

The Public Health Approach to Injury Prevention



To solve public health problems—including injuries—CDC uses a systematic process called the public health approach. This approach has four steps:

Define the problem

Before we can address an injury problem, we need to know how big the problem is, where it is, and whom it affects. CDC accomplishes this by gathering and analyzing data—processes often called “surveillance.”



Identify Risk and Protective Factors

It is not enough to know that a certain type of injury is affecting a certain group of people in a certain area. We also need to know why. What factors put people at risk for that injury? And conversely, what factors protect people from it?

Develop Prevention Strategies

This is done to eliminate or reduce risk factors for injuries and to capitalize on or increase factors that protect people from being injured. In this step, we put knowledge into action.

Implement, Evaluate, and Share

Now put your prevention plan into action. Then evaluate your strategy to see how well it worked. Don't forget to share with others so that they can replicate your successful strategies. You can share by presenting to the tribal community, tribal council, and professional meetings. Also consider publishing your data.

References

1. CDC Injury Fact Book, 2006. (http://www.cdc.gov/ncipc/fact_book/factbook.htm)