thirds of this total.8

In Indiana (2014):
- Falls were the leading injury-related hospitalization for all ages, totaling 10,782 hospitalizations.2
- There were 335 fall-related deaths among adults ages 65 and older, which accounted for 81% of the total fall-related deaths (Total = 412 deaths).1
- The unintentional falls death rate increased 26.9% from 1999 to 2014 [Fig 2].1

References
4. Rudd RA et al. Increases in drug and opioid overdose deaths – United States, 2000-2014. MMWR, 64(50); 1378-82. Available at http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6450a3.htm?csid=mm6450a3_w.