

What is an injury?

The physical damage to a human body from a sudden exposure to an amount of energy greater than what can be physiologically tolerated or from lack vital elements, such as oxygen (WHO, 2007).

Injuries are identified by intent.

Intentional

- Injuries that occur as a **result of violence or intent of harm.**
- Can be directed at:
 - One's self
 - Others
 - Groups
- **Includes:** homicide, suicide, sexual assault, domestic violence, some firearm related injuries, & others

Sources: (WHO, 2007), (Maine DHHS,2021), (CDC, 2021)

or

Unintentional

- **Unplanned** Injuries where the outcome causing damage was not sought
- **Includes:** drowning, falls, motor-vehicle and traffic related injuries, poisoning, burns, traumatic brain injury, & more

Sources: (WHO, 2007), (Maine DHHS,2021), (CDC, 2021)

The **mechanism of injury** is the way in which the person was injured or the process by which the injury occurred.

No matter the mechanism or intent, all injuries are **preventable.**

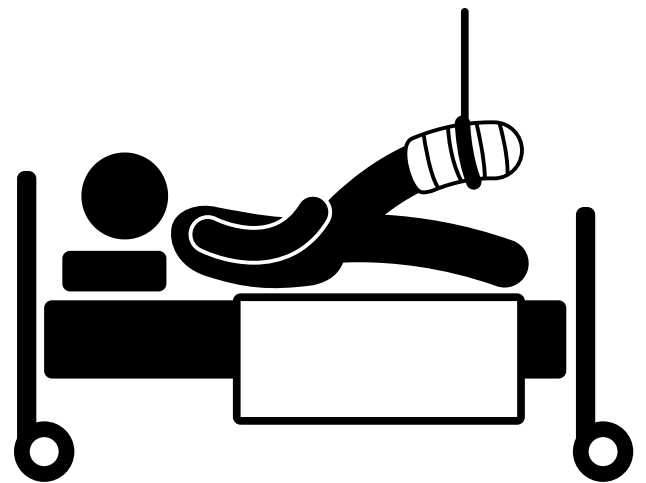
Why prevent injuries?

The high burden to society

- Injuries result in severe, painful **emotional & physical health outcomes**.
 - These can be short-term, long-term, or permanent.
(U.S. DHHS, 2021)
- **Unintentional injuries in Iowa:**
 - Are the 4th leading cause of death for all ages
 - Are the leading cause of death for ages 1-44
(CDC's WISQARS, 2019)
- **In Iowa annually**, injuries and violence resulted in an annual average of:
 - 2,100 deaths
 - 17,200 hospitalizations,
 - 257,000 emergency department visits
(IDPH, 2016-2019)

The monetary cost

- Injuries can result in a **high cost** to lowans
- **Average annual charges** can be up to:
 - \$43,200 per hospitalization
 - \$2,700 per emergency department visit
(IDPH, 2016-2019)



References

- World Health Organization. (2007, September). The role of public health in injury prevention. PDF. https://www.euro.who.int/_data/assets/pdf_file/0010/98803/Policy_briefing_1.pdf.
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