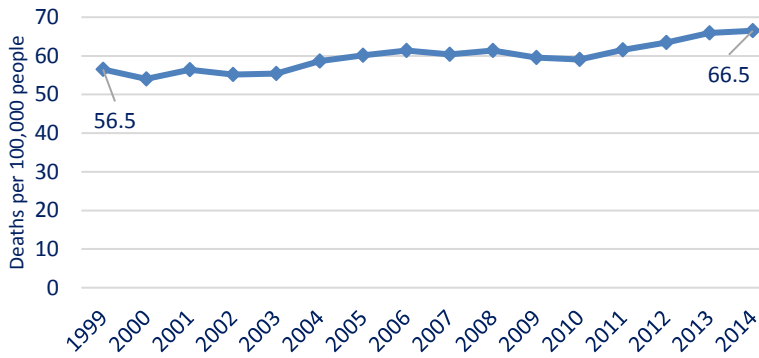




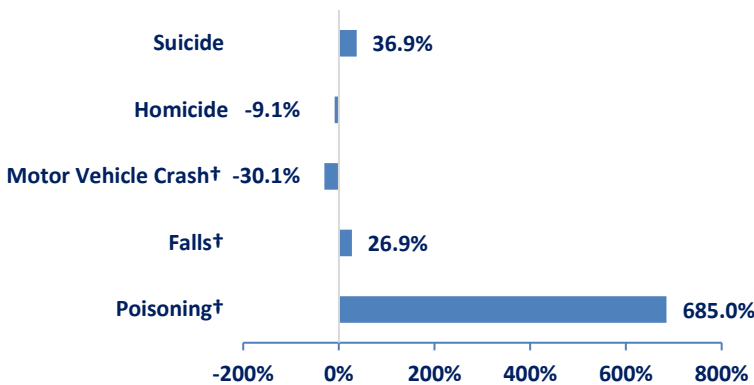
**INJURY** is the leading cause of death among Indiana residents ages 1–44. It is also the fifth leading cause of death overall.<sup>1</sup> The majority of injuries are unintentional; however, some can be inflicted deliberately through self-harm or by another individual. Injuries are accidents, but 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.<sup>1,2</sup> Figure 1 shows the age-adjusted injury death rates from 1999 to 2014.

Figure 1. Injury death rates\* by year, Indiana, 1999–2014<sup>1</sup>



In Indiana, unintentional poisonings, unintentional falls and suicides are leading causes of injury death that increased from 1999 to 2014 [Fig 2].<sup>1</sup> 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<sup>1</sup>



\*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.<sup>3</sup> Specifically, drug overdoses accounted for 92% of unintentional poisoning deaths.<sup>1</sup>

#### 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).<sup>1</sup>
- There was a 6.5 percent increase in drug overdose deaths from 2013 to 2014.<sup>4</sup>
- Opioid overdose deaths have quadrupled since 1999, resulting in more than 28,000 fatalities in 2014.<sup>1</sup>
- Heroin drug overdose deaths increased 26% from 2013-2014.<sup>4</sup>

#### In Indiana (2014):<sup>1</sup>

- 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.<sup>1</sup>

#### In the United States:

- In 2014, nearly 34,000 people were killed in MVCs and 2.2 million were treated in EDs.<sup>1</sup>
- MVCs are the leading cause of injury death among those ages 5–24.<sup>1</sup>
- Seatbelts saved more than 12,500 lives in 2013.<sup>5</sup> Approximately 10,000 persons die each year in alcohol-impaired-driving crashes.<sup>5</sup>

#### In Indiana:

- There were 727 MVC-related fatalities and 2,654 MVC-related hospitalizations in 2014.<sup>1,2</sup>
- In 2013, the economic costs of MVCs exceeded \$1.07 billion, with \$144 million among teens and \$461 million among adults ages 20–34.<sup>6</sup>



## 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.<sup>7</sup>

### *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.<sup>7</sup>
- ❑ Annually, the direct medical costs for fall injuries are \$34 billion. Hospitalization costs account for two-thirds of this total.<sup>8</sup>

### *In Indiana (2014):*

- ❑ Falls were the leading injury-related hospitalization for all ages, totaling 10,782 hospitalizations.<sup>2</sup>
- ❑ 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).<sup>1</sup>
- ❑ The unintentional falls death rate increased 26.9% from 1999 to 2014 [Fig 2].<sup>1</sup>

## TAKE ACTION: Steps you can take to prevent or manage injuries

### *Prescription medication safety*

- ❑ Only take prescription medications that are prescribed to you by a healthcare provider.
- ❑ Never take larger or more frequent medication doses.
- ❑ Never share or sell your medications.
- ❑ Properly dispose of unused, unneeded or expired medications ([National Drug Take Back Days](#)).
- ❑ Put the Poison Help number, 1-800-222-1222, on or near your home phone and save it in your cell phone.

### *Motor vehicle safety*

- ❑ Always wear a seatbelt – every trip, every time.
- ❑ Use age- and size-appropriate car or booster seats.
- ❑ Eliminate driving distractions, including the use of cell phones for text messaging.
- ❑ Never drive impaired or ride with impaired drivers.

### *Falls prevention*

- ❑ Have your health care provider review your medicines.
- ❑ Have your vision routinely checked.
- ❑ Make your home safer by completing an in-home assessment of fall hazards ([Checklist](#)).
- ❑ Begin a regular exercise program that includes strength and balance exercises, such as Tai Chi.

## Community resources

- ❑ To learn more about statewide traffic safety efforts and child passenger safety education and outreach, visit the [Indiana Criminal Justice Institute](#) website.
- ❑ For a listing of permanent car seat fitting stations and upcoming clinics to become a certified child passenger safety technician, visit the [Automotive Safety Program](#) website.
- ❑ Medical providers can integrate falls screen and prevention into clinical practice through the [CDC's STEADI toolkit](#).
- ❑ For poisoning information and data, visit the [Indiana Poison Center](#) website and the [ISDH Drug Overdose page](#).
- ❑ Download the Preventing Injuries in Indiana: A [Resource Guide](#) and mobile app
  - Android store: <https://play.google.com/store/apps/details?id=doh.in.gov.indianaprevention&hl=en>
  - Apple store: <https://itunes.apple.com/us/app/preventing-injuries-in-indiana/id1037435460?mt=8>
- ❑ For the latest information from the ISDH's Division of Trauma and Injury Prevention, follow us on Twitter [@INDTrauma](#) or join the [listserv](#).

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