

Twenty Facts on Injury Prevention

1. Approximately 11,000 new spinal cord injuries occur each year in the U.S.
2. A person in the U.S. sustains a spinal cord injury (SCI) every 41 minutes.
3. The total number of people in the United States with SCI in the U.S. is estimated to be 222,000 - 285,000.
4. There are 1 in 50 people living with paralysis.
5. The number one cause of SCI is motor vehicle crashes (MVC) (38.5%).
6. Texting related:
People who text while driving are 23% more likely to get into a car accident.
Talking on the phone while driving is the cause of 25% of all MVCs.
7. 7.2% of spinal cord injuries are caused by sport related activities.
High school athletes account for 2 million various injuries each year.
500,000 doctor visits
30,000 hospitalizations
8. Football and wrestling have the highest incidence of injury:
Football is 4.36 injuries per 1000 exposures, wrestling is 2.5 injuries per 1000 exposures. 92% of sports injuries result in quadriplegia.
9. All-terrain vehicle (ATV):
In 2005, 136,700 people went to the ER due to ATV accidents.
10. Board sports:
6 out of every 10 skateboard injuries involve teenagers 16 and under.
43 people per year are seriously injured skiing.
Snowboarding is tied with football as the second most dangerous sport studied.
11. Water:
90% of diving accidents result in quadriplegia.
1,000 recreational diving accidents occur each year.
90% of diving accidents are in six feet of water or less.
12. Lifetime Costs of living with SCI:
High Tetraplegia (C1-C4) = \$2,185,667 (injured at 25)
Low Tetraplegia (C5-C8) = \$1,235,841 (injured at 25)
Paraplegia = \$730,277 (injured at 25)
Incomplete at any level = \$487,150 (injured at 25)
13. Highest per capita rate of injury occurs between the ages of 16 and 30.
14. Acts of violence account for 24.5% of spinal cord injuries.

15. Falls account for 21.8% of spinal cord injuries.
16. After age of 45, falls are the leading cause of SCI.
17. Alcohol is a factor in 25% of incidents resulting in a spinal cord injury.
18. By 2015, MVC are predicted by the World Health Organization (WHO) to be the leading cause of premature death and disability for children age 5 and up.
19. Decade of Action for Road Safety launched by the UN has a goal of reducing the level of road deaths and injuries by 50%.
20. Driving while talking on a cell phone – handheld or hands-free – increases the risk of injury and property damage crashes fourfold.

Prevention Tips

1. Always wear a seatbelt.
2. All children age 12 and under should ride properly restrained in the backseat.
3. Children who have outgrown child safety seats should be properly restrained in a booster seat until they are at least 8 years of age or 4'9" tall.
4. Obey the speed limits and follow the rules of the road.
5. Wear proper safety gear when playing sports.
6. Always check the depth of water before diving in.
7. Never dive into a pool unless it is 9 feet deep or deeper
8. Never dive into an above-ground pool.
9. Always keep your gun unloaded and locked up. Lock and store bullets in a separate location.
10. Avoid distractions while driving! Distractions include talking on the phone (including headset, earpiece, or speaker phone), texting, emailing, reading, eating, arguing with passengers, loud music, loose pets...