

KNOW INJURY IN THE MIDWEST

Injury is the leading underlying cause of death in Western Australia for ages 5-44 years.¹

In 2015 throughout the Midwest there were 41 fatalities and 2,162 hospitalisations due to injury. These hospitalisations consumed 7,125 bed days at an approximate cost of \$16,747,125.

The leading causes of these hospitalisations were falls, road trauma and assault; whilst intentional self-harm, road trauma and falls were the leading causes of fatalities.

Individuals aged **45-64** contributed to the highest proportion of injuries in the Midwest from 2011 to 2015.

Aboriginal peoples experienced over **2.2 times** the rate of injury hospitalisations in the Midwest from 2006 to 2015 compared to non-Aboriginal people.

Injury is the physical or mental harm to a person resulting from intentional or unintentional contact with an object, substance or another person.

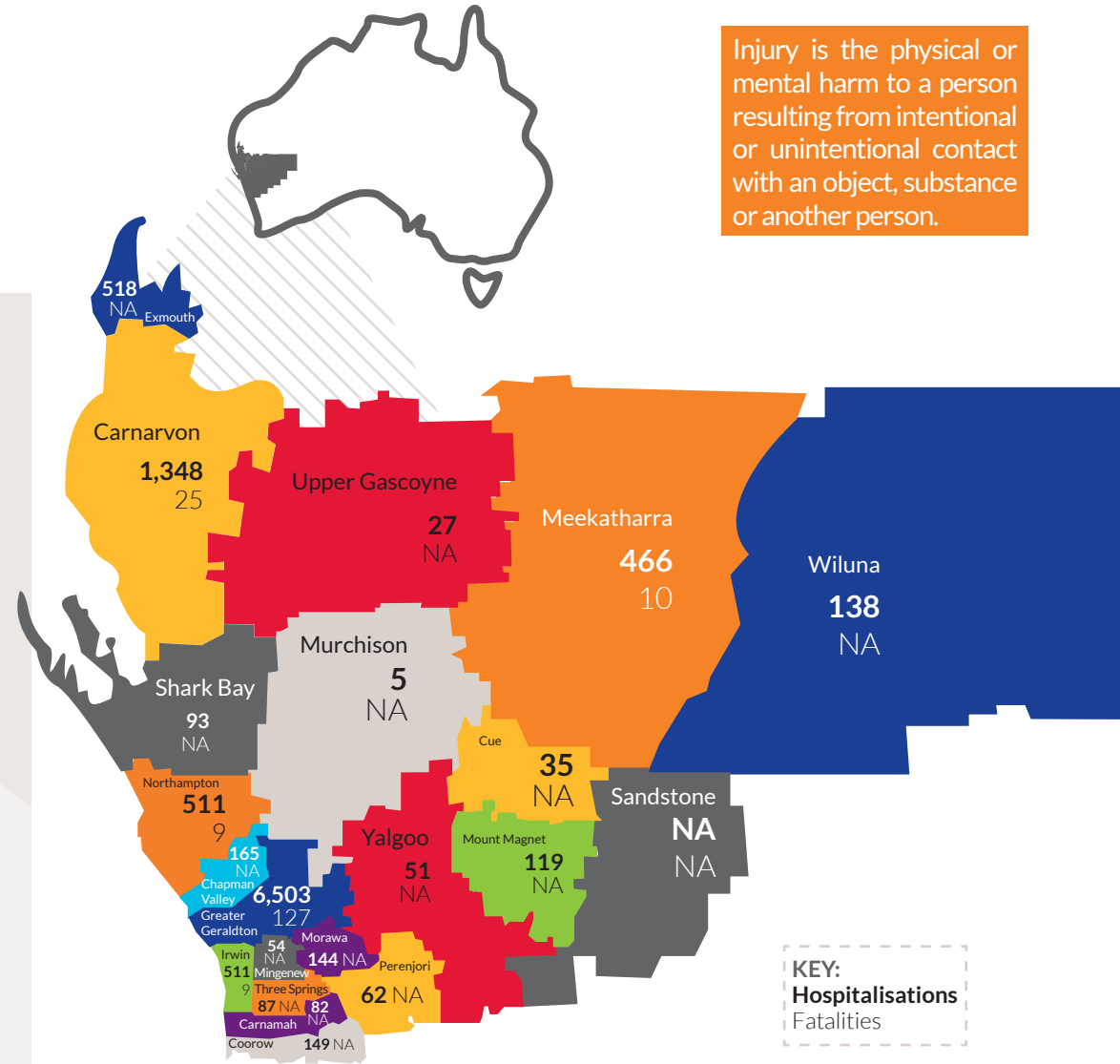


Figure 1. The number of hospitalisations (2012-16) and fatalities (2011-15) within Midwest local governments due to injury.



The Know Injury program is provided by Injury Matters in partnership with the Department of Health WA
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We acknowledge the Traditional Custodians of the lands and waters throughout Western Australia and pay respects to Elders past and present. We recognise the importance of continued connection to culture, country and community for Aboriginal and Torres Strait Islander peoples.

	Hospitalisations		Fatalities	
	Number	ASR*	Number	ASR*
Falls	2,743	816.6	34	10.3
Exposure to mechanical forces	1,803	552.7	0	N/A
Road trauma	1,308	405.9	52	15.5
Assault	937	306.6	10	N/A
Intentional self-harm	497	158.0	58	17.4
Burns and Scalds	245	74.3	N/A	N/A
Poisoning	207	62.4	22	6.5
Drowning	30	8.8	5	N/A

Figure 2. The number and rate of injury hospitalisations and fatalities in the Midwest from 2011-15.

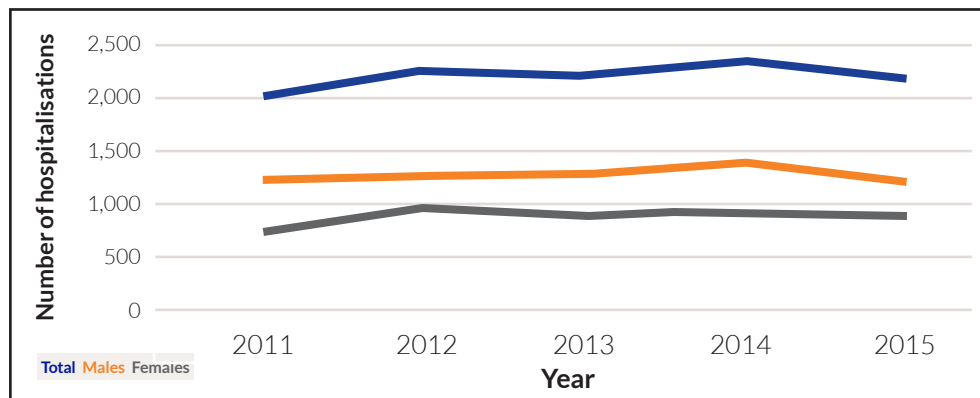


Figure 3. The number of injury hospitalisations in the Midwest from 2011-15, by gender.

Data notes:

All hospital separations and fatalities within this report are identified using the principle diagnosis ICD-10-AM codes of S00-T98. *ASR's (Age Standardised Rate) are standardised with the Australian 2001 standard population and expressed per 100,000 people. Any hospitalisation or fatality counts less than five have been suppressed within this document to protect privacy and data confidentiality (N/A)

How can we reduce the impact of injury in the Midwest?

Gaining an insight into the prevalence of injury within the Midwest region can assist in identifying injury areas, which may require targeted prevention interventions. Given the incidence of falls, intentional self-harm, road trauma and assault in the Midwest some actions which can be taken to reduce their prevalence include:

- FALLS**
 - Engage in Stay On Your Feet® campaigns to increase community members' awareness of actions that they can take to reduce their risk of falling.
 - Promote local strength and balance exercise classes.
- INTENTIONAL SELF-HARM**
 - Support local health professionals to complete Mental Health First Aid training.
 - Promote the use of mental health and counselling services.
- ROAD TRAUMA**
 - Improve road infrastructure by sealing shoulders, installing audible edge lines, removing roadside hazards and installing safety barriers.
 - Generate awareness of the importance of road safety by distributing WALGA Roadwise's resources.
- ASSAULT**
 - Increase the capacity of first responders intervening in cases of family and domestic violence.
 - Restrict alcohol advertising at sporting venues.

Visit www.knowinjury.org.au/know/injury-topics for additional injury prevention interventions.

References:

- Australian Bureau of Statistics. 3303.0 - Causes of Death, Western Australia, 2018. (2019). All data has been generated using HealthTracks Reporting, by the Epidemiology Branch, Department of Health WA in collaboration with the Cooperative Research Centre for Spatial Information (CRC-SI).