

Why Worry About Injuries ?

Injuries are the leading cause of death for American Indians and Alaska Natives from ages 1-44, and the third leading cause of death in the overall population. Unintentional injury mortality rates for Indian people are approximately three times higher than the combined rate for all U.S. races. (IHS, Indian Trends in Indian Health, 2000-2001)

Injuries continue to have a huge impact on the public health of the United States from the perspective of health care costs and social costs.

Unintentional Injury Intentional Injury

- Motor Vehicle Crashes
- Drowning
- Poisonings
- Falls & Trips
- Fire & Burn
- Suicide
- Homicide
- Violence Against Women
- Child Maltreatment



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Indian Health Service
Portland Area

Injury Prevention Program



[www.ihs.gov/MedicalPrograms/
PortlandInjury](http://www.ihs.gov/MedicalPrograms/PortlandInjury)



**It is time to make a difference.
Injury prevention is the first step.**

*Photo provided by CDC



Bookmark This Site Now!

www.ihs.gov/MedicalPrograms/PortlandInjury

Who is the site for?

- Public Health and Injury Prevention Practitioners
- Tribal Leaders
- Healthcare Providers
- Community Members



What is the site for?

- To **promote** Injury Prevention
- A **guide** for starting an Injury Prevention Program
- A **resource** for Injury Prevention news, training, funding & more
- A **how-to guide** for data collection
- A **tool** for quick and printable injury prevention information to post and mail

It's easy! It's quick! It's informative!



It's easy as 1, 2, 3. Our primary focus for the site was to be informative, quick and easy to use. All of the information posted on this site is linked to PDF documents that are easy to view and ready to print. They are also ready to distribute or post immediately. No reformatting, retyping or reprinting. We did all the work for you!

Check out the Injury News!

We've added a convenient news page instantly accessible by the click of your mouse! We've separated it by topics, seasonal highlights and current events. Come see what's new in the Northwest injury prevention community.



Post your Tribal News!

A page on this site is dedicated just for tribes! This is the perfect place for tribes to post their injury news. Got something to share? Send it to us. We'll post it for you. Need ideas on what to send? Send stories, community news, announcements, contact information, and more! See the tribal news section on the site for instructions.



Website Features

- **About Injury Prevention**
Basic information, frequently asked questions, the importance of injury prevention, and more.
- **Getting Started**
Learn how to start an injury prevention program for tribal communities. Find step-by-step information here!
- **Injury Topics**
Get detailed information on the most critical injury topics affecting tribal communities! There is a page devoted to each topic.
- **Understanding Data**
A guide to the basics of data, statistics, epidemiology and the need for injury data. Find data tools and real stats!
- **Training & Education**
Find information on training available from IHS and other sources.



...and more!

