

# Injury and Disability

## Goal

Reduce unintentional injuries, disabilities and death focusing on the community, home, school, and work settings.

## Objectives

1. By 2010, reduce the percentage of adults who report that their activities were limited within the last 30 days due to poor physical or mental health from 19.1% to 16.1%.
2. By 2010, decrease deaths from unintentional injuries from 30.4 per 100,000 to 25.4 per 100,000. [Relates to Healthy People Objective 15-13]
3. By 2010, decrease injury and death from motor vehicle crashes from 15.8 per 100,000 to 12.8 per 100,000. [Relates to Healthy People objective 15-15]
4. (Developmental) By 2003, establish a baseline for injury prevention activities offered by schools and employers.

## Important roles for each sector\*

### Business

- Initiate and promote regular safety education programs, policies, and changes in the workplace environment or equipment to reduce injuries and missed workdays.

### Community

- Identify, report, and develop community solutions for local injury trouble spots, and promote practices to prevent accidents and injuries.

### Health Care

- Advocate for legislation to reduce vehicular injuries, incorporate injury prevention into clinical practices, and provide community education.

### Education

- Provide effective injury prevention education in schools and expand school data systems to track specific injuries.

### Government

- Establish an infrastructure for statewide injury surveillance, community reporting of trouble spots, and prevention education. Promote, implement, and enforce OSHA safety standards. Enhance enforcement of laws to curb aggressive driving and driving under the influence of alcohol.

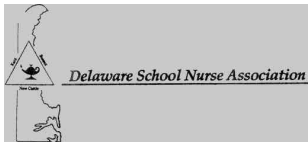
#### Notes:

The numeral assignment of each objective does not indicate priority, simply enumeration.

“Developmental” objectives are those that currently do not have state baseline data and, therefore, have no operational definitions. The purpose of developmental objectives is to identify areas of emerging importance and to drive the development of data systems to measure them.



# Healthy Delaware Hero



## Delaware School Nurses Association

The image of the school nurse taking temperatures, giving eye tests, and sending sick students home is outdated.

“Not only do we teach children how to keep themselves healthy, but to keep themselves safe,” said Susan Shank, president of the Delaware School Nurses Association (DSNA). For the past several years, DSNA has been a leader in bicycle helmet distribution. To accomplish this, DSNA secured funding by writing a grant. They then purchased and distributed helmets through local school nurse offices.

DSNA members produce wellness fairs and bring bicycle rodeos, Smoky the Bear, and McGruff the Crime Dog to their schools. They also bring local fire and ambulance squads to schools to teach students safety tips to use in an emergency.

## Resources (General)

- Christiana Hospital: Think First Program
- Delaware State Police, (800) 464-4357, [www.state.de.us/emergenc.htm](http://www.state.de.us/emergenc.htm) - prevention and safety programs
- Division of Public Health, Office of Emergency Medical Services, (302) 739-4710, fax (302) 739-2352, [www.state.de.us/dhss/irm/dph/ems/](http://www.state.de.us/dhss/irm/dph/ems/) - information on prevention programs, training, clearinghouse of materials, identification of speakers, reference directory, statistics, Risk Watch, Safe Kids Coalition
- Eugene du Pont Preventive Medicine and Rehabilitation Institute, (302) 661-3000, fax (302) 661-3470, [www.mcdresidency.org/toc/health/pmri](http://www.mcdresidency.org/toc/health/pmri) - health promotion resources, library, and information about prevention programs

The mentioning of specific programs does not connote endorsement and was not meant to be exclusionary. We apologize for any unintentional omissions; please bring these to our attention.

## Closing the Gap

The injury related death rate for males of all races in Delaware is disproportionately higher than that of females. This is especially true for males in Sussex County. According to the 1998 Delaware Vital Statistics Report, unintentional injury is the only key indicator for mortality that is increasing.

The three major areas where men encounter injuries are:

- 1) occupational injuries (According to the Bureau of Labor Statistics, 14,400 injuries occurred in the work place during 1998.);
- 2) motor vehicle crash related injuries; and
- 3) physical injuries related to aggressive sports and domestic and criminal violence.

Community-based solutions means getting the community involved in the decision making process. Some potential strategies include:

- increasing the frequency of safe practice programs in the workplace;
- using a multifaceted approach for increasing visibility of safety messages where men gather, to promote constant safety awareness; and
- initiating discussion circles among school students, to assist them in developing skills for analyzing content and message conveyed on the Internet, movies, television, and printed literature.

