Introduction

Injuries and violence can have a dramatic impact on a person’s ability to lead an active, fulfilling life. Every day in Utah,

- 4 people die from injury or violence
- 31 people are hospitalized due to injury or violence
- 444 people are treated in an emergency department due to injury or violence.

Research shows that most injuries are predictable and preventable.

Injury Deaths

In 2011, the top five injury related deaths in Utah were: (Table 1)

1. Suicide
2. Poisoning (excludes suicides)
3. Motor Vehicle Traffic Crashes
4. Unintentional Falls
5. Unintentional Suffocation

When we ask people if they think Zero Fatalities on Utah’s roads is an achievable goal, most people tell us no. But when we ask them how many of their loved ones they’d be willing to lose in a crash, they quickly realize that Zero is the only acceptable number.

<table>
<thead>
<tr>
<th>Rank</th>
<th>Cause of Injury Death</th>
<th>Number of Deaths</th>
<th>Age-adjusted Rate per 100,000</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Suicide</td>
<td>494</td>
<td>19.7</td>
</tr>
<tr>
<td>2</td>
<td>Poisoning (excludes suicides)</td>
<td>476</td>
<td>18.5</td>
</tr>
<tr>
<td>3</td>
<td>Motor Vehicle Traffic</td>
<td>247</td>
<td>9.1</td>
</tr>
<tr>
<td>4</td>
<td>Unintentional Falls</td>
<td>189</td>
<td>9.1</td>
</tr>
<tr>
<td>5</td>
<td>Unintentional Suffocation</td>
<td>59</td>
<td>2.5</td>
</tr>
<tr>
<td>6</td>
<td>Homicide</td>
<td>52</td>
<td>1.9</td>
</tr>
<tr>
<td>7</td>
<td>Unintentional Drowning</td>
<td>36</td>
<td>1.3</td>
</tr>
<tr>
<td>8</td>
<td>Natural/Environment</td>
<td>19</td>
<td>0.8</td>
</tr>
<tr>
<td>9</td>
<td>Other Motor Vehicle Non-Traffic</td>
<td>15</td>
<td>0.6</td>
</tr>
<tr>
<td>10</td>
<td>Pedestrian Motor Vehicle Non-Traffic and Other</td>
<td>13</td>
<td>0.4</td>
</tr>
</tbody>
</table>

*Rank is by the number of injury deaths in 2011
Utah Trends
In 2011 alone,
- **1,773 Utahns died** from an injury or violence\(^1\)
- **11,571 Utahns were hospitalized** due to an injury or violence\(^1\)
- **154,047 Utahns were treated in an emergency department** due to an injury or violence.\(^1\) That’s enough people to fill the Energy Solutions Arena eight times!\(^2\)

The rate of injury deaths in Utah increased significantly from 2010 (59.8 per 100,000) to 2011 (70.6 per 100,000) (Figure 1).

Age and Sex
Injuries are the leading cause of death for Utahns ages 1-44\(^1\).

Males have a higher rate of injury deaths than females for every age group (Figure 2)\(^3\).

Cost
Injuries and violence cost more than $556 million in hospitalization and emergency department charges. That’s enough money to buy nearly 3,000 homes in Utah!\(^3\)

Prevention Tips
- If you or someone you love is suicidal, call for help. Help is available 24/7. If you live in Utah, call the Statewide CrisisLine at **801-587-3000** or call the National Suicide Prevention LifeLine at **1-800-273-TALK**.
- Never take a prescription pain medication that is not prescribed to you and never take it more often or in higher doses than prescribed.
- Dispose of all unused and expired prescription pain medications properly by following the guidelines at [www.useonlyasdirected.org](http://www.useonlyasdirected.org).
- Wear a seat belt every time you drive or ride in a car.
- Buckle kids in the back seat of a car using a child safety seat or booster seat until the child is eight years of age and at least 4 feet 9 inches tall.
Injuries in Utah, 2011

- Wear a helmet while riding bicycles, motorcycles, scooters, OHVs/ATVs, snowmobiles, and during sporting activities.
- Reduce hazards in the home that can lead to falls.
- Exercise to increase strength and improve balance to help prevent falls.
- If you or someone you love is in a violent relationship, call for help. Help is available 24/7 by calling the Utah Domestic Violence Link Line at 1-800-897 LINK (5465) or the Rape & Sexual Assault Crisis Line at 1-888-421-1100.
- Keep your baby safe during sleep. Follow the safety tips at www.nichd.nih.gov/sids.

Injury and Violence Prevention in Utah

The Utah Department of Health Violence and Injury Prevention Program (VIPP) has been striving to eliminate needless suffering and death from injuries and violence for more than 30 years.

VIPP collects data and provides prevention resources on child injury deaths, child abuse and maltreatment, child passenger safety (such as car and booster seats), dating and domestic violence, infant sleep related deaths, motor vehicle crashes, falls among older adults, prescription drug overdoses, rapes and sexual assaults, student injuries, suicides, teen driving, traumatic brain injuries, and violent deaths (such as homicides) in Utah.

VIPP is the lead agency for Safe Kids Utah and coordinates with Safe Kids local coalitions and other community programs to provide free or reduced cost car and booster seats for children.

VIPP contracts with local health departments to provide: car seat checks, free or reduced cost car and booster seats; programs and resources to improve seat belt use and teen driving behaviors; and other injury prevention activities.

VIPP funds Rape Crises and Prevention Centers to provide sexual assault primary prevention services.

VIPP also links individuals with traumatic brain injuries and their families to resources in their community and contracts with 501(c) (3) charitable clinics to provide rehabilitation services to individuals with spinal cord or traumatic brain injuries.

VIPP receives federal funding from the Centers for Disease Control and Prevention and Health Resources Services Administration. VIPP also receives a small amount state funding to coordinate the Traumatic Brain Injury and Spinal Cord Fund.
Resources

- Utah Department of Health Violence and Injury Prevention Program
  http://health.utah.gov/vipp
- Safe Kids Utah
  www.safekidsutah.org
- Use Only As Directed
  http://www.useonlyasdirected.org
- Zero Fatalities
  http://ut.zerofatalities.com
- Brain Injury Alliance of Utah
  http://biau.org
- Utah Division of Substance Abuse and Mental Health
  www.dsamh.utah.gov

References

1 Utah's Indicator Based Information System for Public Health (IBIS-PH), 2011 data [cited 2013 August]
2 http://en.wikipedia.org/wiki/EnergySolutions_Arena
3 The average home price in Utah as of November 2012 was $188,625. Source: http://utahrealtors.com/find-homes-realtors/articles-and-information/utah-median-home-price-steady-in-november/

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