

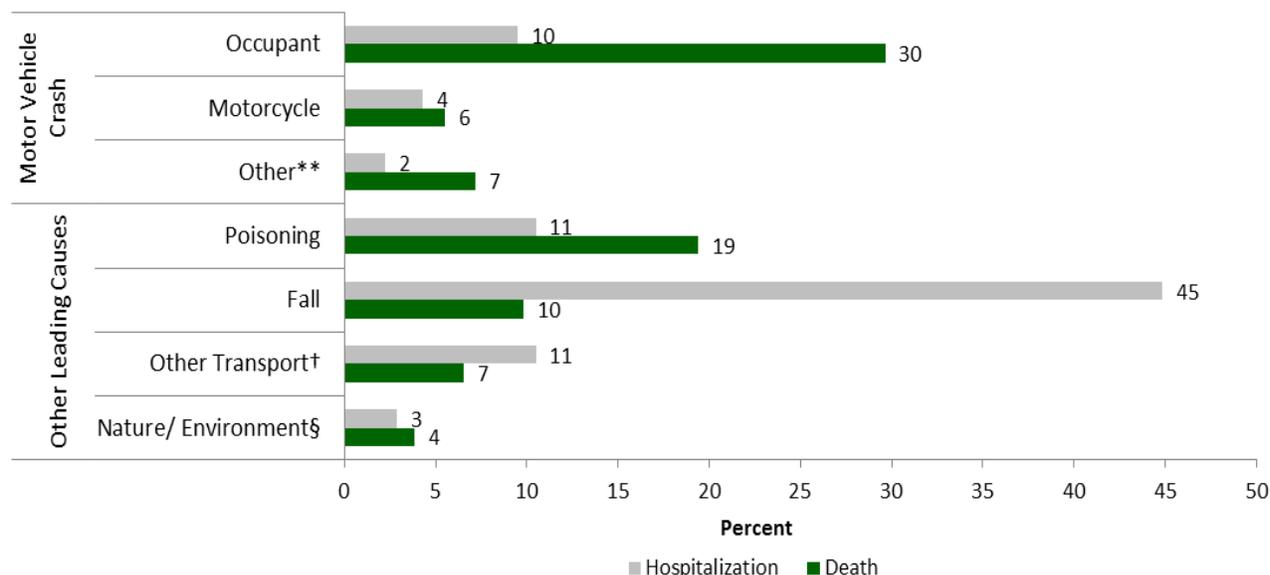
## Leading causes of injury among adults aged 45-64 years

Among Montanans aged 45-64 years, one in eleven deaths is due to injury

Data source: OVS, 2002-2011

Injury is the leading cause of death for people aged 1-44 years and also exacts a substantial toll for middle-aged adults (aged 45-64 years). In fact, one in eleven deaths among middle-aged Montana adults is due to injury. Musculoskeletal changes, increased medication use, vision changes, and other factors associated with aging can increase injury risk. This report examines the specific injury-related causes of death and hospitalization for adults aged 45-64 years in Montana and identifies opportunities to prevent injury.

**Figure 1. Leading causes of unintentional injury deaths (n=1,555) and hospitalizations\* (n=3,908) among adults aged 45-64 years, OVS, 2002-2011, MHDDS, 2009-2012**



\* 12% (n=642) of injury hospitalizations in this age group were missing codes indicating intent of the injuries. Therefore the reported number of hospitalizations due to unintentional injuries is likely to be an underestimate.

\*\*Injured person was pedal cyclist, pedestrian, or other person injured in traffic

† Other transport includes non-traffic transport such as ATVs, snowmobiles, boats, and cars or motorcycles not in traffic.

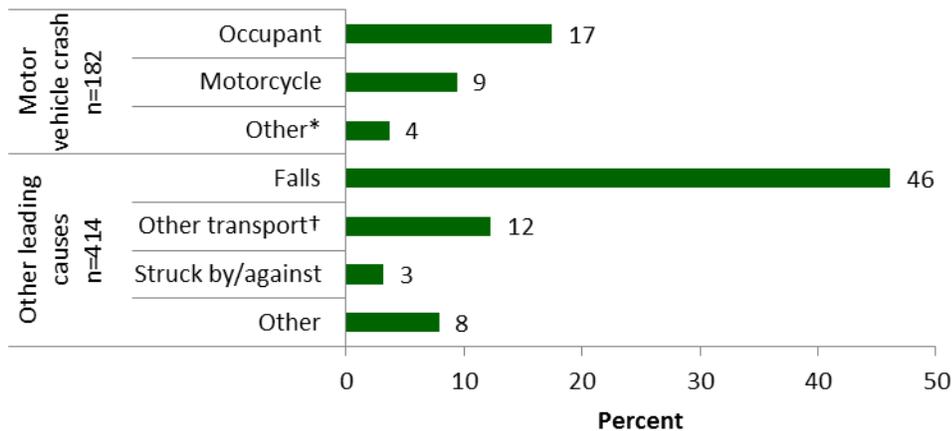
§ Includes exposure to venomous animals, insects, and plants, exposure to excessive temperatures, and natural events like lightning strikes, avalanches, earthquake, etc.

- 43% of unintentional injury-related deaths were due to traffic-related motor vehicle

crashes.

- Nearly half (45%) of unintentional injury-related hospitalizations were due to falls.
  - One in five (19%) unintentional injury-related deaths was due to poisoning.
  - 11% of unintentional injury-related hospitalizations were due to other types of transport, such as ATVs, snowmobiles, and boats (Figure 1).
- Falls accounted for nearly half (46%) and motor vehicle crashes nearly a third (30%) of hospitalizations for unintentional injury resulting in a traumatic brain injury (TBI) (Figure 2).

**Figure 2. Percent of unintentional injury hospitalizations among adults aged 45-64 years resulting in a TBI by mechanism (n=596), MHDDS, Montana, 2009-2012**



### Prevention Opportunities

Common sense prevention steps can prevent many injuries.

**MV crash:** Proper restraint is crucial to protect occupants in the event of a crash. Montana law requires every vehicle occupant be properly restrained. Never drive while under the influence of alcohol or other substances and do not drive while texting, talking on the phone, or having other distractions. While cycling or as a pedestrian, obey traffic laws and wear clothing to make you visible. Take precautions to stay safe on a pedal cycle or motorcycle in traffic including wearing a helmet and knowing how to handle your bike in many different conditions. Training courses on motorcycle rider safety are available. See <http://motorcycle.msun.edu/> for more information.

**Falls:** Severe injuries, including traumatic brain injuries, can be caused by a fall. Wear appropriate foot wear to prevent slipping, tripping, or falling. Use handrails and make sure aisles and walkways are clear of obstructions and loose floor rugs. Wear

protective equipment when working on ladders, roofs, trees, or scaffolding. Consider a class in fall prevention. See our website for more information.

**Poisoning:** Talk to your health care provider (HCP) if you are taking prescription pain medications to learn how to manage and store these drugs to prevent accidental misuse. Keep all medications in a secure place in their original containers. Post the poison control center hotline number (1-800-222-1222) in easy to find locations.

**TBI:** Wear a helmet to protect your head when biking, skiing, snowboarding, skating, horseback riding or riding an all-terrain vehicle (ATV). Recognize signs and symptoms of a TBI which can include confusion, loss of coordination, nausea, headache, or concentration or memory problems. If you experience a hit to the head or have any signs and symptoms of a TBI, you should be evaluated by a HCP. Do not resume activity until cleared by an HCP.<sup>1</sup>

For more information on injury prevention in Montana see the Montana Injury Prevention Program's website at <http://www.dphhs.mt.gov/ems/prevention/> or contact the Montana Injury Prevention program at: [bperkins@mt.gov](mailto:bperkins@mt.gov), 406-444-4126.

## Methods

Data for this report are from the Montana Office of Vital Statistics (OVS) for 2002-2011 using ICD-10.<sup>1</sup> Hospitalization data are from the Montana Hospital Discharge Data System (MHDDS) for 2009-2012 using ICD-9-CM; external cause of injury coding. Hospital Discharge Data are made available courtesy of the Montana Hospital Association.<sup>2</sup> Injuries leading to deaths or hospitalization were classified by intent and mechanism according to the CDC Injury Matrices and the Safe States Alliance criteria.<sup>3,4</sup> Data include Montana residents only.

## References

1. <http://apps.who.int/classifications/icd10/browse/2010/en>
2. <http://icd9cm.chrisendres.com/index.php?action=contents>
3. [http://www.cdc.gov/nchs/injury/injury\\_matrices.htm](http://www.cdc.gov/nchs/injury/injury_matrices.htm).
4. Injury Surveillance Workgroup. Consensus recommendations for using hospital discharge data for injury surveillance. Marietta, GA: Safe States Alliance; 2003.