



INJURY



High levels of preventable chronic disease, injury and mental health problems

Nature of the problem



- Injuries are the major cause of preventable mortality and morbidity in Aust for many different causes:
- E.g. transport related injuries, suicide and self inflicted injuries, interpersonal violence, residential injuries (falls, drowning, poisonings, burns, scalds), industry related injuries, consumer product injuries, sport and recreation related injuries

Extent of the problem (trends)



- In 2010, deaths from injury accounted for 6.2% of all deaths in Australia
- Nearly half of all deaths for people aged under 45 were from injury, making it the main cause of premature death
- Injury accounted for 1 in 20 hospitalisations between 2009-2010
- Injury rates are 2 times higher for males (predominantly affects males)
- The number of unintentional injuries (e.g. traffic related injury) is decreasing, however intentional injury (e.g. suicide) is increasing
- The leading causes of death by injury are suicide, transport related, and falls

Risk factors + protective factors (transport injuries)



Risk factors	Protective factors
<ul style="list-style-type: none">• Competing objectives (drivers trade safety for other benefits)• Complacency or impunity• Power and encapsulation (car power can be misused)• Lack of judgement (under estimate risk)• Overload in complicated situations• Traps in the system (road system is complicated)• Social and psychological problems (peer influence)• Social norms (drinking, speeding, no seatbelts)	<ul style="list-style-type: none">• Adhering to road safety rules• Not driving when fatigued or under influence of drugs and alcohol• Obeying laws (seatbelts, driving below speed limit)• Reducing distractions in the car (mobiles)• Limit alcohol intake

Risk factors + protective factors (children injuries)



Risk factors	Protective factors
<ul style="list-style-type: none">• Inadequate child supervision• Unsafe environment (lack of pool fencing, exposure to poisons)• Not adhering to road safety rules	<ul style="list-style-type: none">• Wearing seatbelts and restraints when in motor vehicles• Adequate child supervision• Pedestrian safety• Wearing helmets when riding bikes• Maintain safe home environment (keep poisons away from children)

Sociocultural, socioeconomic, environmental determinants



Table 2.5: The sociocultural, socioeconomic and environmental determinants for injury

Sociocultural determinants	<ul style="list-style-type: none">• Injury hospitalisation rates are higher for indigenous children compared to non-indigenous children.• An indigenous person is three times more likely to die in an accident than a non-indigenous person, due to less access to treatment and low education levels.• Media exposure of laws relating to road use and consequences of road trauma has helped reduce injury rates from traffic accidents.
Socioeconomic determinants	<ul style="list-style-type: none">• Males aged 25–64 years from areas of most disadvantage are 2.2 times more likely to die in traffic accidents and 1.6 times more likely to die from suicide compared to those living in areas of least disadvantage. For females, it is 2.2 times more for traffic accidents and 1.3 times more from suicide. People with less income are more likely to engage in risk-taking behaviour and are less likely to be able to afford vehicle maintenance.• People who are unemployed, or who have less income, may not be able to afford safety devices in the home to help prevent childhood injuries.
Environmental determinants	<ul style="list-style-type: none">• People working in rural areas are more at risk of workplace injuries, as they are more exposed to dangerous machinery.• People in rural areas are more at risk of suicide, due to lower employment rates in remote areas and less access to support networks.

Groups at risk



- The elderly (risk of falls)
- Children (risk of poisoning, road trauma, drowning, violence, burns and scalds)
- Adolescents (risk of suicide and traffic related injuries)
- People living in rural and remote areas (risk of work place accidents)