

Injury Prevention and Safety

Traffic Safety, Prevention of Senior Falls,
Poisoning, Suicide, Drowning, and Violence and
Abuse

Healthy Hawai'i 2020
A Community Health Plan

Traffic Safety

Motor vehicle crashes are the third leading cause of injury related deaths in Hawaii and the second leading cause of injury related hospital admissions. Approximately 117 people die in motor vehicle crashes each year, including 49 occupants of cars and trucks, 32 motorcycle or moped riders, and 32 pedestrians. Driver impairment, speeding, and failure to use seatbelts, child restraints, and helmets are the leading behavioral factors involved in fatal motor vehicle crashes. Alcohol- or drug-impaired driving was involved in over half (53%) of the deaths from traffic crashes in Hawaii. Nearly half (49%) of the fatally injured occupants were not wearing seat belts, and the majority (69%) of motorcycle and moped riders were not wearing helmets at the time of the crash. Impaired drivers of cars or trucks were less than half as likely to use seat belts, compared to other fatally injured drivers (27% vs. 52%, respectively).

Pedestrian deaths are the sixth leading cause of fatal unintended injuries in Hawaii. More than one-third (37%) of the victims were seniors (aged 65 years or older). Hawaii had the highest senior pedestrian traffic fatality rate of all 50 states over the 2010-2014 period.

Indicators

- Decrease the age-adjusted mortality rate from motor vehicle traffic crashes
 - 2011-2015 Baseline: 7.1 per 100,000
 - Hawaii 2020 target: 6.7 per 100,000
 - HP 2020 objective: 12.4 per 100,000
- Increase helmet use by motorcycle riders
 - 2012-2016 Baseline: 55.7%
 - Hawaii 2020 target: 65.0%
 - HP 2020 objective: 74%
- Increase helmet use by moped riders
 - 2012-2016 Baseline: 26.9%
 - Hawaii 2020 target: 36.0%
 - HP 2020 objective: --
- Decrease the age-adjusted mortality rate of pedestrian traffic deaths
 - 2011-2015 Baseline: 1.6 per 100,000
 - Hawaii 2020 target: 1.26 per 100,000
 - HP 2020 objective: 1.4 per 100,000

Strategies

- Increase restraint use by public awareness messages regarding the new universal seat belt law and during “Click it or Ticket” campaign.
- Continue to support statewide child passenger safety efforts
- Reduce impaired driving by increasing use of screening and brief interventions in hospitals and primary health centers across the state.
- Increase helmet use among motorcycle and moped riders by supporting universal moped and motorcycle helmet laws.
- Decrease pedestrian fatalities by supporting the implementation of “complete streets” in each county.

Senior Fall Prevention

Falls are the most common type of fatal unintentional injuries in Hawaii. Death rates from falling dramatically rise as age increases. Each year approximately 105 seniors (ages 65 and older) die as a result of a fall. While several other reports and fall prevention plans including Hawaii’s Executive Office on Aging use ages 60 and older rather than 65 and older, in order to be show comparisons between Hawaii and the Nation, 65 and older is used in this plan.

Indicators

- Decrease the mortality rate due to falls among people 65 years of age and older.
 - 2011-2015 Baseline: 42.3 per 100,000
 - Hawaii 2020 target: 34.8 per 100,000
 - HP 2020 objective: 47 per 100,000

Strategies

- Raise awareness about fall prevention among older adults, caregivers, and providers.
- Increase availability and accessibility of fall prevention programs statewide.
- Engage professionals and community members in fall prevention.

Poisoning Prevention

Drug poisonings or overdoses were the second leading cause of unintentional injury deaths in Hawaii from 2011 to 2015, resulting in at least 573 deaths. Preventing prescription drug overdoses requires getting more information on the type of drugs causing deaths and if the victim got them through legal or illegal means.

The Hawaii State Department of Public Safety (DPS) established Hawaii’s Prescription Drug Monitoring System as a first step in determining misuse and abuse of controlled substances.

Indicators

- Decrease the mortality rate due to unintentional and undetermined poisonings.
 - 2011-2015 Baseline: 9.8 per 100,000
 - Hawaii 2020 target: 9.1 per 100,000
 - HP 2020 objective: 11.1 per 100,000

Strategies

- Gain access and use of DPS Prescription Drug Monitoring System (PDMS) database.
- Conduct survey of prescribers to target education on appropriate prescribing practices.
- Link autopsy records to PDMS database and analyze trends.
- Increase the percent of prescribers registered for access to PDMS.

Suicide Prevention

Suicide was the single leading cause of fatal injuries in Hawaii over the 2004 - 2015 time period, with a generally increasing trend in the annual rate of suicide among Hawaii residents. In 2013, Hawaii high school students had the 8th highest (of 34 states) self-reported prevalence for making a plan for suicide (16 percent), the 8th highest (of 35 states) for attempting (11 percent), and the 14th highest (of 33 states) prevalence for being treated for a self-inflicted injury (3 percent) in the country. Among Hawaii students, the prevalence of these risk factors was generally higher among female students.

Indicators

- Reduce the mortality rate due to suicides.
 - 2011-2015 Baseline: 12.3 per 100,000
 - Hawaii 2020 target: 10.2 per 100,000
 - HP 2020 target: 12 per 100,000

Strategies

- Increase the number of gatekeepers, or individuals trained to identify persons at risk of suicide and respond appropriately, using ASIST, safeTALK, and Connect programs.
- Increase the number of individuals referred by gatekeepers for services.
- Increase public awareness through work with PSHTF to develop and disseminate suicide prevention messages to the community.

Drowning Prevention

Drowning is the third leading cause of deaths due to unintended injuries among Hawaii residents, and by far the leading cause of injury-related deaths among non-residents, accounting for 52% of the total. On average 77 people die each year due to drowning, mostly (65, or 85%) in the ocean.

Indicators

- Reduce the mortality rate due to drowning.
 - 2011-2015 Baseline: 2.6 per 100,000
 - Hawaii 2020 target: 2.2 per 100,000
 - HP 2020 target: 1.1 per 100,000

Strategies

- Establish a task force to develop a statewide approach to drowning prevention.
- Implement a statewide educational campaign to increase ocean safety awareness among residents and visitors.
- Evaluate current drowning prevention efforts and disseminate information about best practices.

Violence Prevention

Violence is a serious public health problem in the United States. From infants to the elderly, it affects people in all stages of life. In 2010 and over 16,250 people were victims of homicide. The number of violent deaths tells only part of the story. Many more survive violence and are left with permanent physical and emotional scars. Violence also erodes communities by reducing productivity, decreasing property values, and disrupting social services. Child abuse and neglect (CAN), domestic violence (DV), and sexual violence (SV) are types of violence which are particularly concerning.

Indicators

- Reduce the rate of confirmed CAN reports per 1,000 children (<18 years).
 - 2014 Baseline: 4.3 per 100,000
 - Hawaii 2020 target: 4.1 per 100,000
 - HP 2020 target: 8.5 per 100,000

Strategies

- Train and educate professionals, communities on the issues of CAN
- Provide training and technical assistance to Rape Prevention and Education (RPE) funded organizations on the implementation of sexual violence prevention strategies
- Provide parent education and family supports to strengthen families, reduce social isolation, and stressors that may place families at risk for CAN
- Screening for domestic violence and referring to DV resources/services by home visiting program personnel.

Citations and further resources

[Hawaii State Department of Health, Emergency Medical Services and Injury Prevention System Branch](#)

[Hawaii Injury Prevention Plan 2012-2017](#)