

INJURY PREVENTION SERVICE



OKLAHOMA
State Department
of Health

CREATING AN INJURY-FREE OKLAHOMA THROUGH PROGRAMS, POLICIES, AND PARTNERSHIPS

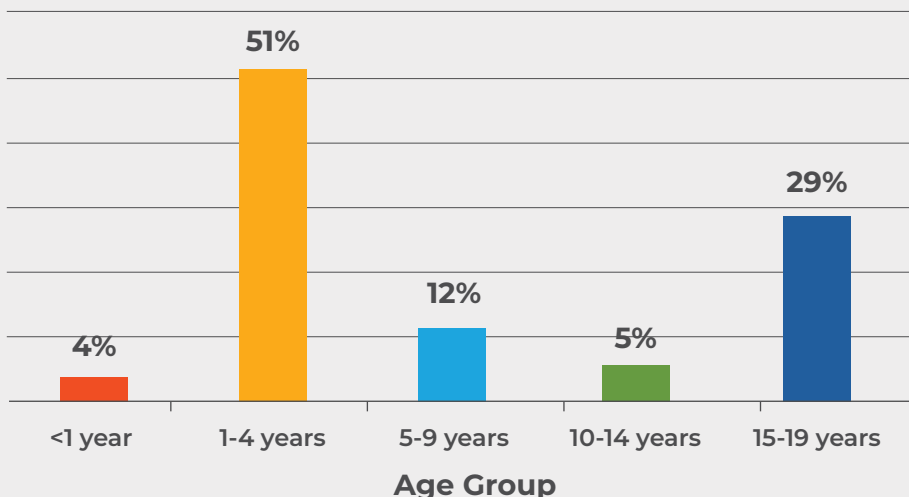
CHILDHOOD DROWNING PREVENTION

Drowning is the 5th leading cause of unintentional injury death among all Oklahomans.

Half of all drowning deaths among Oklahoma children occur between the ages of 1 and 4 years old.

From 2016-2020, 354 deaths occurred due to drowning (1.79 deaths per 100,000 population) in Oklahoma. More than one out of four (27%)

Percent of Drowning Deaths in Children by Age Group
Oklahoma, 2016-2020



OSDH Injury Prevention Service, Drowning Surveillance

deaths were in children 0-19 years (1.83 deaths per 100,000 population). It is

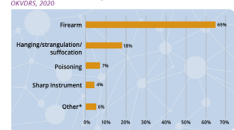
the second leading cause of unintentional injury death

See "Drowning" p. 2

FIREARM DEATHS IN OKLAHOMA

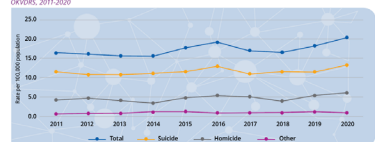
The Oklahoma Violent Death Reporting System (OKVDRS) is a statewide surveillance system for suicides, homicides, undetermined manner deaths, unintentional firearm injury deaths and legal intervention deaths. Data are collected from medical examiner reports, death certificates, and law enforcement reports to better understand and inform prevention activities focused on preventing violent deaths. For more information, please visit oklahoma.gov/health/okvdrs.

Violent Deaths by Method



- In 2020, there were 841 firearm-related deaths among Oklahoma (OK) residents.
- Nearly two-thirds (64.8%) of all violent deaths in OK during 2020 were caused by firearms.
- Specific causes of firearm-related deaths included suicide (55.4%), homicide (20.0%), legal intervention involving discharge of firearm (3.1%), unintentional discharge of firearm (1.2%), and undetermined intent (0.2%).

Firearm-Related Death Rates by Year



- The rate of firearm-related deaths per 100,000 population decreased slightly from 2011 (16.3) to 2014 (15.6); from 2014 to 2017 (17.1), the rate increased by 9.6%. The rate dipped again in 2017 and 2018 before increasing through 2020 (20.3). Overall, the rate increased by 24.5% from 2011 to 2020.
- The rate of firearm-related suicides varied from a low of 3.4 in 2014 to a high of 13.3 in 2020.
- The rate of firearm-related homicides varied from a low of 10.7 in 2013 to a high of 13.3 in 2020.
- The most common locations of firearm-related deaths were apartment or home (73.9%), motor vehicle, including school bus and public transportation (5.1%), street/road, sidewalk or alley (4.4%), natural areas such as a field, river, beach, or woods (3.4%), parking lot or public parking garage (2.1%) and a hotel/motel (1.3%).

FIREARM DEATHS IN OKLAHOMA

A new data report on firearm deaths is available from the Oklahoma Violent Death Reporting System. In 2020, there were 841 firearm deaths among Oklahoma residents. Sixty-five percent of all violent deaths were caused by firearms, the majority of which were suicides. In 2020, nearly 85% of firearm-related deaths were among males. To view the report, click [here](#).

■ OLDER ADULT FALLS AND HEALTHY AGING

The IPS now offers A Matter of Balance (MOB), an evidence-based structured group intervention program designed to increase activity levels and reduce the fear of falling among community-dwelling older adults.

Upon completing the program, 97% of participants were more comfortable talking about falls, 95% made environmental changes, and 99% planned to continue exercises.

In addition, due to the increased number of older adults aging in place (growing older at home) due to COVID-19, the IPS purchased home safety supplies (double-sided rug tape, grab bars, and light bulbs) to distribute through organizations that provide direct services to older adults in their home.

If you are interested in becoming a trained MOB Coach or would like to participate in the distribution of home safety supplies, please contact Madelyn Maxwell at



Want to make a difference in an **older adult's life** in your community?
Become a trained **Matter of Balance Coach** today!

MOB is an evidence-based structured group intervention program, designed to reduce the fear of falling and increase activity levels among community-dwelling older adults.

This program allows participants to gain confidence by learning to view falls as controllable, set goals for increasing activity, make environmental changes to reduce fall risk at home, and learn exercises to improve gait, balance, and strength.

Coach Qualifications:

- Good interpersonal skills and communication
- Enthusiasm
- Willingness to lead a small group
- Dependability
- Interest in working with older adults
- Ability to perform a range of motion and low-level endurance exercises

How do you become a MOB Coach?

- Attend eight hours of in person MOB training taught by a Master Trainer
- Agree to coach two MOB classes within one year of certification
- Attend 2.5 hours of Coach Training annually

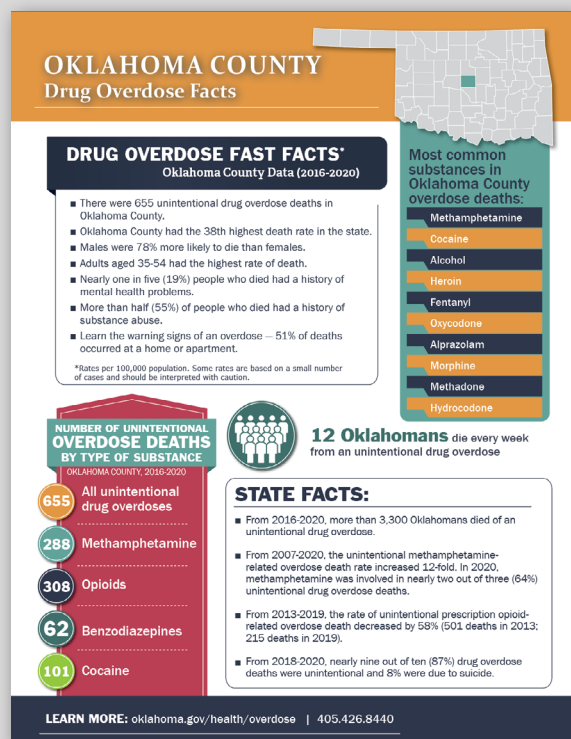


For more information on MOB, contact Madelyn Maxwell, Healthy Aging and Falls Prevention Coordinator, at MadelynM@health.ok.gov or 405-426-8440.

This publication was supported by Cooperative Agreement 1 5B017000001-01-01 awarded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent those of the Centers for Disease Control and Prevention or the Department of Health and Human Services. This publication was created by the Oklahoma State Department of Health (OSDH), an equal opportunity employer and provider. A digital file has been deposited with the Publications Clearinghouse of the Oklahoma Department of Libraries in compliance with section 5-113 of the Title 58 of the Oklahoma Statutes and is available for download at www.okstate.gov/health | June 2020

MadelynM@health.ok.gov
or 405-426-8440.

■ DRUG OVERDOSE COUNTY FACT SHEETS



The IPS has released updated drug overdose county fact sheets.

For more information, click [here](#).

■ DROWNING *cont. from p. 1*

among children 0-19 years, and the leading cause of all deaths among children 1-4 years. Drowning can happen in less than two inches of water — including in inflatable pools, buckets, toilets, bathtubs, etc. Among children aged 1-4 years, more than half (57%) of drowning deaths occurred in swimming pools. This is compared to children 10-19 years, where most (83%) drowning deaths occurred in natural bodies of water such as rivers, lakes, ponds, and creeks.

■ CSTE DATA SCIENCE TEAM TRAINING

The IPS applied for and was accepted into the 2022 Council of State and Territorial Epidemiologists' Data Science Team Training (DSTT) Program. The DSTT is a year-long program designed to increase data science skills among epidemiologists and public health agencies through a project-

based, on-the-job approach, including online courses, peer-to-peer learning, and coaching from subject matter experts.

The IPS will create a drug overdose data dashboard that contains key drug overdose and drug use measures using interactive tables, graphs, and maps. A dashboard including

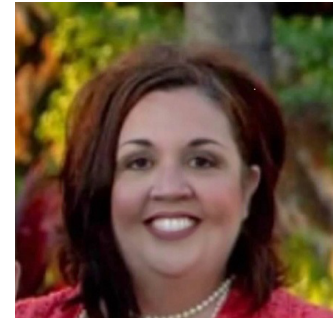


multilayered data sources (overdose death, hospitalization, emergency department visits, prescription dispensing, and drug use) will allow for more dynamic exploration and interpretation of drug overdose data.

■ MEET OUR TEAM

Melissa A. Jones, M.A., is a Drug Overdose Prevention Project Coordinator for the IPS.

She works to advance the implementation of effective and sustainable statewide drug overdose prevention strategies and support integration of state and local response efforts. Melissa has experience in project management and working within health systems to upscale provider-focused educational efforts.



Melissa Jones, M.A.

Emily Nicholls serves as the Violence Prevention Coordinator for the IPS. In this role, she supports multiple IPS violence prevention initiatives, including the Rape Prevention and Education and Partner-Inflicted Brain Injury Prevention programs.

She has worked in prevention and response roles related to gender-based violence for several years and believes collaborative processes are essential to effectively implementing sustainable social change work to reduce violence.



Emily Nicholls



WE HAVE A NEW WEB ADDRESS

PLEASE UPDATE YOUR BOOKMARKS TO [OKLAHOMA.GOV/HEALTH/IPS](https://oklahoma.gov/health/ips)