

National Prevention Strategy

INJURY *and* VIOLENCE FREE LIVING



Reducing injury and violence improves physical and emotional health. The leading causes of death from unintentional injury include motor vehicle-related injuries, unintended poisoning (addressed in the “preventing drug abuse and excessive alcohol use” chapter), and falls. Witnessing or being a victim of violence (e.g., child maltreatment, youth violence, intimate partner and sexual violence, bullying, elder abuse) are linked to lifelong negative physical, emotional, and social consequences.

ACTIONS: THE FEDERAL GOVERNMENT WILL

- ▶ Support State, tribal, local and Territorial agencies in implementing, strengthening, and enforcing transportation safety policies and programs.
- ▶ Enhance enforcement of current safety regulations, provide training and technical assistance to improve worker safety, and empower workers to report health and safety concerns.
- ▶ Develop and test innovative and promising strategies to prevent injuries and violence.
- ▶ Educate adults and youth on actions they can take to prevent injury at home, work, and school and in their communities.

ACTIONS: PARTNERS CAN

Individuals and Families

- ▶ Refrain from driving while under the influence of alcohol or drugs or while drowsy or distracted (e.g., texting).
- ▶ Use seat belts, bicycle helmets, motorcycle helmets, and protective sports gear.
- ▶ Establish clear expectations and consequences with teenagers about safe driving, including speeding, seat belt use, alcohol- or drug-impaired driving, and distracted driving.
- ▶ Engage in regular physical activity to increase strength and balance to help prevent falls.

Community, Nonprofit, and Faith-Based Organizations

- ▶ Promote safer and more connected communities that prevent injury and violence (e.g., by designing safer environments, fostering economic growth).
- ▶ Build public awareness about preventing falls, promote fall prevention programs in home and community settings, and educate older adults on how to prevent falls.
- ▶ Implement programs to help youth and adults who were incarcerated return to school, secure employment, and lead healthy lifestyles.



RECOMMENDATIONS

1. Implement and strengthen policies and programs to enhance transportation safety.
2. Support community and streetscape design that promotes safety and prevents injuries.
3. Promote and strengthen policies and programs to prevent falls, especially among older adults.
4. Promote and enhance policies and programs to increase safety and prevent injury in the workplace.
5. Strengthen policies and programs to prevent violence.
6. Provide individuals and families with the knowledge, skills, and tools to make safe choices that prevent violence and injuries.

Reducing injury and violence improves physical and emotional health.



Early Learning Centers, Schools, Colleges, and Universities

- ▶ Encourage youth to use seat belts, bicycle helmets, and motorcycle helmets and to not drive while distracted or under the influence of alcohol or drugs.
- ▶ Collect and report statistics on crimes that result in injuries on or around campuses and issue timely warnings to campus communities about crimes that may threaten safety and health.
- ▶ Implement policies, practices, and environmental design features to reduce school violence and crime (e.g., classroom management practices, cooperative learning techniques, student monitoring and supervision, limiting and monitoring access to buildings and grounds, performing timely maintenance).

Health Care Systems, Insurers, and Clinicians

- ▶ Conduct falls-risk assessments for older adults, including medication review and modification and vision screening.
- ▶ Implement and test models for increasing falls-risk assessments (e.g., physician education, linkages with community-based services).
- ▶ Include occupational and environmental risk assessment when taking patient medical history.

Businesses and Employers

- ▶ Implement and enforce safety policies for all drivers (e.g., seat belts or restraint use, zero tolerance for distracted driving).

- ▶ Implement comprehensive workplace injury prevention programs that include management commitment, employee participation, hazard identification and remediation, worker training, and evaluation.
- ▶ Expand and improve occupational injury and illness reporting systems.

State, Tribal, Local, and Territorial Governments

- ▶ Strengthen and enforce transportation safety policies and programs (e.g., primary seat belt laws, child safety and booster seat laws, graduated driver licensing systems for young drivers, motorcycle helmet use laws, ignition interlock policies).
- ▶ Implement traffic engineering strategies (e.g., sidewalks, pedestrian safety medians) that allow pedestrians, bicyclists, motorists, and public transportation users to safely move along and across streets.
- ▶ Implement countermeasures for impaired driving (e.g., alcohol sobriety checkpoints) and enhance enforcement of speeding and other safety regulations.
- ▶ Implement per se drug impairment laws (presence of any illegal drug in one's system), train law enforcement personnel to identify drugged drivers, and develop standard screening methodologies to detect the presence of drugs.
- ▶ Develop systems to increase access to trauma care.
- ▶ Implement policies to support modifications to the physical environment to deter crime.

Find more information at:

Website:

www.surgeongeneral.gov/nationalpreventionstrategy

Email:

prevention.council@hhs.gov

Twitter:

#NPSAction

Healthy & Safe Community Environments



Clinical & Community Preventive Services



Elimination of Health Disparities

