



# Injuries in Utah, 2013

**Injuries and violence can have a dramatic impact on a person's ability to lead an active, fulfilling life.**

Every day in Utah,

- **5 people die** from injury or violence<sup>1</sup>
- **34 people are hospitalized** due to injury or violence<sup>2</sup>
- **420 people are treated in an emergency department** due to injury or violence<sup>3</sup>.

## Injury Deaths

In 2013, the top five injury related deaths<sup>1</sup> in Utah were: (Table 1)

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

Leading Causes of Injury Death, Utah, 2013

Rank*	Cause of Injury Death	Number of Deaths	Age-adjusted Rate per 100,000 population
1	Suicide	570	21.1
2	Poisoning (excludes suicides)	532	21.6
3	Unintentional Falls	231	10.2
4	Motor Vehicle Traffic Crashes	192	7.1
5	Unintentional Suffocation	61	2.5
6	Homicide	52	1.9
7	Unintentional Drowning	28	1.0
8	Natural/Environment	16	0.7
9	Other Motor Vehicle Non-Traffic Crashes	15	0.6
10	Pedestrian Motor Vehicle Non-traffic and Other	12	0.4

\*Rank is by the number of injury deaths in 2013



**If a disease were killing our children at the rate unintentional injuries are, the public would be outraged and demand that this killer be stopped.**

Former US Surgeon General, C Everett Koop

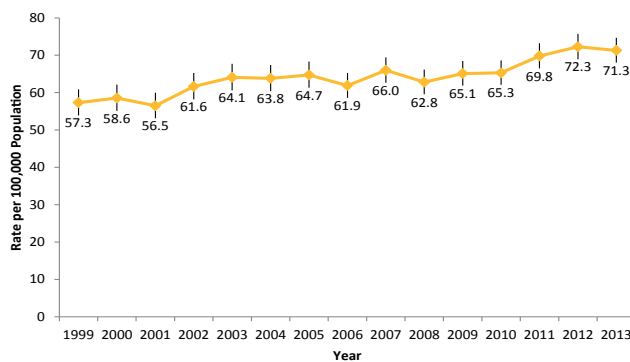


## Utah Trends (Figure 1)

In one year in Utah,

- **1,857 Utahns died** from an injury or violence<sup>1</sup>
- **12,280 Utahns were hospitalized** due to an injury or violence<sup>2</sup>
- **153,372 Utahns were treated in an emergency department** due to an injury or violence.<sup>3</sup> That's enough people to fill the Energy Solutions Arena **eight times!**<sup>4</sup>

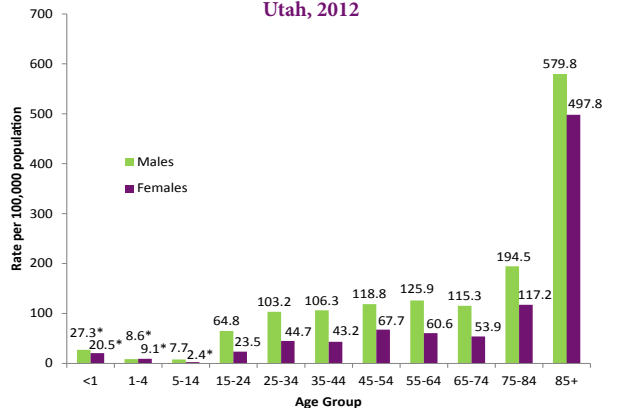
Figure 1: Age-adjusted Rate of Injury Deaths, Utah, 1999-2013



## Age and Sex

Injuries are the leading cause of death for Utahns ages 1-54<sup>1</sup>. Males have a higher rate of injury deaths than females for every age group except children ages 1-4 (Figure 2)<sup>1</sup>.

Figure 2: Crude Rate of Injury Deaths by Age Group and Sex, Utah, 2012



## Cost

Injuries and violence cost more than \$621 million in hospitalization and emergency department charges<sup>2,3</sup> in 2012.



That's enough to buy 3,500 homes in Utah!<sup>5</sup>

## Prevention Tips

Research shows that most injuries are predictable and preventable.

- 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).
- Reduce hazards in the home that can lead to falls.

- Exercise to increase strength and improve balance to help prevent falls.
- 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.
- Wear a helmet while riding bicycles, motorcycles, scooters, OHVs/ATVs, snowmobiles, and during sporting activities.
- 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](http://www.nichd.nih.gov/sids).

## 30 Years of 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 Utah's 12 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 Fund and Traumatic Spinal Cord and Brain Injury Rehabilitation Fund.

## Resources

- Utah Department of Health, Violence and Injury Prevention Program [health.utah.gov/vipp](http://health.utah.gov/vipp)
- Utah Division of Substance Abuse and Mental Health [dsamh.utah.gov](http://dsamh.utah.gov)
- Hope 4 Utah [hope4utah.com](http://hope4utah.com)
- Use Only As Directed [useonlyasdirected.org](http://useonlyasdirected.org)
- Zero Fatalities [ut.zerofatalities.com](http://ut.zerofatalities.com)
- Safe Kids Worldwide [safekids.org](http://safekids.org)
- Brain Injury Alliance of Utah [biau.org](http://biau.org)

## References

- 1 Utah Death Certificate Database, Office of Vital Records and Statistics, Utah Department of Health, 2013 data queried via Utah's Indicator-Based Information System for Public Health (IBIS-PH) [cited 2014 October].
- 2 Utah Inpatient Hospital Discharge Data, Office of Health Care Statistics, Utah Department of Health, 2012 data queried via Utah's Indicator-Based Information System for Public Health (IBIS-PH) [cited 2014 October].
- 3 Utah Emergency Department Encounter Database, Bureau of Emergency Medical Services, Utah Department of Health; 2012 data queried via Utah's Indicator-Based Information System for Public Health (IBIS-PH) [cited 2014 October].
- 4 [http://en.wikipedia.org/wiki/EnergySolutions\\_Arena](http://en.wikipedia.org/wiki/EnergySolutions_Arena)
- 5 The median home price in Utah in 2012 was \$173,500. <http://utahrealtors.com/utah-housing-market-statistics/utah-median-price/>

*Last updated: October 2014*

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If your life has been affected by an injury or violence, the Utah Department of Health wants to hear from you. Share your story with the Utah Health Story Bank at [www.health.utah.gov/bhp/sb/](http://www.health.utah.gov/bhp/sb/).

### Our Mission

VIPP is a trusted and comprehensive resource for data and technical assistance related to violence and injury. This information helps promote partnerships and programs to prevent injuries and improve public health.

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