

# Injury Prevention Service

*Creating an injury-free Oklahoma through programs, policies, and partnerships*

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The Injury Prevention Service at the Oklahoma State Department of Health was created in 1987. For the past 30 years, we have used the public health approach to address Oklahoma's injury problem in collaboration with communities and stakeholders across the state.

<http://ips.health.ok.gov>

405-271-3430



The Injury Prevention Service offers trainings, educational presentations, data reports, and technical assistance for leading causes of injury, including:

- Drug overdose/poisoning
- Falls
- Concussions/traumatic brain injury
- Childhood injury
- Motor vehicle-related injury
- Sexual violence
- Suicide
- Homicide
- Drowning

Visit our [website](#) for program overviews as well as fact sheets, publications, and other resources.



## Head in the Game

Participating in sports builds self-esteem and self-discipline, teaches teamwork and leadership, and is part of a healthy lifestyle. Potential injuries accompany these benefits, however, such as concussions and more severe traumatic brain injuries (TBIs). In honor of National Traumatic Brain Injury Awareness Month, learn to recognize and respond to a concussion and the many ways to reduce the risk of injury both on and off the field.



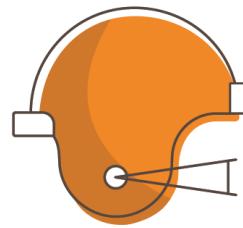
### Concussion:

- Caused by a bump, blow, or jolt to head or body
- Impact moves head rapidly back and forth
- Brain bounces or even twists inside the skull

### Concussion Symptoms:

*May not appear immediately. A licensed healthcare professional should evaluate an athlete before they return to play after a concussion.*

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| – Dazed, stunned or confused           | – Feeling foggy, groggy, sluggish              |
| – Repeating questions/answering slowly | – Difficulty concentrating or thinking clearly |
| – Loss of memory                       | – Behavior/personality changes                 |
| – Loss of consciousness                | – Headaches/pressure in head                   |
| – Unequal pupils                       | – Nausea/vomiting                              |
| – Dizziness                            | – Sensitivity to noise/light                   |
| – Nausea/vomiting                      |  |



The Injury Prevention Service offers free trainings on concussions, prevention strategies, and policy development. Training topics can be adapted to fit your organization's needs.

To learn more or schedule a training, email us at: [concussion@health.ok.gov](mailto:concussion@health.ok.gov)

For more information on concussions, visit our [website](#).



*When installed and used correctly, car seats and booster seats reduce the risk of a fatal injury in a crash by as much as 71%.*

## Safety on the Go

Child Passenger Safety Week is September 23-29, but that's not the only time the Injury Prevention Service is working to keep kids safe on the road.

### Three out of four car seats are installed incorrectly.

Certified Child Passenger Safety Technicians are available by appointment year-round to check the installation of your car seat or booster seat, or to help you properly install a new seat.

*Call our office to schedule an appointment.*



**Find a good balance and exercise program.** Look to build balance, strength, and flexibility. Find a program you like and take a friend.



**Talk to your doctor about fall risk and prevention.** Have your hearing and vision checked annually and update your eyeglasses.



**Regularly review your medications with your doctor or pharmacist.** Make sure side effects aren't increasing your risk of falling.



**Keep your home safe and talk to your family members.** Remove tripping hazards and increase lighting. Enlist family support in staying safe. Find our recommendations [here](#).

## Celebrate Falls Prevention Awareness Day

Fall is just around the corner, but *falls* shouldn't be just around the corner for older adults. Falls are not a normal part of aging, but they are the leading cause of fatal and nonfatal injuries among older Oklahomans. National Falls Prevention Awareness Day is September 22nd.

**Every week in Oklahoma, 10 older adults die and 124 are hospitalized from a fall-related injury.**

The Injury Prevention Service champions the ***Tai Chi: Moving for Better Balance*** program. Tai Chi is a balance-promoting exercise and is an effective way for older adults to reduce their risk of falls.

Visit our [website](#) to find a class in your area or call our office for more information.

## September is Suicide Prevention Awareness Month

Suicide is the most common type of violent death in Oklahoma and the United States. Suicide is complex and rarely has a single cause. In 2016, **812 Oklahoma residents died by suicide**. From 1999 to 2016, Oklahoma's suicide rate increased 38%.

The **Oklahoma Violent Death Reporting System**, housed in the Injury Prevention Service, links detailed data from multiple sources to track all violent deaths in the state. Information on the decedents, weapons, circumstances, and perpetrator relationships are used to guide prevention.

Visit our [website](#) to learn more.

### Where to Find Help

There is always help and hope for those considering suicide. Suicide is not inevitable and you are not alone.

- **National Suicide Prevention Lifeline:** **1-800-273-TALK (8255)** The Lifeline is available 24/7 if you or a loved one are in crisis.
- **National Alliance on Mental Illness (NAMI)** Crisis Text Line: Text **NAMI** to **741-741**.

If you or a loved one are in immediate danger, call **911**.

### Know the Warning Signs

- Threats or comments about self harm
- Acting anxious or agitated
- Increased alcohol or drug use
- Withdrawal and isolation from friends, family, and the community
- Talking, writing, or thinking about death
- Impulsive or reckless behavior
- Searching online or looking for ways to kill themselves
- Sleeping too little or too much
- Extreme mood swings
- Talking about unbearable pain or feeling trapped
- Talking about being a burden to others

### Imminent Danger:

Any person showing these behaviors should get care **immediately**:

- Putting affairs in order and giving away possessions
- Saying goodbye to friends and family
- Mood shifts from despair to calm
- Planning how to suicide, like obtaining a firearm or prescription medication

