



# Preventing Injuries and Promoting Safer Communities

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[www.injurymatters.org.au](http://www.injurymatters.org.au)

Injury Matters acknowledges the Traditional Custodians of the lands and waters throughout Western Australia and pays respects to the Elders past, present and emerging.

**We recognise the importance of continued connection to culture, country and community for Aboriginal and Torres Strait Islander peoples.**

Our Reconciliation Action Plan can be found at [www.injurymatters.org.au](http://www.injurymatters.org.au)

*Artwork: "Standing Strong" by Nerolie Bynder Blurton*



# We're for safer *people and places.*



Injury Matters focuses on influencing policy  
empowering communities, collaborating with  
people and stakeholders, to prevent injury  
and support recovery in WA.

# Definitions



## INJURY

Physical or mental harm to a person resulting from intentional or unintentional contact with an object, substance, or another person.



## INJURY PREVENTION

Actions to remove or reduce physical or mental harm.



## RECOVERY

The process of improving an individual's state of physical or mental wellbeing following an injury.





**>3 Western Australians die every day from injuries<sup>2</sup>**



EACH YEAR,  
APPROXIMATELY  
**1 OUT OF 5**

**WESTERN  
AUSTRALIANS  
REPORT AN**

**INJURY** REQUIRING  
TREATMENT BY A  
HEALTH PROFESSIONAL.<sup>3</sup>

IN 2018,  
**INJURY  
WAS THE  
LEADING  
UNDERLYING  
CAUSE OF  
DEATH**

for Western  
Australians aged  
5-44 years.<sup>2</sup>



Injury affects all Western  
Australians; however **it  
does not affect all  
population groups  
equally.**

In WA people who live **regionally, older adults**  
(65 years and older), **males, youth** (15 to 24 years),  
**Aboriginal and Torres Strait Islander** peoples, and  
individuals living in **socio-disadvantaged** areas are  
**disproportionally impacted by injury.**<sup>4</sup>



THE **LEADING CAUSES** OF INJURY FATALITIES  
were intentional self-harm (n=383), falls  
(n=352) and **poisoning** (n=210)<sup>2</sup>



IN 2012,

**THE TOTAL COST OF  
INJURY EVENTS WAS  
\$9.6 BILLION**

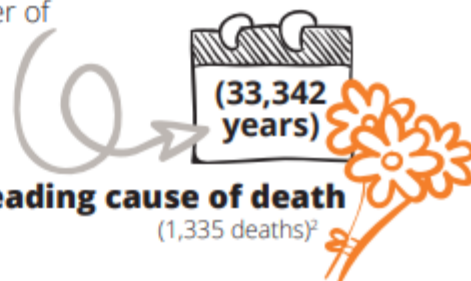
DUE TO HEALTH CARE NEEDS,  
LOSS OF PRODUCTIVITY AND QUALITY OF LIFE LOST.<sup>4</sup>



THE IMPACT OF  
INJURY IN WESTERN  
AUSTRALIA  
REINFORCES THE  
IMPORTANCE OF  
FOCUSING ON THE  
PREVENTION OF  
INJURY AND THE  
NEED TO MAKE  
INJURY PREVENTION  
**A PRIORITY.**

In 2018, **injury  
was the leading  
contributor** to  
the number of  
years of  
potential  
life lost  
and the

**fourth leading cause of death**  
(1,335 deaths)<sup>2</sup>



# Snapshot of injury in WA



Over three people die everyday due to an injury-related incident.



One in six people report an injury that required treatment by a health professional every year.



Injury was the leading underlying cause of death for individuals aged 1 – 54 years.

# Cross-cutting risk factors and injury

Alcohol

Extreme Weather

Built Environment

Falls  
Intentional self-harm  
Nonsuicidal Self-Injury (NSSI)  
Road Trauma  
Substance-related harm  
Drowning  
Violence  
Burns and Scalds  
Poisoning  
Workplace Injuries

# Determinants of Health

## Social determinants

1. Education and literacy levels
2. Employment and job security
3. Working conditions
4. Social enrichment in the early developmental stages of life
5. Food security, including quality or quantity of food
6. Housing access and security
7. Access to social services such as childcare, housing support and unemployment support
8. Social inclusion, including access to cultural, social and economic resources
9. Accessibility and quality of health services
10. Gender
11. Race
12. History of colonisation
13. Disability.

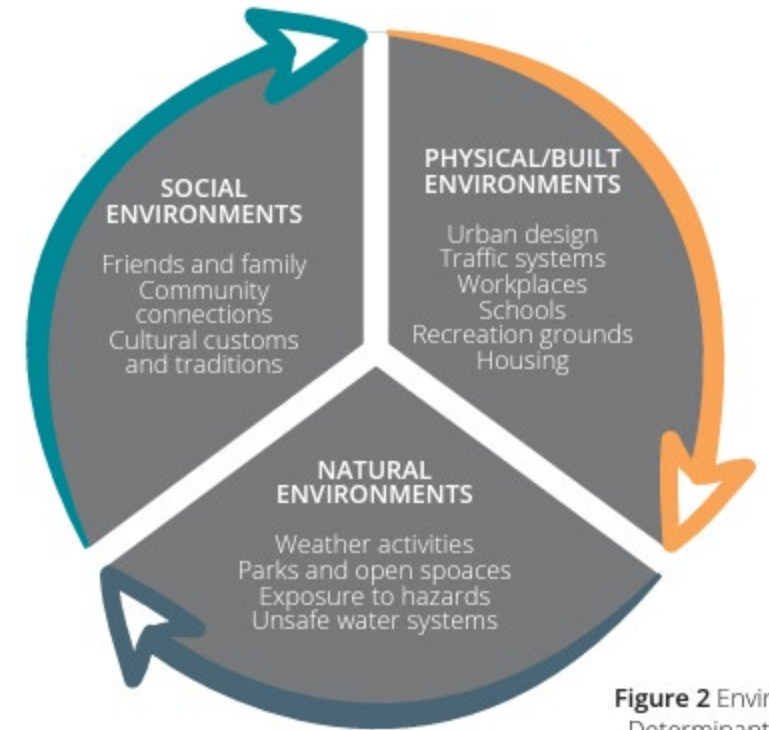


Figure 2 Environmental Determinants of Injury



# Health Promotion Strategic Framework 2022-2026

Preventing Injury and Promoting  
Safer Communities

Reducing Harmful Alcohol Use

Alcohol – WA Mental  
Health, Alcohol and  
Other Drug Services  
Plan 2018-2025

Suicide and Self  
Harm – WA Suicide  
Prevention  
Framework 2021- 25

Family and Domestic  
Violence– Path to  
Safety: WA’s Strategy  
to reduce FDV 2020-30

Driving Change, the  
Road Safety Strategy  
for Western Australia  
2020-2030

Preventing Falls  
in Older People

Protect Children  
and Young People  
from Injury

Improve Safety  
in, on and around  
water

Reduce Road  
Crashes and Road  
Trauma

Promote a Safer  
Built  
Environment

# DRAFT National Injury Prevention Plan

## National Injury Prevention Strategy 2023-2030

**DRAFT Outcome Indicator:**  
Reduce rates of drowning, intentional self-harm, falls, burns, violence, road transport, workplace injuries and sports injuries.

**DRAFT Outcome Indicator:**  
Reduce risks of injuries due to alcohol, extreme weather events and built environment.

**DRAFT Outcome Indicator:**  
Reduce inequalities in the burden of injury.

Babies and children  
(0-14 years)

Youth (15-24 years)

Adults (25-64 years)

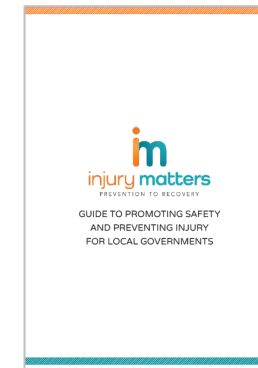
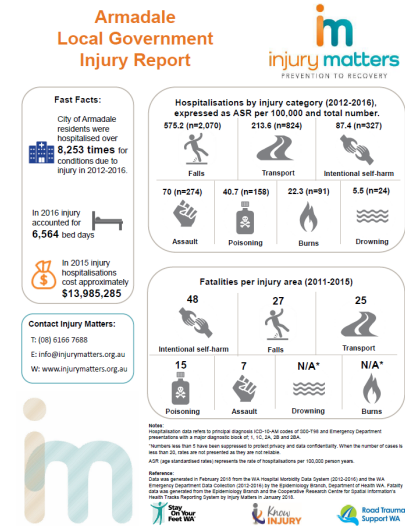
Older Adults (65+ years)

# Supporting Local Government Plans

## Implementation



Resources  
Grants  
Education Sessions  
Training





GUIDE TO PROMOTING SAFETY  
AND PREVENTING INJURY  
FOR LOCAL GOVERNMENTS

# Local Government Public Health Plans

- Identifying health priorities
- Engaging via Data and strategies
- Community consultations and stakeholder groups



# Local Government Injury Data Set

## Vincent Local Government Injury Report



### Fast Facts 2015 to 2019:

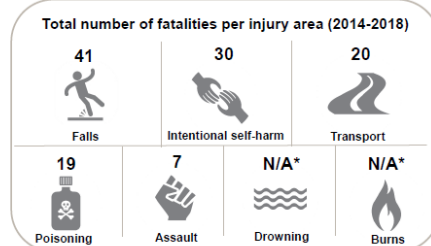
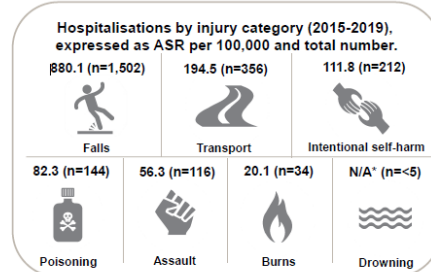
There were over  
**4,334**  
hospitalisations due  
to injury in the City  
of Vincent.

Injury accounted  
for **16,024** bed  
days.

Injury  
hospitalisations  
cost approximately  
**\$35,4869,746**

### Contact Injury Matters:

T: (08) 6166 7688  
E: [info@injurymatters.org.au](mailto:info@injurymatters.org.au)  
W: [www.injurymatters.org.au](http://www.injurymatters.org.au)



Notes:  
Hospitalisation data refers to principal diagnosis ICD-10-AM codes of 500-T98 and Emergency Department presentations with a major diagnostic block of 1, 1C, 2A, 2B and 2BA.

\*Numbers less than 5 have been suppressed to protect privacy and data confidentiality. When the number of cases is less than 20, rates are not presented as they are not reliable.

ASR (age standardised rates) represents the rate of hospitalisations per 100,000 person years standardised to the Australian 2001 standard population.

Reference:  
Data was generated in October 2021 from the WA Hospital Morbidity Data System (2015-2019) and the WA dataset from ABS and the Registry of Births, Deaths and Marriages (2014-2018) by the Epidemiology Branch, Department of Health WA.



## Vincent LGA

### Injury data

Table 4. Cost of hospitalisation (\$) due to injury and poisoning by injury category, Vincent LGA, WA, 2015-2019

| Injury category  | Cost                |
|--|---------------------|
| Transport accidents  | \$3,849,195         |
| Accidental falls   | \$14,072,009        |
| Exposure to mechanical forces  | \$2,838,018         |
| Accidental drowning, submersion, threats to breathing                    | \$19,822            |
| Exposure to electricity, radiation, light, pressure, extreme temperature | \$38,254            |
| Exposure to smoke, fire, hot substances, nature force                    | \$452,253           |
| Accidental poisoning   | \$939,461           |
| Other external causes of accidental injury                               | \$4,228,169         |
| Intentional self-harm  | \$1,433,068         |
| Assault & neglect  | \$720,627           |
| Event of undetermined intent   | \$143,240           |
| Exposure to allergens  | \$10,682            |
| Complications of surgical & medical care                                 | \$346,029           |
| Abnormal reaction following procedure                                    | \$6,391,579         |
| Sequelae   | \$4,541             |
| <b>Total</b>   | <b>\$35,486,947</b> |



## Vincent LGA

### Injury data

Table 1. Number and rates of hospitalisations due to injury and poisoning by injury category and age groups, Vincent LGA, WA, 2015 - 2019

| Injury category  | Total | Numbers by age group |       |       |       |       |     | Age-group specific rates |        |        |        |          |           | ASR    | ASR LCI | ASR UCI |
|--|-------|----------------------|-------|-------|-------|-------|-----|--------------------------|--------|--------|--------|----------|-----------|--------|---------|---------|
|  |       | 0-14                 | 15-24 | 25-44 | 45-64 | 65-84 | 85+ | 0-14                     | 15-24  | 25-44  | 45-64  | 65-84    | 85+       |        |         |         |
| Transport accidents  | 356   | 20                   | 43    | 132   | 105   | 40    | 16  | 78.17                    | 222.36 | 174.78 | 263.23 | 243.59   | 533.69    | 194.5  | 173.71  | 215.29  |
| Accidental falls   | 1,502 | 184                  | 51    | 151   | 228   | 441   | 447 | 719.14                   | 263.73 | 199.94 | 571.59 | 2,685.59 | 14,909.94 | 880.07 | 834.45  | 925.7   |
| Exposure to mechanical forces  | 519   | 91                   | 69    | 199   | 103   | 36    | 21  | 355.66                   | 356.81 | 263.5  | 258.22 | 219.23   | 700.47    | 294.99 | 268.66  | 321.32  |
| Accidental drowning, submersion, threats to breathing                    | <5    | <5                   | 0     | 0     | <5    | 0     | <5  | 7.82                     | 0      | 0      | 2.51   | 0        | 33.36     | NA     | NA      | NA      |
| Exposure to electricity, radiation, light, pressure, extreme temperature | 12    | 0                    | 0     | 8     | <5    | -     | 0   | 0                        | 0      | 10.59  | 10.03  | 0        | 0         | NA     | NA      | NA      |
| Exposure to smoke, fire, hot substances, nature force                    | 34    | 10                   | <5    | 11    | 6     | <5    | <5  | 39.08                    | 15.51  | 14.57  | 15.04  | 6.09     | 100.07    | 20.06  | 13.05   | 27.07   |
| Accidental poisoning   | 144   | 19                   | 22    | 49    | 40    | -     | <5  | 74.26                    | 113.77 | 64.88  | 100.28 | 60.9     | 133.42    | 82.17  | 68.32   | 96.02   |

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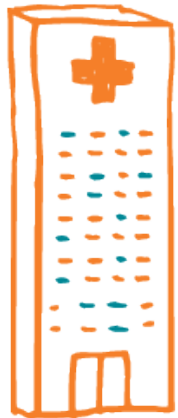




In 2020,



**Almost 1 in 5**  
hospitalisations of  
people over the age of  
85 were **due to a falls**  
**related incidence.**



**Every 17 minutes**  
someone was  
admitted to  
hospital due to a  
falls-related  
injury in 2020.

**(that's 31,708 falls-related  
hospitalisations)**

# Falls in WA



On average individuals spent

**7.6**

days in hospital  
due to a falls-  
related incident  
in 2020

**Females experienced a  
higher rate of falls-related  
hospitalisations and emergency  
department attendances in 2020**



**Over half**  
of falls-related  
hospitalisations in 2020  
were reported to be the  
result of a fall occurring  
within the **home or an  
aged care facility.**



**1 in 3**  
people over  
the age of 65  
experience a  
fall each year

# North Metro Health Service - Falls

128 fatalities due to a fall in 2020.

8,714 hospitalisations to North Metro Health Service residents in 2021.

## Falls-related hospitalisations, 2021, by age groups.

| Age groups (years) | Male         | Female       | ASPR      | ALOS       | Total bed days | Total Cost          |
|--------------------|--------------|--------------|-----------|------------|----------------|---------------------|
| 0 - 4              | 164          | 136          | 657.43    | 1.2        | 364            | \$1,287,503         |
| 5 – 14             | 369          | 202          | 575.53    | 1.4        | 797            | \$3,010,841         |
| 15 – 24            | 178          | 115          | 314.35    | 3.3        | 962            | \$2,318,214         |
| 25 - 44            | 351          | 304          | 308.06    | 5.1        | 3322           | \$6,192,422         |
| 45 – 64            | 550          | 712          | 669.16    | 7          | 8866           | \$12,944,941        |
| 65-84              | 1,315        | 1,995        | 3,064.46  | 9.3        | 29,742         | \$33,993,489        |
| 85+                | 896          | 1,547        | 15,847.07 | 9.9        | 24,024         | \$23,825,031        |
| <b>Total</b>       | <b>3,813</b> | <b>4,901</b> | -         | <b>7.8</b> | <b>68,077</b>  | <b>\$83,572,441</b> |

# North Metro Health Service - Falls

19,102 ED attendances in 2021.

The highest number and rate (2,450 per 100,000 residents) of any region.

**Falls-related ED attendances, 2021, by age groups.**

| Age groups (years) | Male         | Female        | ASPR      |
|--------------------|--------------|---------------|-----------|
| 0 - 4              | 1,526        | 1,160         | 5,886.22  |
| 5 – 14             | 2,412        | 2,021         | 4,468.16  |
| 15 – 24            | 981          | 820           | 1,932.26  |
| 25 - 44            | 1,064        | 1,069         | 1,003.16  |
| 45 – 64            | 1,057        | 1,594         | 1,405.67  |
| 65-84              | 1,265        | 2,096         | 3,216.64  |
| 85+                | 735          | 1,296         | 13,228.68 |
| <b>Total</b>       | <b>9,040</b> | <b>10,056</b> | -         |

# Injury Prevention Objectives, Strategies and Activities

| PRIORITY  | OBJECTIVE  | STRATEGY  | ACTIVITY  |
|---|--|---|---|
| DEFINITION  |  |   |   |
| Overall aim that you wish to achieve.   | Specific statement relating to a desired modification in a risk or protective factor which contributes to overall program aim.       | Approach to achieve the objective.                                      | Actions to achieve the strategy.  |
| EXAMPLE   |  |   |   |
| <i>Empowering and enabling people to live healthy lives: Activity, health and wellbeing of community.</i> | <i>The community is supported to make healthy behaviour changes to live active lifestyles to prevent chronic disease and injury.</i> | <i>Increase older adult's awareness of falls prevention strategies.</i> | <i>Disseminate falls prevention and active ageing resources and information to local residents.</i> |

# Objectives, Strategies and Activities

- Preventing Injuries and Promoting Safer communities

| Strategies   | Actions   |
|--|---|
| 1.01 Reduced exposure to alcohol related harm in the community | <ul style="list-style-type: none"> <li>- Continue to support low alcohol and no alcohol events and activities, both internally and in conjunction with event organisers.</li> <li>- Consider adopting a policy which influences environments supportive of alcohol risk minimisation strategies.</li> <li>- Support the Local Drug Action team in their initiatives.</li> </ul>   |
| 1.06 Support the prevention of avoidable injuries              | <ul style="list-style-type: none"> <li>- Raise awareness of family violence and continue to partner with referral services and WA Police.</li> <li>- Continue and promote swimming pool inspection barrier programs.</li> <li>- Support state and federal injury prevention campaigns and implement relevant initiatives locally.</li> <li>- Continue to monitor traffic surveys to identify areas of concern to minimise road injuries.</li> </ul> |

Shire of Murray Public Health Plan, 2021 – 2025

| OBJECTIVE  | SUGGESTED ACTIVITY  |
|--|---|
| Increase older adult's awareness of falls prevention strategies.       | <p>Access and disseminate falls prevention resources and information to local residents.</p> <p><i>Injury Matters Stay On Your Feet® program provides a suite of falls prevention resources that can displayed in public spaces such as the local library or recreation centre. Participate in the Move Improve Remove campaigns.</i></p> <p>Educate community members about effective falls prevention strategies.</p> <p><i>Injury Matters Stay On Your Feet® program provides free peer education sessions for community groups on how to prevent slips, trips and falls. Community members can order free resources, book a presentation, and access campaign materials online.</i></p> |
| Increase access to community-based exercise programs for older adults. | <p>Provide accessible and affordable local exercise classes for older adults that incorporate leg strength and balance exercises.</p> <p><i>Deliver strength and balance exercise classes at the local recreation centre which have proven to reduce an individual's falls-risk such as; Tai Chi for Arthritis, the Otago exercise program or group-based resistance classes.</i></p>   |

Guide to Promoting Safety and Preventing Injury for Local Governments, Injury Matters

## Social Environment

**Objective** – Strengthen community connections and champion physical, mental and social health and wellbeing of our community.

| PRIORITY AREA                        | DELIVERABLES   | COVID-19 RECOVERY | LONG TERM HEALTH OUTCOMES FOR THE CITY   |
|--------------------------------------|--|-------------------|--|
| 6. Community activities and programs | 6.1 Deliver and promote activities and programs that contribute to increased physical activity and mental health and wellbeing; including local sports, fitness, community groups and cultural activities. | Y                 | <ul style="list-style-type: none"> <li>• Increased mental health and wellbeing</li> <li>• Increased physical activity</li> </ul> |
|                                      | 6.2 Develop new and promote current initiatives that encourage residents to connect with their neighbours and local community, and encourage neighbour connection through the City's service delivery.     | Y                 | <ul style="list-style-type: none"> <li>• Increased mental health and wellbeing</li> </ul>  |

City of Vincent, Public Health Plan 2020 - 2025



# City of Subiaco



## Objective two:

**A diverse, inclusive community where all members enjoy health and wellbeing, a sense of belonging and feel safe.**

| No.   | Strategy   | Community outcomes  | Who will contribute   |
|-------|--|---|---|
| 1.2.1 | Facilitate a range of opportunities to foster community health and wellbeing that are accessible and inclusive for everyone. | <p>A city where the broadest community feel welcome, involved and connected with each other.</p> <p>A range of services, facilities, events and programs where people can meet, socialise and feel part of the community.</p> | <ul style="list-style-type: none"> <li>• City of Subiaco</li> <li>• Community</li> <li>• Community organisations/groups</li> <li>• State government agencies</li> <li>• Event organisers</li> <li>• Business community</li> </ul> |
| 1.2.2 | Ensure a range of recreation opportunities for the community   | <p>Recreation amenities that foster a sense of community and offers a range of recreation and social opportunities for all ages.</p> <p>Provide an indoor community recreation facility.</p>                                  | <ul style="list-style-type: none"> <li>• City of Subiaco</li> <li>• Community</li> </ul>  |
| 1.2.3 | Contribute to a safe environment for the community.  | <p>A feeling of safety throughout the city.</p> <p>A sense of being looked out for by the community.</p>  | <ul style="list-style-type: none"> <li>• City of Subiaco</li> <li>• Community</li> <li>• Business Community</li> <li>• Community organisations/groups</li> <li>• State government agencies</li> <li>• Police</li> </ul>           |

# City of Vincent

## E-CIGARETTES OR VAPES

Did you know that the City of Vincent's Smoke-Free Town Centres Project also includes e-cigarettes? E-cigarettes, often called 'vapes', are electronic devices designed to deliver vapourised liquids into the lungs.

**Contrary to common beliefs, vapes are not safe.**

The City of Vincent is working to raise awareness about the risks of vaping, especially amongst young people.

**FRESH-FACTS  
YOU'RE WELCOME**



**Summary of Injury Matters and Kidsafe Western Australia's positions in relation to the TGA's potential reforms to the regulation of nicotine vaping products – public consultation (January 2023)**

## Local Government

Networking

Community Engagement

Campaigns and Media

Grants and Coaching

Resources and eNews

Workforce Development

Website & eDirectory

Website

Workforce Development

Networking

Resources

Data and Evidence

Website and eDirectory

Specialised Counselling

Information and Support

Education and Training

Resources

Website and eDirectory

# WA Injury Prevention Organisations



**Royal Life Saving**

THE ROYAL LIFE SAVING SOCIETY WESTERN AUSTRALIA INC



West Australian  
Poisons Information Centre





(08) 6166 7688



Level 2, 297 Vincent Street, Leederville



[info@injurymatters.org.au](mailto:info@injurymatters.org.au)

