Injury Monitoring
2000 - 2010
Accidents, Violence and Self Harm
in the Federal State of Brandenburg

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Summary

The following report analyses the current incidents of injuries in Brandenburg and is designed to serve as a basis for targeted measures for the working group “Safe Region” Brandenburg. Special attention is directed towards at-risk groups such as children, older people and vulnerable road users, as well as sporting and leisure accidents, injuries caused by products and by violence and self-harm (as per the recommendation of the European Council from 2007). The analysis is based upon data from official statistics on the one hand and on the other hand from specific surveys carried out in Brandenburg. The most important conclusions for Brandenburg are:

General conclusions:

- Injuries resulting in death fell across all age groups in Germany between 2000 and 2010 (-7.0%) and there was an even more pronounced fall in Brandenburg alone with -27.3% (1393 down to 1013 deaths).
  - Older people (65+) are a high risk group, as they have shown the highest rates of all ages for many years (Germany compared to Brandenburg: 103.7 and 89.6 deaths per 100,000 respectively). The death rate due to accidents, violence and suicide are highest among men over the age of 80.
  - With children and young people in Brandenburg injuries resulting in death have fortunately fallen dramatically by 75.8% between 2000 and 2010 (2000: 120 deaths vs. 2010: 29 deaths). For young people and young adults (15 to 19 years old) this reduction is even more pronounced (-84.0%) compared to the rest of Germany (54.8%).

- Accidents occur most often in the home and in leisure facilities. For children and young people home and leisure accidents occupy first place with over 60%, followed by day-care and educational facilities and the roads are in third place. Among adults aged between 18 and 64 it was also shown that more than half of all accidents took place in the home and in leisure facilities. The next most common locations for accidents are schools, educational facilities or work, followed by road traffic. Among the over 80s the home and leisure facilities dominate with over 90% of all accidents.

Children and young people focus group:

- The hospitalization of children and young people noticeably occurred more frequently in Brandenburg than in Germany as a whole.
- In the age group of under 15-year-olds infants (< 1 year-olds) and small children (1- to 4-year-olds) represent a high risk group in regard to injuries. For many years, small children have carried the highest risk of dying from an injury or being hospitalized. Hospitalizations have been increasing in this age group for many years - The causes of accidents are typical for the age. For infants, accidents are mainly due to falling from the baby changing table and out of their parents' bed, for small children accidents are mainly due to falling from steps and playground equipment (climbing
frames) as well as scalding due to hot liquids. Among small children, scalds occur twice as frequently as serious road traffic accidents. Falls during sports and leisure activities dominate among young people.

- **On the roads** in Brandenburg there are more children involved in serious accidents than in the rest of Germany – however, the tendency is steadily moving downwards.

- **The social situation of the family** is a risk factor with small children, in particular with scalding in the home and with road traffic accidents.

- **Suicide** has been decreasing across Germany and among Brandenburg's young people (15- to 17-year-olds) since the year 2000 and reached zero level in Brandenburg in 2010. Boys are at greater risk of suicide than girls.

- **Injuries due to violence**, according to the results of the Injury Data Base (IDB), were most frequently among male youths (15- to 17-year-olds) with a proportion of 10.6% of all injuries in 2010. Although infants and small children showed the lowest rate, the numbers of injuries due to head traumas is particularly serious. Boys were more frequently victims than girls. 5- to 15-year-old children where most often victims of violence in school, whereas older youths were most often physically attacked in leisure facilities and on the street.

- **Self-inflicted injuries** occur most often in the over 15s age group and in particular among girls. Conflict situations within friendships, difficult family situations and also problems at school due to overly high demands and bullying are examples of triggers.

**Older people focus group:**

- **Older people over the age of 80** years have the highest rates of fatal and serious accidents. The numbers of women over 80 years being treated in hospital is almost twice as high as men of the same age. The highest diagnosed cause of accident is femoral neck fracture and falls are the most common cause of injury. Typical accident situations are: falls out of bed and uneven or slippery floor surfaces.