

## Child Injury

Child injuries\* are preventable, yet more than 9,000 children died from injuries in the US in 2009. Car crashes, suffocation, drowning, poisoning, fires, and falls are some of the most common ways children are hurt or killed. The number of children dying from injury dropped nearly 30% over the last decade. However, injury is still the #1 cause of death among children. More can be done to keep our children safe.

\* 'Child injuries' refers to unintentional injuries that occur among children and teens 0-19 years.

To learn more about injury prevention

→ See page 4

www <http://www.cdc.gov/vitalsigns>



**1 Child**

Every hour, one child dies from an injury.



**1 in 5**

About 1 in 5 child deaths is due to injury.



**4 Seconds**

Every 4 seconds, a child is treated for an injury in an emergency department.

# Problem >> INJURY

The #1 killer of children in the US



For every **1** child that dies there are...

**25** hospitalizations

**925** treated in ER

**Many** more treated in doctors' offices



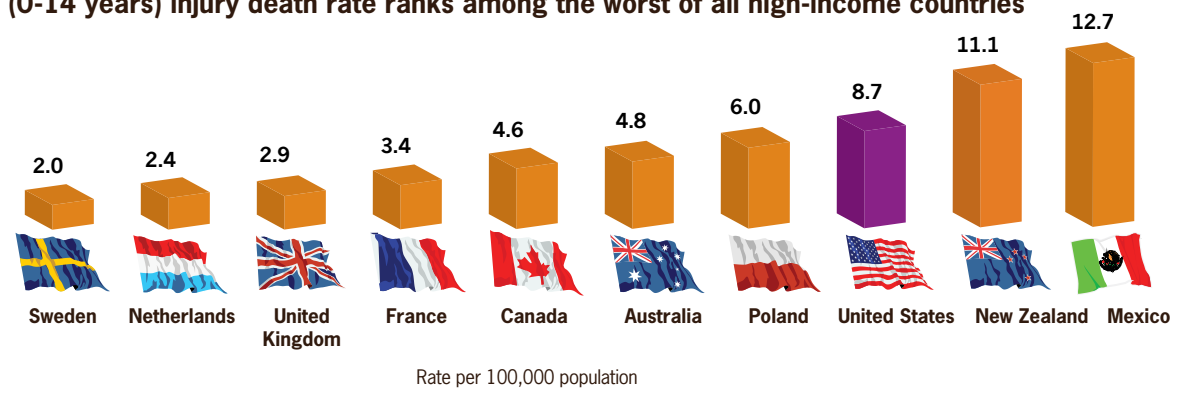
In 2005, injuries that resulted in death, hospitalization or an ER visit cost nearly \$11.5 billion in medical expenses.

SOURCES: Web-based Injury Statistics Query and Reporting System (WISQARS), CDC, 2009.  
National Health Interview Survey, 2009 data release, CDC, National Center for Health Statistics.

## Global view

The US child (0-14 years) injury death rate ranks among the worst of all high-income countries

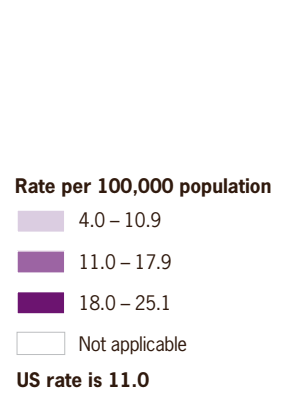
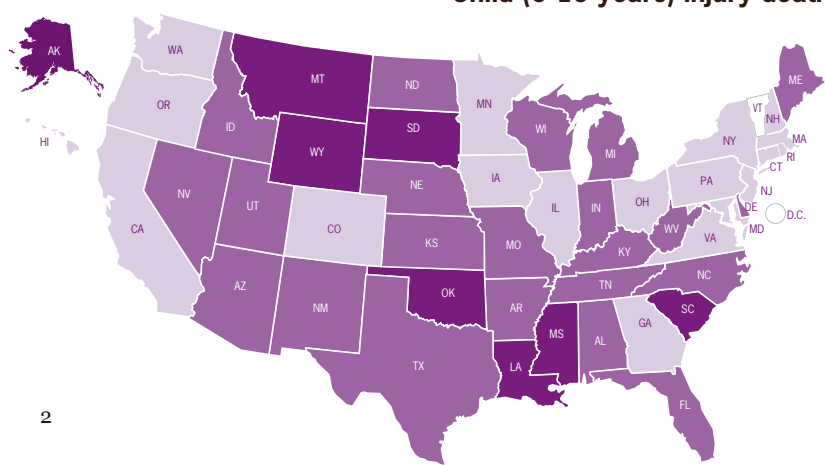
The US child injury death rate is 4 times that of countries with the lowest rates.



SOURCE: Global Health Observatory Data Repository. Mortality and burden of disease: disease and injury country estimates, 2008, by sex and age.

## State view

Child (0-19 years) injury death rates vary by state



In 2009, more than 5,700 children's lives would have been saved if the lowest state death rate was achieved nationally.

SOURCE: Web-based Injury Statistics Query and Reporting System (WISQARS), CDC, 2009.

# Causes of child injury and prevention tips

**4,564** **Motor Vehicle**  
Deaths

41%  
decrease



- Always use seat belts, child safety seats and booster seats that are correct for a child's age and weight.
- Use safe-driving agreements or contracts with teens.

**Suffocation**

**1,160**  
Deaths

30%  
increase

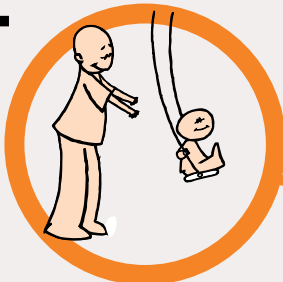


- Make sure infants sleep alone; placed on their backs on a firm surface.
- Be sure crib meets safety standards.
- Avoid loose bedding or soft toys in crib.

**151**  
Deaths

**Fall**

19%  
decrease



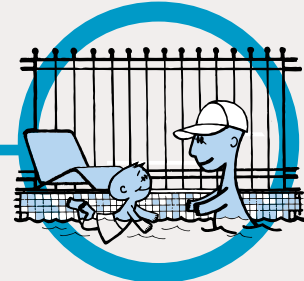
- Use a soft landing surface on playgrounds (such as sand or wood chips, not dirt or grass).
- Use protective gear, like a helmet, during sports and recreation.
- Install protective rails on bunk beds and loft beds.

**Total Deaths**  
**9,143**

**Drowning**

**983**  
Deaths

28%  
decrease



- Learn to swim – important for parents and kids.
- Use a four-sided fence with self-closing and self-latching gates around pool.
- Watch kids closely when they are in and around water.

**391**  
Deaths

**Fire/burn**

45%  
decrease



- Use smoke alarms – where people sleep and on every level of the home – and test monthly.
- Create and practice a family fire escape plan.
- Install a home fire sprinkler system if possible.

**Poisoning**

**824**  
Deaths

80%  
increase



- Keep medicines away from children and teens.
- Keep cleaning solutions and other toxic products in original packaging and where children can't get them.

# What Can Be Done



## States and communities can

- ◇ Align efforts with the National Action Plan for Child Injury Prevention, released in 2012 by CDC and more than 60 partner organizations. Visit [www.cdc.gov/safecchild](http://www.cdc.gov/safecchild).
- ◇ Strengthen data collection on child injury to identify problems and track progress.
- ◇ Use strategies shown to reduce injuries such as graduated driver licenses, learn-to-swim programs, and prescription drug monitoring programs.
- ◇ Improve access to poison control centers, trauma center care, and preventive services (such as CPR/first aid training).



## Health care systems can

- ◇ Use technology, such as electronic medical records, to improve the speed and quality of care for injured children, and to monitor the number and severity of injuries.
- ◇ Include child safety education for new parents and at all pediatric visits.

## Employers can

- ◇ Protect all employees, including youth, from workplace injuries by complying with existing standards and regulations.
- ◇ Provide proper safety training, education, and protective equipment for each job task.



## Everyone can

- ◇ Take steps to prevent child injury where you live, work, and play.
- ◇ Be a good role model—wear a seat belt, use a helmet, and follow other safety tips.
- ◇ Learn more about protecting the ones you love at [www.cdc.gov/safecchild](http://www.cdc.gov/safecchild).

For more information, please contact

**Telephone: 1-800-CDC-INFO (232-4636)**

**TTY: 1-888-232-6348**

**E-mail: [cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov)**

Web: [www.cdc.gov](http://www.cdc.gov)

Centers for Disease Control and Prevention

1600 Clifton Road NE, Atlanta, GA 30333

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[www.cdc.gov/vitalsigns](http://www.cdc.gov/vitalsigns)

