

Injury Prevention in Indian Country



CUYLER SNIDER

ASHLEY WHITE

OCAITHB

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Overview



- Background
- Development
 - Why, How, Who
- Toolkit Contents
- How to use the Toolkit
- Assessing the need

5 Leading Causes of Death, United States 1999 - 2007, AI/AN

Rank	Age Groups									
	<1	1-4	5-9	10-14	15-24	25-34	35-44	45-54	55-64	65+
1	Congenital Anomalies 650	<u>Unintentional Injury</u> 333	<u>Unintentional Injury</u> 227	<u>Unintentional Injury</u> 300	<u>Unintentional Injury</u> 2,759	<u>Unintentional Injury</u> 2,423	<u>Unintentional Injury</u> 2,629	Malignant Neoplasms 2,606	Malignant Neoplasms 4,553	Heart Disease 14,799
2	SIDS 440	<u>Homicide</u> 78	Malignant Neoplasms 36	<u>Suicide</u> 78	<u>Suicide</u> 981	<u>Suicide</u> 783	Liver Disease 1,195	Heart Disease 2,563	Heart Disease 3,983	Malignant Neoplasms 11,518
3	Short Gestation 366	Congenital Anomalies 76	Congenital Anomalies 30	<u>Homicide</u> 28	<u>Homicide</u> 601	<u>Homicide</u> 546	Heart Disease 1,111	<u>Unintentional Injury</u> 2,094	Diabetes Mellitus 1,497	Diabetes Mellitus 3,923
4	<u>Unintentional Injury</u> 209	Malignant Neoplasms 36	<u>Homicide</u> 19	Malignant Neoplasms 26	Malignant Neoplasms 156	Heart Disease 350	Malignant Neoplasms 903	Liver Disease 1,697	Liver Disease 1,181	Cerebrovascular 3,704
5	Maternal Pregnancy Comp. 137	Heart Disease 29	Septicemia 9	Congenital Anomalies 23	Heart Disease 110	Liver Disease 270	<u>Suicide</u> 675	Diabetes Mellitus 849	<u>Unintentional Injury</u> 1,096	Chronic Low. Respiratory Disease 3,202

*Data from CDC, WISQARS™

5 Leading Causes of Unintentional Injury Deaths, United States 1999 - 2007, AI/AN



Rank	Age Groups									
	<1	1-4	5-9	10-14	15-24	25-34	35-44	45-54	55-64	65+
1	Unintentional Suffocation 127	Unintentional MV Traffic 128	Unintentional MV Traffic 108	Unintentional MV Traffic 177	Unintentional MV Traffic 2,024	Unintentional MV Traffic 1,449	Unintentional MV Traffic 1,215	Unintentional MV Traffic 874	Unintentional MV Traffic 471	Unintentional MV Traffic 475
2	Unintentional MV Traffic 53	Unintentional Drowning 65	Unintentional Drowning 32	Unintentional Drowning 23	Unintentional Poisoning 224	Unintentional Poisoning 453	Unintentional Poisoning 661	Unintentional Poisoning 520	Unintentional Poisoning 146	Unintentional Fall 431
3	Unintentional Drowning 8	Unintentional Fire/burn 38	Unintentional Fire/burn 19	Unintentional Poisoning 20	Unintentional Drowning 107	Unintentional Drowning 89	Unintentional Natural/ Environment 135	Unintentional Fall 156	Unintentional Fall 135	Unintentional Unspecified 165
4	Unintentional Fall 6	Unintentional Pedestrian, Other 28	Unintentional Other Land Transport 12	Unintentional Other Land Transport 18	Unintentional Other Land Transport 86	Unintentional Natural/ Environment 61	Unintentional Drowning 117	Unintentional Natural/ Environment 107	Unintentional Natural/ Environment 78	Unintentional Suffocation 110
5	Unintentional Poisoning 5	Unintentional Suffocation 22	Unintentional Suffocation 10	Unintentional Fire/burn 15	Unintentional Natural/ Environment 63	Unintentional Fall 59	Unintentional Fall 113	Unintentional Drowning 76	Unintentional Unspecified 49	Unintentional Natural/ Environment 104

*Data from CDC, WISQARS™

Development



- Partnership of 3 tribal epidemiology centers
 - Oklahoma Inter-Tribal Epidemiology Center
 - Northwest Tribal Epidemiology Center
 - California Tribal Epidemiology Center
- Together make up the Tribal Epidemiology Center Consortium (TECC)
- Serves 190 Tribes in 7 states
- Funded by a cooperative agreement from the CDC

Development

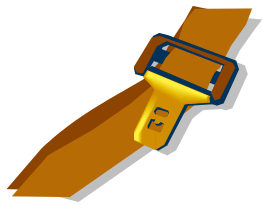


- Resource for starting or continuing an injury prevention program
 - Specifically for use in tribal communities
- Toolkit includes:
 - Background info on safety issues (fact sheets)
 - What you can do to prevent injuries
 - How to use the toolkit
 - Data collection tools (i.e. observation forms)
 - Presentations
 - Brochures
 - Resource guides

Toolkit Contents



- **Focuses on 5 main topics:**
 - Seat belt safety
 - Child car seat safety
 - Fire safety
 - Helmet safety
 - Elder safety



Seat Belt Safety

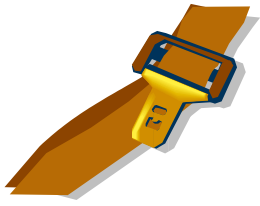


- In 55% of crashes that result in death, the driver or other passenger 16 and older were not wearing a seat belt¹
- You are 25 times more likely to die when thrown from a car²
- The “not driving very far” excuse...
 - Nearly 80% of car crash deaths happen within 25 miles of the home²



¹ National Highway Traffic Safety Administration

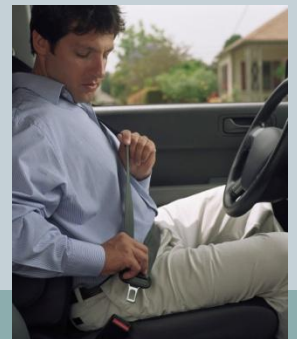
² Oklahoma State University EHS Safety Training

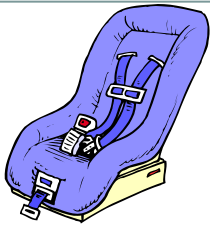


Seat Belt Safety



- Wearing a seat belt is the easiest way to prevent serious injury or death in a collision
- Parents should be a role model: Kids will copy adults
- What you can do
 - Tribes can increase seat belt enforcement laws
 - Create community campaigns (i.e. poster contests for signs)
 - Individuals insist that all passengers buckle up



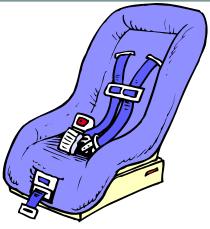


Car Seat Safety



- Idea that “you just buckle it in and go”...
 - 80%-90% of the population has their car seat installed incorrectly¹
- Motor vehicle crashes are the number 1 cause of death for Native American children and adults over 1 year of age
- Also the second leading cause of death for Native American children under 1 year of age





Car Seat Safety



- **What you can do**
 - Ensure the correct seat for your child
 - Have your child safety seat checked by a safety technician or law enforcement
 - Become a child passenger safety technician for your community
 - ✦ Certification open to those 18+ with driving experience
- **4 steps for kids**
 - Rear-facing
 - Forward-facing
 - Booster seats
 - Adult seat belt





Fire Safety



- Fire fatality rate is 3 times higher for Native Americans than the national rate¹
- 3rd leading cause of death for children ages 1-9
- 43% of home fire deaths occur in homes with no smoke alarms²



¹ Kuklinshi, D. Smoke detector nuisance alarms: A field study in Native American community

² Ahrens M. U.S. experience with Smoke Alarms and other fire detection/alarm equipment.

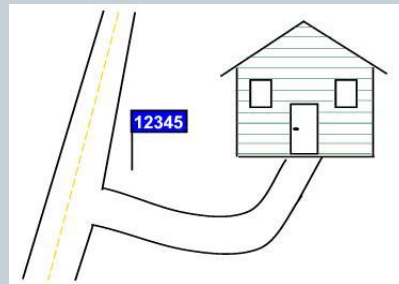
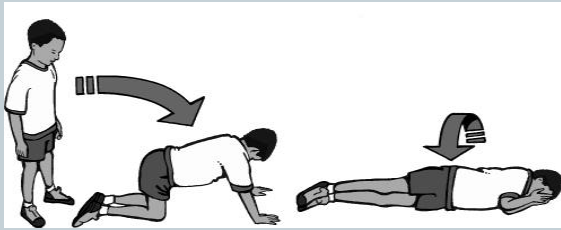


Fire Safety



- What you can do

- Have smoke detectors and fire extinguishers in your home
- Have an escape plan for emergencies
- Keep matches and lighters away from children
- Teach the Stop Drop and Roll method
- Post address signs clearly visible from the road





Helmet Safety



- Helmets can reduce head injury by 85% and brain injury by 88%¹
- Even a mild head injury can lead to difficulty in memorization and comprehension for life
- 60% of childhood bicycle-related deaths are on rural roads¹





Helmet Safety



- **What you can do**

- Create a bike workshop to show kids how to check brakes and other mechanics
- Hold a bike rodeo that shows kids how to navigate certain obstacles
- Teach kids proper techniques like looking both ways and using hand signals for turning





Elder Safety



- Falls are the 2nd leading cause of unintentional injury death for Native Americans aged 55+
- Falls commonly occur inside the home or outside in the yard
- Can be attributed to many causes, such as:
 - Complications with Medications
 - Cluttered home
 - Problems with Vision
 - Poor Mobility



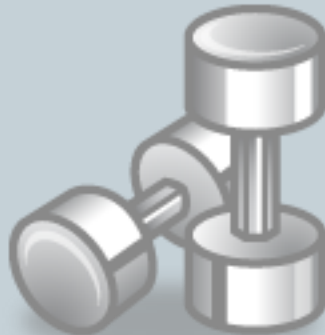
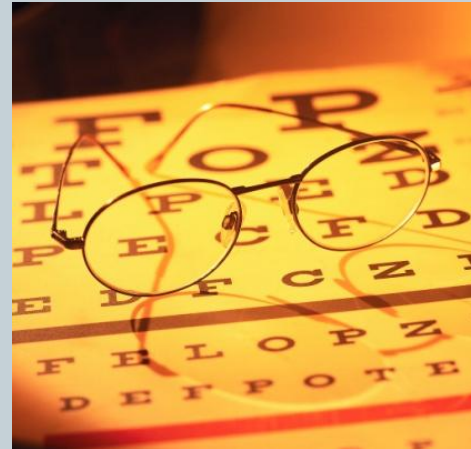


Elder Safety



- **What you can do**

- Remove trip hazards like rugs and wires
- Improve lighting in the home
- Check for vision problems
- Exercise and stretch regularly to increase mobility
- Have a doctor or pharmacist review prescription medications



How to use the toolkit



- Every section includes a “How to use” guide
- Each section has printable brochures, presentations, and fact sheets
 - Will help to educate the community on safety issues
- Safety assessment and data collection tools
 - Observation helps to identify problems
 - Data can be used to build programs and in grant applications
- Information provided on how to start community outreach campaigns
- Resource guides for more information



How to use the toolkit



- **Know your audience**
 - Urban vs. rural population
 - Health professionals vs. non-health professionals
 - Are they familiar with working in Indian Country?
- **Things to consider before and during presentations:**
 - What is the audience hoping to accomplish by implementing the toolkit?
 - What are their experience with injury prevention?
 - What outcomes are expected, and how will they be measured?
 - Who are the key players?
 - Does this effort involve changing policy

How to use the toolkit



- **Coalitions can be some of the best ways to prevent injury in communities**
 - Provides capacity and services that an individual organization may not have
- **Benefits of coalitions**
 - Shared resources
 - Increased capacity
 - Improved credibility
- **Lessons Gained through coalitions**
 - Non-Indian organizations have interest in working with Indian communities and organizations
 - Non-Indian organizations may view Indian communities and organizations as hard to reach

Assessing the Need in Your Community



- Can be challenging due to lack of available data
- Toolkit includes questions to ask that will help you understand the problems in your community:
- Some questions include:
 - Who is being injured?
 - How are these people being injured?
 - Where are these injuries taking place?
- Potential sources of information:
 - Clinical Data
 - Trauma registries
 - Death records
 - Behavioral risk factor survey results
 - Observational studies that you do yourself (tools provided)

Assessing the Need in Your Community



- Learn more about community attitudes towards injuries
 - What they most concerned about
- How to explore these questions:
 - Telephone or mail surveys
 - Key informant interviews
 - Focus groups
 - Community forums
- Listen to personal stories and ask for permission to retell, a story can be a powerful message



For more information on the toolkit or to see the toolkit online, please visit our website:

www.OCAITHB.org

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