



UNINTENTIONAL INJURY

Disease Information Packets – Slide Set
Public Health Services, Community Health Statistics
08/2022



What is Unintentional Injury?



- Injuries that are not caused on purpose and are free from harmful intent.
- Can occur in the form of falls, poisonings/overdoses, motor vehicle accidents, firearms, fires/burns, cuts/piercing, drowning/suffocation, overexertion, and by being struck/against an object.
 - Vary in nature (e.g., dislocation, internal injury, fracture, open wound, burn, amputation)
 - Affect different bodily regions (e.g., torso, upper or lower extremities).

Demographic Risk Factors



- **Age**
 - In the United States, unintentional injuries were the leading cause of death among individuals between 1-44 years old in 2019.
 - The leading causes of unintentional injury death varied by age groups in 2019:
 - 4 years of age and younger: Unintentional drowning
 - 5-24 years old: Unintentional motor-vehicle traffic
 - 25-64 years old: Unintentional poisoning
 - 65 years and older: Unintentional falls

Demographic Risk Factors



■ Race/Ethnicity

- Non-Hispanic American Indians/Alaska Natives were more likely to die from an unintentional injury compared to any other races/ethnicities.

■ Sex

- Males were more than twice as likely to die from an unintentional injury (68.23 per 100,000 residents) compared to females (31.26 per 100,000 residents).
- Males were more likely to be hospitalized from and unintentional injury compared to females.

■ Socioeconomic Status (SES)

- Children and adolescents from low SES families may be more susceptible to unintentional injuries compared to children and adolescents from high SES families.

Sources: Centers for Disease Control and Prevention, National Center for Injury Prevention and Control, Fatal Injury and Violence Data. Retrieved from Web-based Injury Statistics Query and Reporting System (WISQARS).

<https://wisqars.cdc.gov/data/explore-data/home>, 2019.

Centers for Disease Control and Prevention, National Center for Injury Prevention and Control, Nonfatal Injury Data Visualization Tool. Retrieved from Web-based Injury Statistics Query and Reporting System (WISQARS).

<https://wisqars.cdc.gov/data/explore-data/home>, 2019.

Mahboob, A., Richmond, S. A., Harkins, J. P., & Macpherson, A. K. (2019). Childhood unintentional injury: The impact of family income, education level, occupation status, and other measures of socioeconomic status. A systematic review. *Paediatrics & child health*, 26(1), e39–e45. <https://doi.org/10.1093/pch/pxz145>

Social and Behavioral Risk Factors



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■ Alcohol and Drug Abuse

- Excessive alcohol use is associated with forms of unintentional injuries, such as motor-vehicle traffic crashes, falls, drowning, burns, and firearm injuries.
- Use of one or more substances such as alcohol, marijuana, prescription or over-the-counter medications, and other illicit drugs impair driving and increase the risk of a motor vehicle accidents.
- Over 1 in 3 deaths from unintentional injury were due to drug poisoning (35.9%).

Social and Behavioral Risk Factors



■ Lack of Physical Activity

- Physical inactivity weakens bone and decreases musculoskeletal health.
- Approximately 1 in 2 American adults and over 3 in 4 high school students do not get enough physical activity.



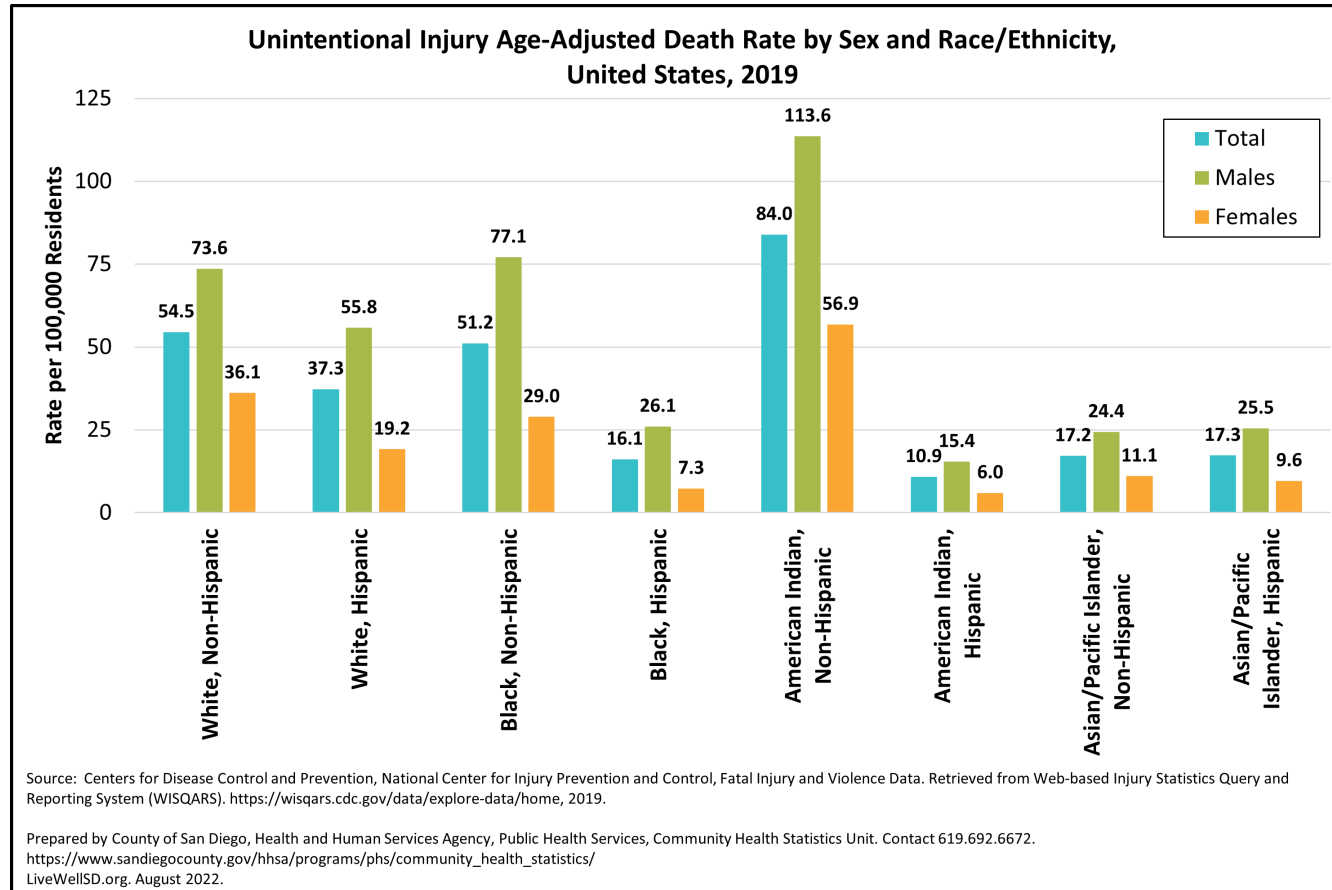
National Statistics and Disparities



- In 2019, falls (32.4%), being struck by/against an object (12.8%), and motor-vehicle related (8.5%) were the leading causes of non-fatal unintentional injuries.
- In 2019, the leading causes of death among unintentional injuries were unintentional drug poisoning (35.9%), unintentional falls (22.8%), motor-vehicle related incidents (21.7%).

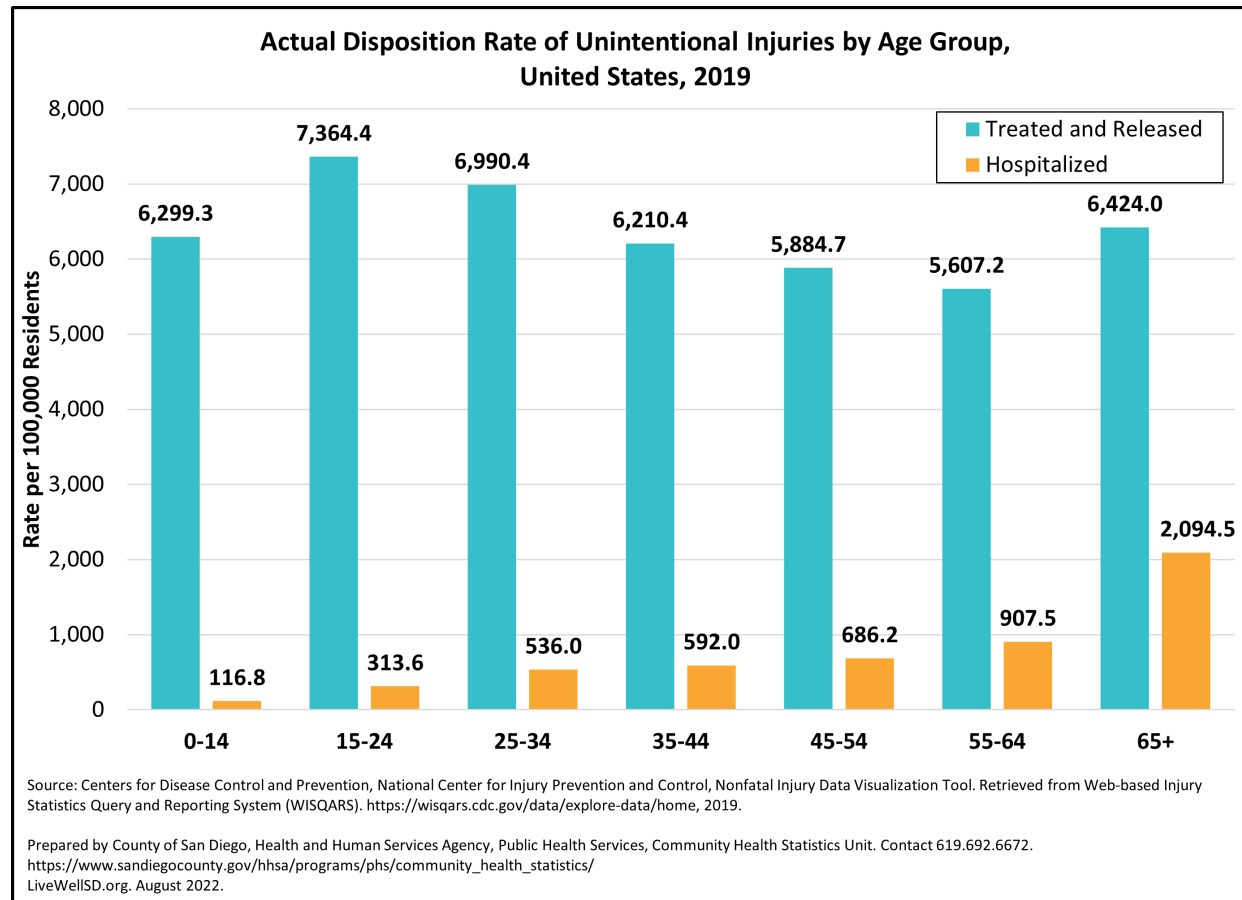


National Statistics and Disparities



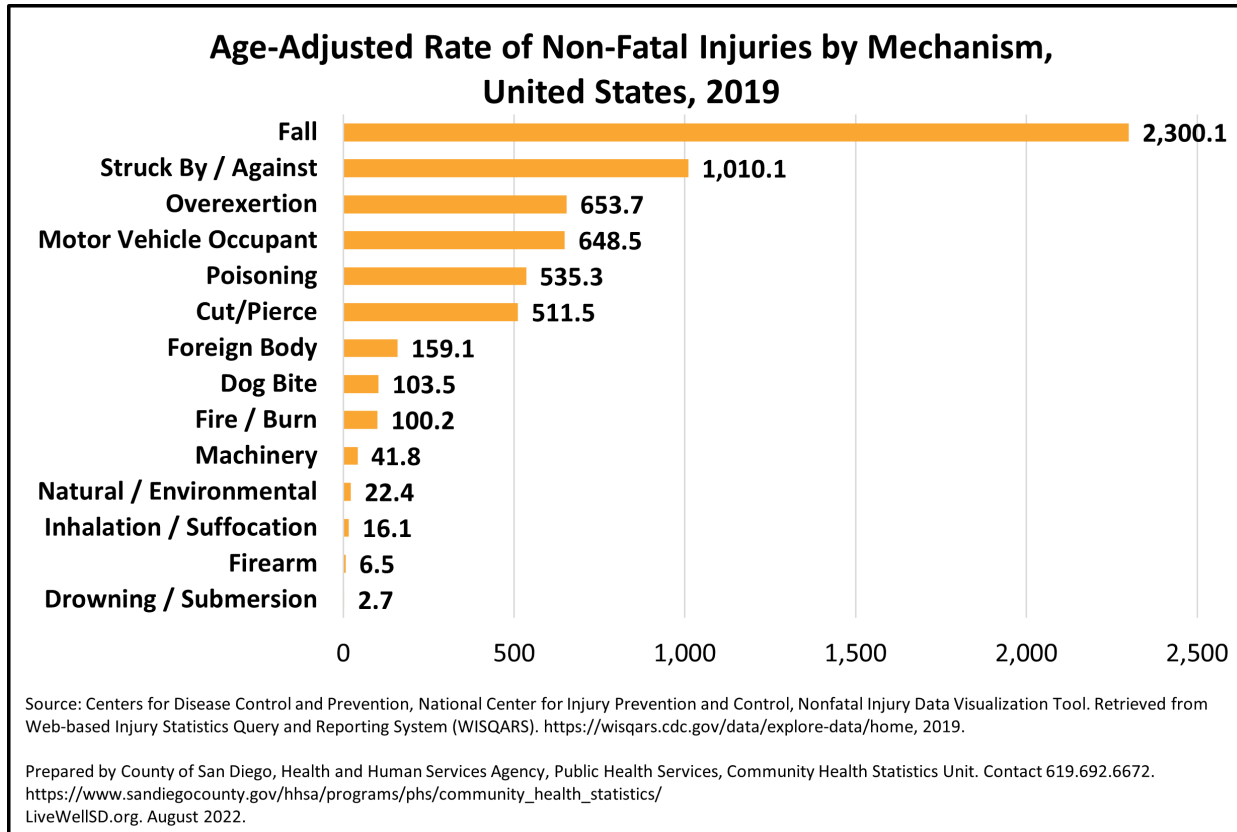
- In 2019, non-Hispanic American Indians had the highest age-adjusted death rate due to unintentional injury (84.0 per 100,000 residents) compared to all other races/ethnicities.

National Statistics and Disparities



- In 2019, individuals 65 years and older had the highest hospitalization rate due to unintentional injury (2,094.5 per 100,000 residents), followed by individuals 55-64 years old (907.5 per 100,000 residents).

National Statistics and Disparities

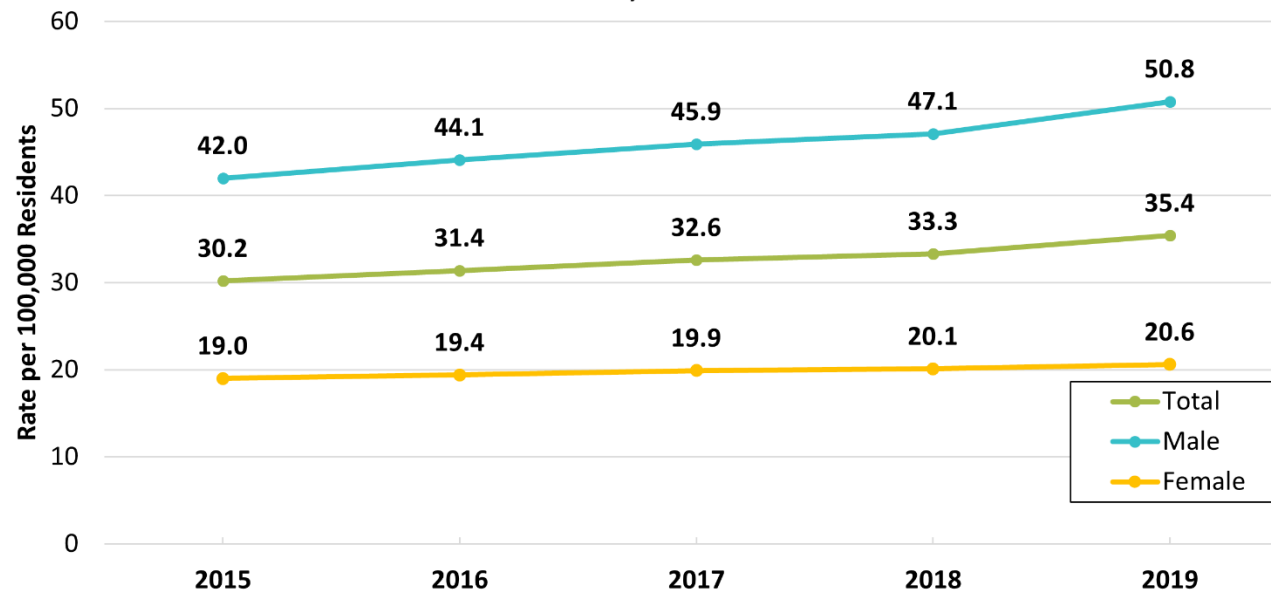


- In the United States, the highest age-adjusted rate of non-fatal unintentional injuries were due to falls (2,300.1 per 100,000 residents), followed by injuries that resulted from being struck by or against an object (1,010.1 per 100,000 residents) in 2019.

State Statistics and Disparities



Age-Adjusted Death* Rates from Unintentional Injuries,
California, 2015-2019**



*Unintentional Injury Death refers to (underlying cause of death) ICD-10 codes V01-X59.

**Rates per 100,000 individuals. Age-adjusted rates per 100,000 2000 US standard population.

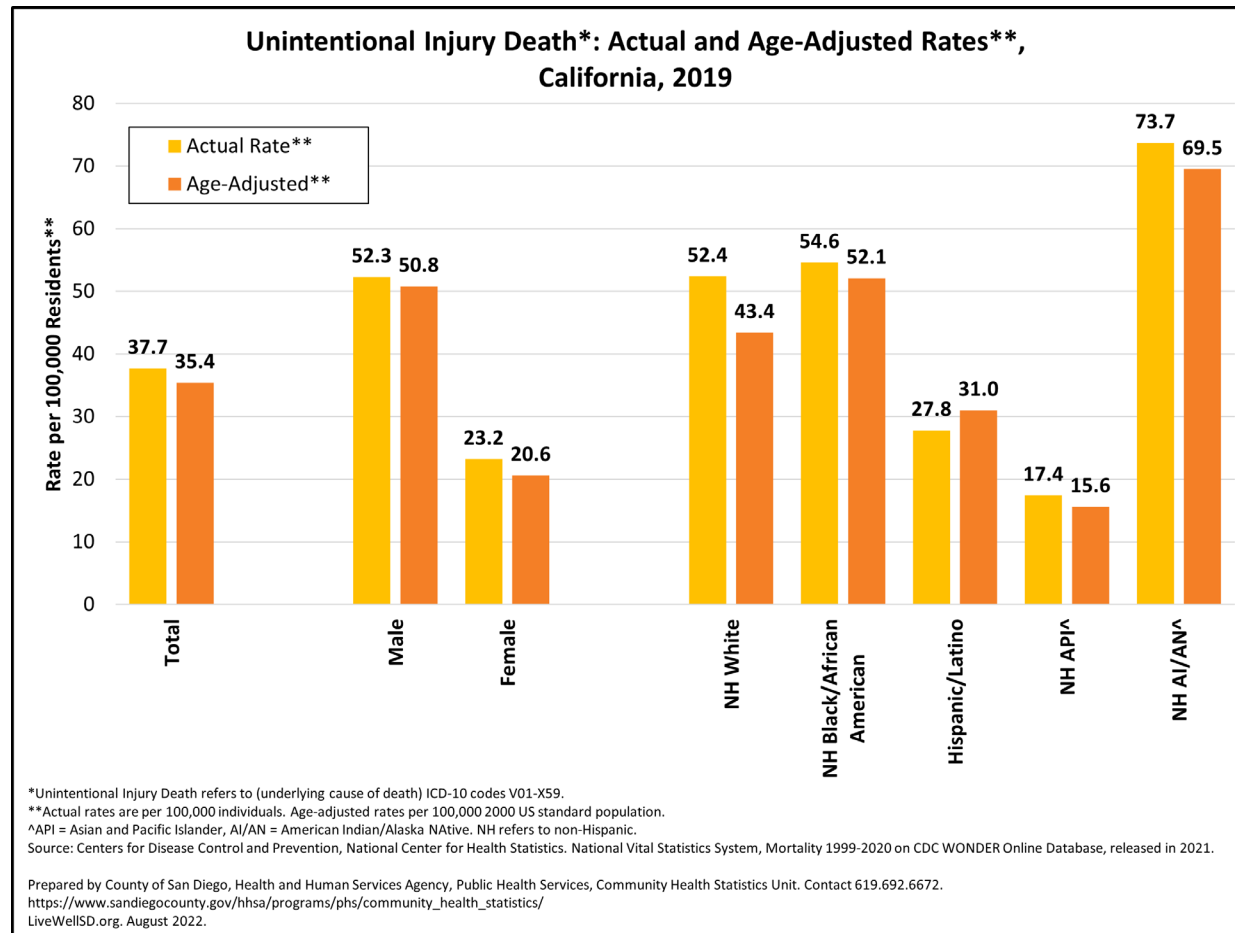
Source: Centers for Disease Control and Prevention, National Center for Health Statistics. National Vital Statistics System, Mortality 1999-2020 on CDC WONDER Online Database, released in 2021.

Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit. Contact 619.692.6672.

https://www.sandiegocounty.gov/hhsa/programs/phs/community_health_statistics/
LiveWellSD.org. August 2022.

- Between 2015-2019, males in California had the highest age-adjusted death rates due to unintentional injuries compared to females and California overall.

State Statistics and Disparities

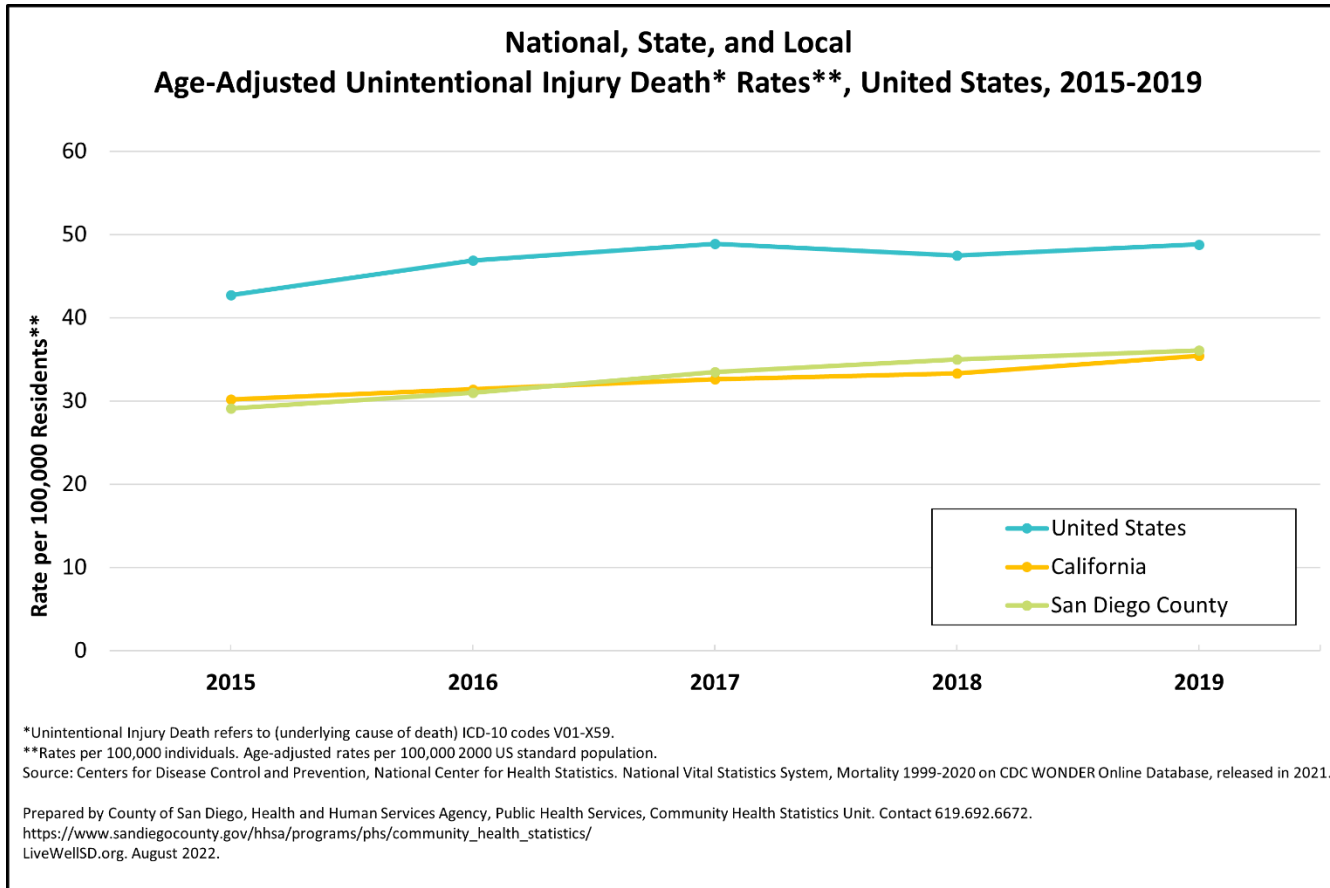


- In 2019, American Indian/Alaska Natives (69.5 per 100,000 residents), non-Hispanic Blacks (52.1 per 100,000 residents), and non-Hispanic Whites (43.4 per 100,000 residents) had higher age adjusted rates of death due to unintentional injuries compared to California (35.4 per 100,000 residents) overall.

Local Statistics and Disparities



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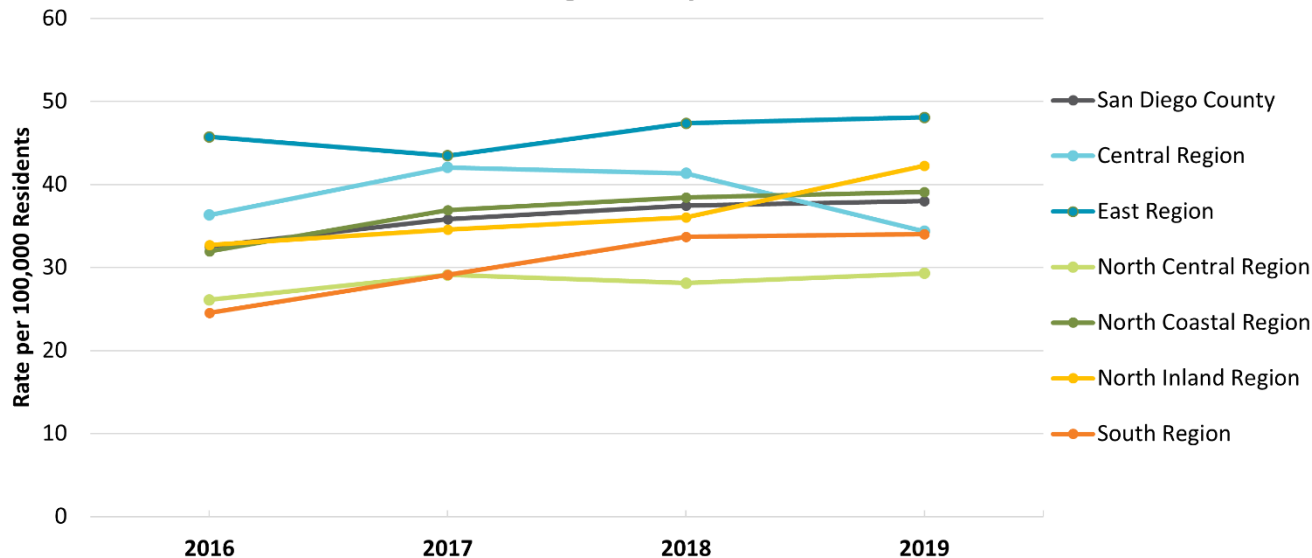


- Between 2015-2019, San Diego County and California had lower age-adjusted rates of death due to unintentional injuries compared to the United States overall.

Local Statistics and Disparities



Unintentional Injury Death* Rate** by HHSA Region,
San Diego County, 2016-2019



*Unintentional Injury Death refers to (underlying cause of death) ICD-10 codes V01-X59.

**County actual rates are per 100,000 individuals. County age-adjusted rates per 100,000 2000 US standard population.

Source: Death data from Vital Records Business Intelligence System (VRBIS), 2019. Population estimates San Diego Association of Governments (SANDAG), 2019v5/2020.

Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit. Contact 619.692.6672.

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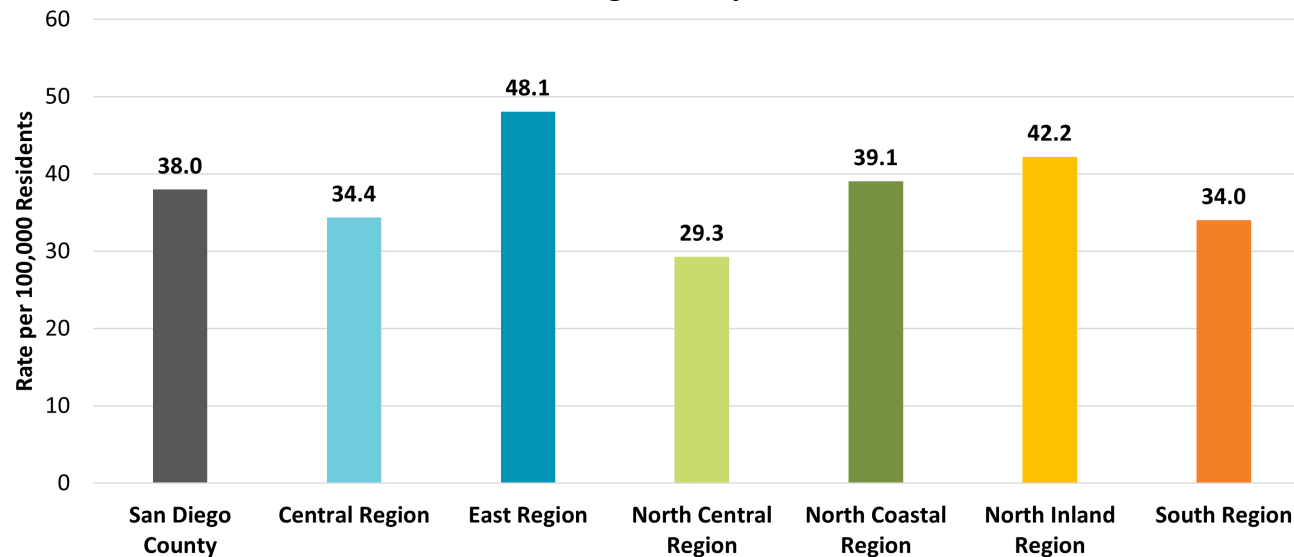
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- South Region had the highest percent increase (38.6%) in unintentional injury death rates compared to all other HHSA regions from 2016 (24.5 per 100,000 residents) to 2019 (34.0 per 100,000 residents).

Local Statistics and Disparities



Unintentional Injury Death* Rate** by HHSA Region,
San Diego County, 2019



*Unintentional Injury Death refers to (underlying cause of death) ICD-10 codes V01-X59.

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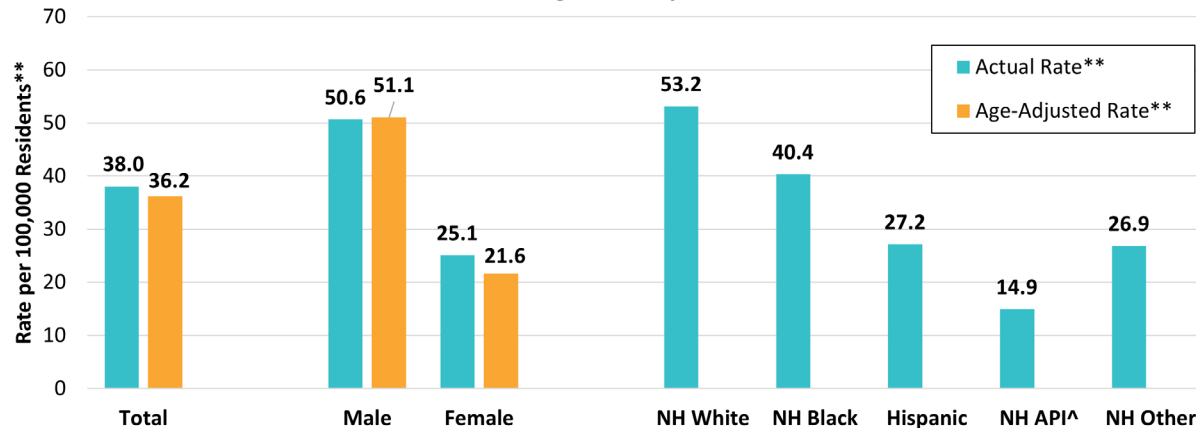
LiveWellSD.org. August 2022.

- In 2019, East Region (48.1 per 100,000), North Inland Region (42.2 per 100,000), and North Coastal Region (39.1 per 100,000 residents) had higher death rates due to unintentional injuries than all other HHSA regions and San Diego County overall (38.0 per 100,000 residents).

Local Statistics and Disparities



Unintentional Injury Death*: Actual and Age-Adjusted Rate**,
San Diego County, 2019



*Unintentional Injury Death refers to (underlying cause of death) ICD-10 codes V01-X59.

**County actual rates are per 100,000 individuals. County age-adjusted rates per 100,000 2000 US standard population.

^API = Asian and Pacific Islander. NH refers to non-Hispanic.

Source: Death data from Vital Records Business Intelligence System (VRBIS), 2019. Population estimates San Diego Association of Governments (SANDAG), 2019v5/2020.

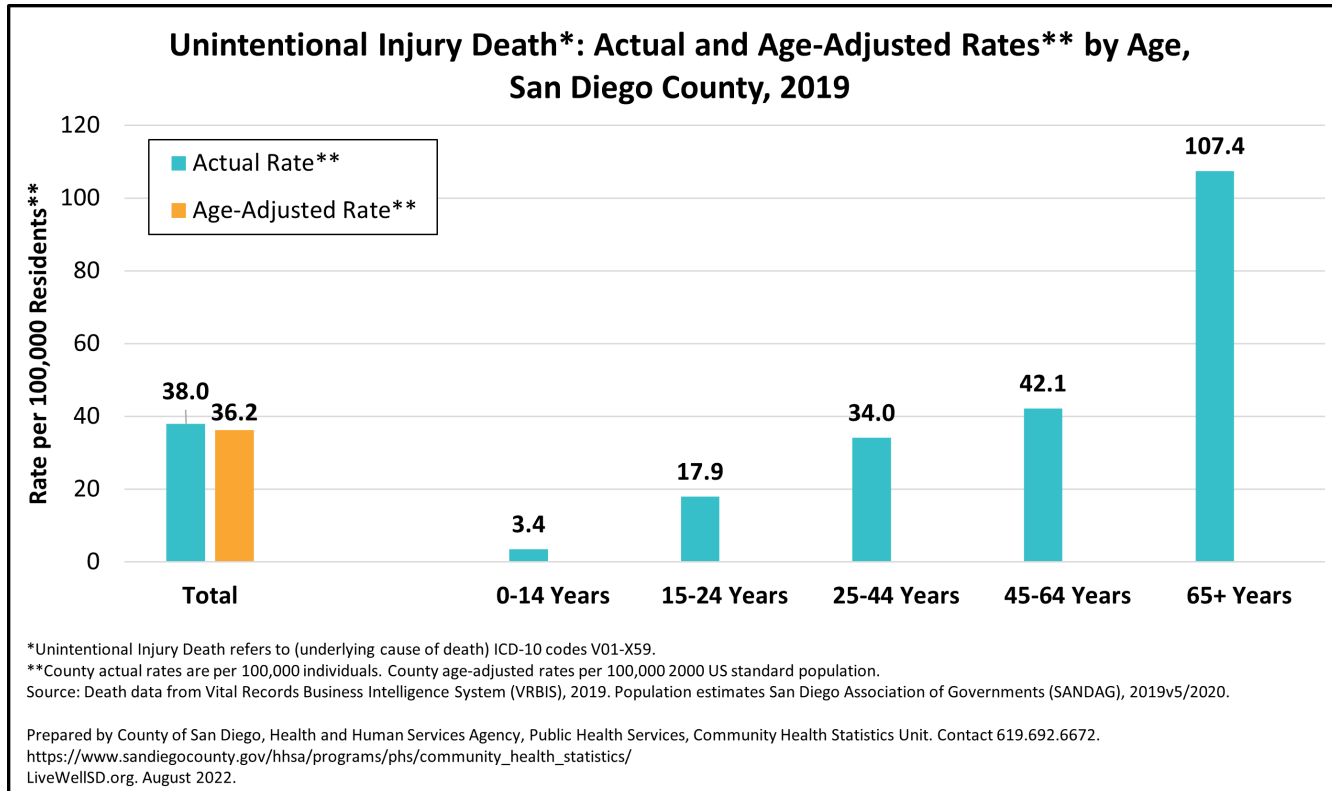
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LiveWellSD.org, August 2022.

- In 2019, male residents in San Diego County had higher actual and age-adjusted rates of death due to unintentional injury compared to female residents in San Diego County.
- Non-Hispanic White residents in San Diego County had the highest rate of death due to unintentional injury compared to all other races/ethnicities.

Local Statistics and Disparities



- San Diego County residents 65 years and older had a higher death rate due to unintentional injury (107.4 per 100,000 residents) compared to San Diego County overall (38.0 per 100,000 residents).



■ Falls and Overexertion

- Improve balance and leg strength by engaging in strength and balance exercises.
- Get eye exams at least once a year to check vision and update eyeglasses if necessary.
- Adjust work and living spaces by:
 - Removing tripping hazards from common walkways,
 - Placing items within reach or using a step stool to reach items, and
 - Using non-slip mats on bathtub/shower floors.





■ Motor-Vehicle Related Injuries

- Avoid driving while impaired by one or more substances such as alcohol, prescription or over-the-counter medications, marijuana, or other illicit drugs.
- Reduce the risk of serious injury by using car seats/booster seats for young children and seat belts for older children and adults.
- Avoid distractions (e.g., talking/texting on the phone, eating) while driving.





■ Overdoses/Poisonings

- Store medications, cleaning products, pesticides, and other household chemicals in their original containers and keep them out of reach from children.
- Consult your provider or pharmacist to ensure proper dosage and avoid drug interactions.
- Access Naloxone, a medication which can immediately reverse an opiate overdose, if you or someone you know is engaging in substance use.



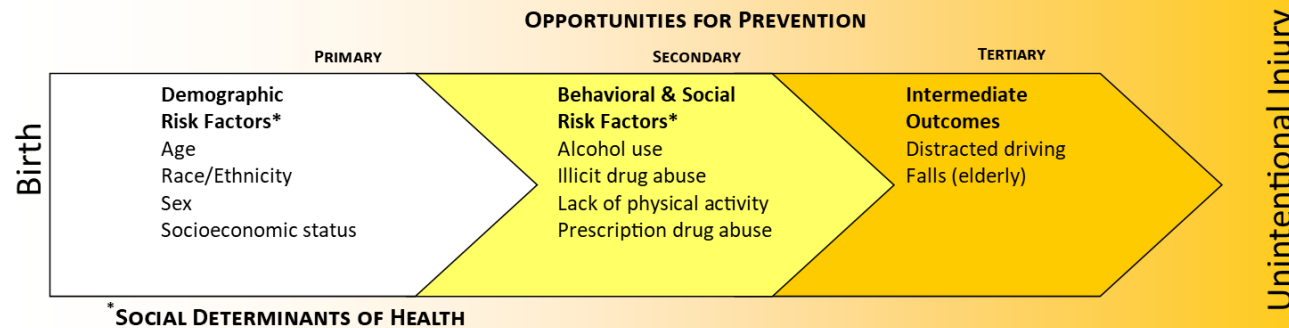
Critical Pathway for Unintentional Injury



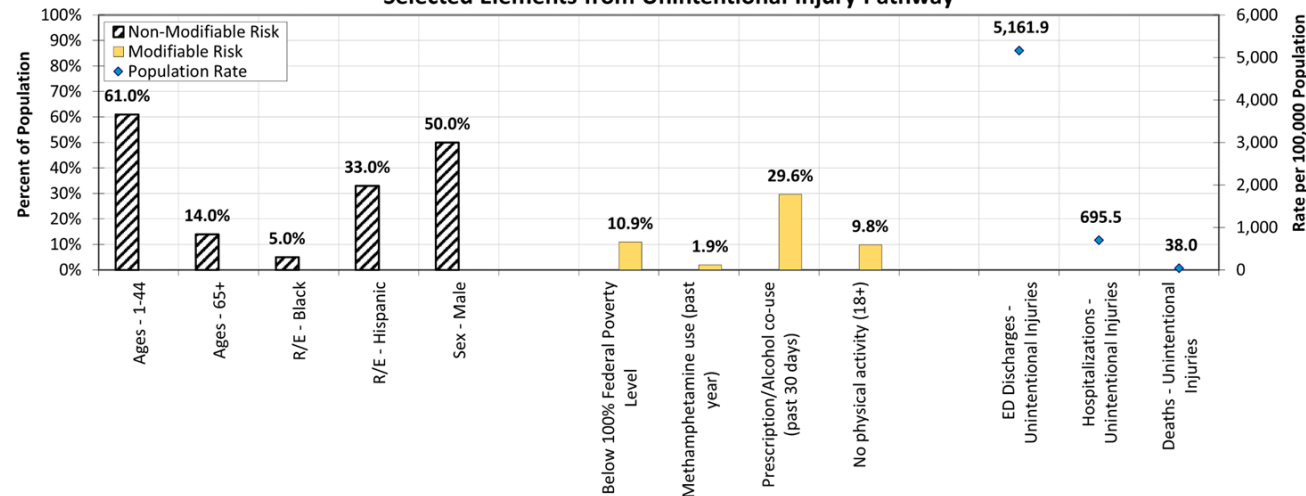
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Critical Pathway

Unintentional Injury



Characteristics of Residents, San Diego County Selected Elements from Unintentional Injury Pathway





San Diego Trauma Research & Education Foundation

www.tref.org

Injury Prevention & Control Programs and Activities

www.cdc.gov/injury

Contact Us



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For more information, including data, resources and reports from
the County of San Diego's Community Health Statistics Unit:

www.SDHealthStatistics.com

(619)692-6667