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## Australian Injury Prevention Network December E-Bulletin

### **Injury Incidence Newsletter - Spring/Summer Edition now Available**

With a range of articles covering a wide variety of topics including the 2014 AIPN Annual General Meeting, the Women of Influence Awards and recent conference reports, the latest edition of Injury Incidence is a great read! You can access the newsletter by clicking [here](#).

### **2015 Conference – Save the Date!**

As mentioned in previous e-bulletins, the 12th Australasian Injury Prevention and Safety Promotion Conference, an initiative of the AIPN, is being hosted by The George Institute for Global Health 25-27 November 2015.

With a theme of "Impact and Innovation: Preventing Injury in a Changing World", the Conference will be a multi-disciplinary event featuring representatives from all facets of injury prevention including research, teaching, practice and policy.

Themes will be varied and cover topics such as child and family safety, road and transport safety, falls and ageing, water safety (including drowning), burns prevention, injury in a global perspective, rural and remote injury prevention, sports injury prevention and treatment, workplace safety, injury amongst Aboriginal and Torres Strait Islander communities and more.

The conference is expected to attract over 250 delegates including health professionals, researchers, medical practitioners, local, state and commonwealth government officers, workplace health and safety professionals and other interested people.

Abstract submissions will open in early February 2015 and we encourage you to share your expertise with the conference.

To find out more, visit [www.injuryprevention2015.com.au](http://www.injuryprevention2015.com.au).

### **Trampolines and Playgrounds A Leading Cause of Injury to Australian Children**

\* Please note: this originally was prepared as a press release for the AIPN \*

A new report from the Australian Institute of Health and Welfare (AIHW) shows that injuries sustained whilst playing on trampolines, or on playground equipment, were among the leading cause of hospitalisation amongst children aged 1 to 9 years.

The report, *Hospitalised Injury in Children and Young People: 2011-12*, shows that nearly 20% of

injury hospitalisations were associated with falls from playground equipment for children aged 1 – 4 years of age. Of this, 40% of the falls were from trampolines.

“Falls involving trampolines have been increasing amongst young children over the last several years, and it seems the safety messages about this product are not getting through to parents” said Dr Sophie Pointer, Deputy Director of the National Injury Surveillance Unit and author of this report.

Despite numerous public health campaigns targeting water safety, as well as recent legislative changes affecting safety around swimming pools, including inflatable and rigid-walled pools easily available from major retailers, children aged 0 – 4 years are still being hospitalised due to near drowning incidents in the home.

“Whilst 75% of infant drowning events occurred in bathtubs, 58% of drowning among children aged 1-4 occurred in a swimming pool” said Dr Pointer.

“This is another key area where safety messages, whilst known, are not necessarily being acted upon in the home. Leaving infants unattended, or under the supervision of other young children, are the most common factors associated with drowning” added Dr Pointer.

The report also found high rates of hospitalisations due to transport injury, intentional self-harm and assault among older children and adolescents.

“For example, every year in Australia, for every 1000 adolescents aged 15-17yrs, 6 are hospitalised with an injury resulting from intentional self-harm, and 5 of these are female. These rates are much higher than the rate of self-harm in all Australians for the same period” explained Dr Pointer.

This report shows that there are almost half a million hospitalisations from injury per year in Australia, and 16% of these are children and young people (aged 0-17yrs). This is equivalent to every child from 138 average-sized Australian schools, every year, sustaining an injury serious enough to be hospitalised.

“When a child is seriously injured, there can be enormous physical, emotional and financial costs to families, and the community”, says Associate Professor Kerriane Watt, President of the Australian Injury Prevention Network (AIPN).

“Injury is no accident, but injury prevention is currently desperately under-funded. Reports such as this are crucial for us to understand the burden of the problem, and how best to prevent injuries from occurring” added Associate Professor Watt.

“This report highlights the opportunity we have to make a real impact on preventing injury and to reduce costs to families, and load on health services. We hope that this report will raise general awareness about the importance of injury prevention, especially leading up to the Christmas period”, explained Associate Professor Watt.

“In the lead up to Christmas, the AIPN urges parents to think about the safety of their children when big ticket items such as trampolines and backyard pools are on the Christmas wish list. Follow the safety instructions, and always supervise your kids when they are on the trampoline or in the pool so your kids don't end up spending time in hospital in the New Year” finished Associate Professor Watt.

### **New AIHW Report Looks at Suicide and Self-harm**

Suicide and intentional self-harm are significant public health problems in Australia, with the number of Australians who died by suicide averaging around 2,000 each year since the mid-1980s, according to a report released early in December by the Australian Institute of Health and Welfare (AIHW).

For over a decade, more than 20,000 Australians have been admitted to hospital each year as a result of intentionally self-inflicted injuries.

The report, *Suicide and hospitalised self-harm in Australia: trends and analysis 2010-11*, shows that suicides accounted for 2,282 injury deaths in Australia in 2010-11. This is lower than when the number of deaths by suicide peaked at over 2,600 in 1997 and 1998.

Suicide death rates for males, adjusted for age, have fluctuated at around 20 deaths per 100,000 people between 1921 and 2010,' said AIHW spokesperson Professor James Harrison.

Rates for females were about 5 deaths per 100,000 people per year in most of this period.

The report also looks at generational differences in suicide.

For more information, and a copy of the full report, visit the Australian Institute for Health and Welfare website [here](#).

### **ACRISP Recognised as International Olympic Committee Centre for Prevention of Injury and Protection of Athlete Health**

Protecting athletes' health and preventing injuries and illnesses in sport are top priorities for the International Olympic Committee (IOC) and its Medical Commission, which is why nine research centres from across the world have been named as IOC Research Centres for Prevention of Injury and Protection of Athlete Health, including the Australian Centre for Research into Injury in Sport and its Prevention (ACRISP), Federation University Australia.

Over the next four years, ACRISP will be tasked with researching, developing and implementing effective preventive and treatment methods for sports-related injuries and illnesses. It will receive financial support from the IOC and join an international network of expert scientists and clinicians in sports-injury and disease-prevention research.

"These centres have all demonstrated that they are at the forefront of research in sports medicine and are committed to our shared goal of using knowledge and resources to ensure the athletes' well-being so that sportsmen and women can perform at their best level with minimal risks to their health." commented IOC Medical Commission Chair and Executive Board member Dr Uğur Erdener.

Since 2009, the IOC, under the leadership of its Medical Commission, has supported and partnered with established research centres from around the world which have demonstrated clinical, educational, and research expertise in the fields of sports medicine and elite sports to promote the athletes' health through the prevention of injury and illness.

For more information visit the ACRISP website [here](#).

### **ACRISP Features Prominently at BeActive 2014**

BeActive, the national sports injury prevention conference presented by Sports Medicine Australia was held in Canberra in October 2014, and featured high profile keynote speakers including Dr Darren Burgess, Head of High Performance at Port Adelaide Football Club, Professor Stuart Biddle of Loughborough University UK and Professor Jill McNitt-Gray of the University of Southern California.

Dr Corey Joseph, Research Fellow from the Australian Centre for Research in Injury in Sport and Its Prevention attended the conference, and prepared a report for AIPN members, which can be accessed [here](#).

### **World Injury Conference 2016 Announced for Finland**

The International Organizing Committee of the series of World Conferences on Injury Prevention and Safety Promotion is pleased to announce that the 12th World Conference on Injury Prevention and Safety Promotion - Safety 2016 - will take place in Tampere, Finland from 18-21 September 2016.

The theme of the conference is "From research to implementation".

Finland's National Institute for Health and Welfare, a research and development institute under the Finnish Ministry of Social Affairs and Health, will serve as the main organizer, along with a number of other national partners.

Safety 2016 is co-sponsored by the World Health Organization, with an official first announcement will be issued in mid-January 2015.

### **WHO Highlights the Devastating Global Impact of Drowning**

The World Health Organization's first *Global report on drowning: preventing a leading killer* reveals that drowning claims the lives of 372,000 people each year and is among the ten leading causes of death for children and young people in every region.

Other findings from the report include:

- Globally, over half of all drowning deaths are among those aged under 25 years
- The highest rates for drowning are among children under five years of age
- Males are two times more likely to drown than females
- More than 90% of drowning occurs in low- and middle-income countries, with the highest rates in the African, South-East Asia and Western Pacific regions

"Efforts to reduce child mortality have brought remarkable gains in recent decades, but they have also revealed otherwise hidden childhood killers," says WHO Director-General Dr Margaret Chan. "Drowning is one. This is a needless loss of life. Action must be taken by national and local governments to put in place the simple preventive measures articulated by WHO."

Strategies for local communities include: installing barriers to control access to water; providing safe places such as day care centres for children; teaching children basic swimming skills and training bystanders in safe rescue and resuscitation. At national level, interventions include: adoption of improved boating, shipping and ferry regulations; better flood risk management and comprehensive water safety policies.

For a copy of the full report visit the WHO Violence and Injury Prevention website [here](#).

### **Updated Position Paper Available on Indigenous Injury Prevention**

The AIPN Committee on Aboriginal and Torres Strait Islander Injury Prevention is pleased to release an updated Position Paper on the issue.

Edited by Professor Kathie Clapham, Professor of Indigenous Health at the University of Wollongong, the paper adds to the complement of similar publications the AIPN has produced on Cycle Helmets, Quad Bikes, Mobility Scooters, Interpersonal Violence and Alcohol and Injury.

The Indigenous Injury Prevention Position Paper can be accessed [here](#), whilst the other five publications can be accessed via the AIPN website by clicking [here](#).

### **International Collaborative Effort (ICE) on Injury Statistics and Methods Meets in Washington**

Associate Professor Kirsten Vallmuur, AIPN Executive Committee member and ARC Future Fellow at the Centre for Accident Research and Road Safety – Queensland, recently attended the International Collaborative Effort (ICE) on Injury Statistics and Methods meeting in Washington as an invited participant. Over the past 20 years the International Collaborative Effort (ICE) on Injury Statistics and Methods has provided a forum for international exchange and collaboration among injury researchers.

The purpose of the Injury ICE is to develop and promote standards in data collection and analysis and to improve international comparability of injury data.

The biannual meeting of the Injury ICE was held on October 22-24, 2014 in Washington DC. The agenda for this 2.5 day meeting included multiple sessions on international efforts in measuring injury outcomes and disability, injury severity, standardized injury indicators and frameworks for reporting injury data, data linkage and data mining methodologies, injuries from consumer products, and occupational injuries and outcomes.

The members of ICE will continue work on many of these topic areas over the next two years, with the next meeting likely to be held in conjunction with the World Injury Conference in 2016.

## AIPN Injury Incidence Newsletter

Do you have a project or some research you'd like to share? Some new or emerging policy issues that impact on injury and its prevention? Please consider contributing an article to the next Injury Incidence. Articles can be forwarded to: [secretariat@aipn.com.au](mailto:secretariat@aipn.com.au) or [newsletter@aipn.com.au](mailto:newsletter@aipn.com.au)

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