

In this Issue...

Here to Help: The Centre for Suicide Prevention1

Updates, news and resources ... 2

Safety Up! Latest news from Alberta Agriculture and Rural Development's farm safety program2

A Million Messages for Preventing Falls in Older Adults3

Calendar3

Motor vehicle collisions with pedestrians and bicycles, Alberta, 20034

Here to Help: The Centre for Suicide Prevention

By Myra Marrant, Information Services Coordinator, Centre for Suicide Prevention

Suicide is a serious public health issue with widespread effects upon individuals and society. Over 400 Albertans died by suicide in 2003¹ and it is conservatively estimated each of these deaths affected at least six other individuals. Although the scope of this human tragedy may seem enormous and overwhelming, there is hope.

Research indicates that with education and training, many suicides can be prevented. Evaluative evidence is also starting to show that countries with a comprehensive national suicide prevention strategy are seeing a decline in suicide rates.² In Alberta, we now have all three of these elements in place – a provincial strategy³, training and education.

The Centre for Suicide Prevention has the mandate to provide training and library and information services in support of the provincial strategy and all suicide prevention activities in Alberta. These services are offered through the Training Programs and the Suicide Information and Education Collection (SIEC).

Training for many people starts with the ASIST (Applied Suicide Intervention Skills Training) workshop. Presented by certified trainers throughout Alberta, ASIST teaches adult caregivers how to recognize people at risk of suicide and how to intervene when there is immediate or imminent risk. This course is not just for professional caregivers but anyone who may come in contact with someone at risk.

Individuals can further hone their intervention skills by taking some of the specialized workshops the Training Programs offer. The one-day Youth Suicide workshop and a new half-day workshop on suicide in children will be of interest to people working with these populations. In the future, and with the generous support of the Calgary Foundation, an evidence-based suicide prevention curriculum incorporating traditional wisdom and practice will be ready for caregivers working with Aboriginal youth.

Hand-in-hand with training, education strengthens our ability to be effective helpers. Whether for personal, professional or community development reasons, the opportunity to learn about suicide is readily available through SIEC. Established in 1980, SIEC now has the largest English-language collection of published research and grey literature on suicide intervention, prevention, and postvention.

Simply by requesting a user name and password, residents of Alberta enjoy free access to a database of over 38,000 bibliographic records in this subject area. Customized searches can also be done by the librarian. For users who do not need a comprehensive literature search, the SIEC Alert provides a one-page review of research on a selected topic. Current and back issues are accessible on our website or by free subscription.

In addition to these information sources, SIEC has over 1,000 titles in its lending library. There are books for students, researchers, community workers and the general public. An on-line catalogue will soon give patrons the ability to check what is available for loan.

It is a time of promise in Alberta for preventing and reducing suicide, suicidal behaviours, and their effects. This overview gives a brief glimpse of how the Centre for Suicide Prevention supports individual and community efforts. We welcome your enquiries as to how we can work together to accomplish these important goals.

References:

1. Alberta Justice, Office of the Chief Medical Examiner. *Suicides in Alberta 2003*. Published 2005.
www.justice.gov.ab.ca/ocme/publications_stats.aspx?year=2003
2. For example, see the Annual Progress Reports related to the National Suicide Prevention Strategy for England.
3. Alberta Mental Health Board. *A Call to Action: The Alberta Suicide Prevention Strategy*. Edmonton, AB: 2005. Available at: www.amhb.ab.ca.



Injury Control Alberta
ISSN 1481-8817

A monthly publication of the
Alberta Centre for Injury Control &
Research

4075 Research Transition Facility
8308 - 114 Street
Edmonton, Alberta, Canada
T6G 2E1
Phone: (780) 492-6019
Fax: (780) 492-7154

E-mail: acicr@ualberta.ca
Internet: www.acicr.ualberta.ca



Updates, news and resources

Early bird deadline approaching!

Registration for *Driving Home Safety* is now open. Conference organizers are pleased to offer a discount for early registrations completed by September 12. Register early to receive these savings and reserve your spot because registration is limited.

Early Bird: \$299.00
Regular Registration: \$350.00

To register, visit www.acicr.ualberta.ca.

A limited block of guest rooms has been set aside at the Delta Edmonton South at a reduced rate for *Driving Home Safety* delegates, until October 12, 2008.

Injured Teens are More Vulnerable to Depression and Stress

After a serious injury, many teenagers suffer from depression and anxiety that can eventually interfere with their daily lives. A new study followed teenagers hospitalized for an injury and found that in the days to weeks after the injury, 42 per cent had high levels of post-traumatic stress disorder symptoms and 19 per cent were suffering from depression. Moreover, over the next year, these teens were more likely than others to develop "functional impairments" including pain and other physical symptoms, as well as problems with schoolwork or social life. To view the study abstract, visit <http://archpedi.ama-assn.org/cgi/content/short/162/7/642>.

Safety Up! Latest news from Alberta Agriculture and Rural Development's farm safety program

By Laurel Aitken, Farm Safety Coordinator, Agricultural Education and Training Branch, Alberta Agriculture and Rural Development

Alberta Agriculture and Rural Development (ARD) actively promotes farm safety through awareness campaigns, educational resources and training programs aimed at farm owners, families and workers in rural Alberta. This article provides an update on the *Safety Up* campaign, safety training plans, and community funding opportunities.

A new initiative developed by the Agricultural Education and Training Branch of ARD is targeted towards new and young workers, aged 17 to 25. A secondary target is farm managers. The *Safety Up* campaign reminds young and new workers of the importance of safety on the job so they can enjoy life off the job.

Young workers have been identified as having a high risk of injury and death on the job. According to the Workers Compensation Board, young workers are one-third more likely to be injured on the job than those over 25 years of age. New workers are often unaware of the potential hazards of their jobs. In fact, over 50% of injuries involving young workers occur during the first six months on the job. It is important that new workers be aware of the risks they face on the job and of the need for training.

According to the Medical Examiners Office of Alberta, 18 youth aged 17 to 25 were fatally injured while working on farms in Alberta from 1996 to 2006. The majority of these involved equipment ranging from all-terrain vehicles (ATV) to tractors and power take-offs. Others were a result of falls, asphyxiation or working with livestock.

The new *Safety Up* campaign reminds young and new farmers to "save themselves for the good times" through posters, radio ads, displays and training events across the province.

A series of *Safety Up* fact sheets, written for a younger audience, have been created to describe the high risk areas of farming. A poster campaign featuring ATV safety has been underway for the last several months across Alberta and *Safety Up* displays have been going out to

community events throughout the summer. These resources are available on loan to any organization or community members who would like to promote the campaign in their area. ARD is also hosting an on-line draw for *Safety Up* logo wear, backpacks and belt buckles which will take place September 30. Go to www.agriculture.alberta.ca/farmsafety and click on *Safety Up* Survey to enter.

Secondly, ARD plans to develop safety training opportunities for the agricultural industry in Alberta. Many hazards including large equipment, toxic chemicals, dangerous gases, and unpredictable livestock are present on Alberta farms. On a farm, a worker is usually a "jack of all trades," increasing the chance of injury or illness.

The Farm Safety Program is hoping to facilitate a discussion with interested rural Albertans on how to best move forward with opportunities for safety training that will meet the needs of Alberta's farm owners and workers and will move us towards our goal of safe and healthy farms.

We are currently gathering nominations for individuals to serve on a Safety Training Advisory Committee. Members will be selected based on the following criteria:

- Current farming knowledge and minimum 7 years farming experience
- Demonstrated commitment to farm safety
- Leader in the community who understands the importance of change
- Ability and interest in promoting the safety training pilot program
- Knowledge of education and training processes
- Balanced representation from a variety of farm operations, industry organizations and regions of Alberta

Nominations will be accepted until September 5 and interested persons can email their application to laurel.aitken@gov.ab.ca or call (780) 427-4231.

(continued on page 3)

A Million Messages for Preventing Falls in Older Adults

Prevent the fall before it happens, be falls smart... in what you do, in your home, and in your community. These are the key messages developed for *A Million Messages - Preventing Falls in Older Adults/Seniors*.

A work group with members from the City of Edmonton, Capital Health, Greater Edmonton Foundation and ACICR formed to explore strategies to reduce falls and falls-related injuries in older adults. This group has developed the "A Million Messages - Preventing Falls in Older Adults" initiative which has been modeled on the *A Million Messages* to reduce childhood injury.

Through a grant from ACICR, a consistent falls prevention visual identity and graphics have been created for use on all newly developed falls-related

resources. Simple, consistent, and repeated messages that target a falls issue and are supported by the literature/research have been developed for community living older adults.

The group has worked to ensure that the *A Million Messages for Older Adults* messages are aligned with ACICR's upcoming falls prevention public awareness campaign *Finding Balance* and the information from the Canadian Falls Prevention Curriculum. Materials include a tri-fold display board with a set of twelve posters and four information fact sheets. An orientation package and user's guide are also being developed and will be available in the fall.

For more information, contact Lacey Hoyland at Lacey.Hoyland@capitalhealth.ca.

Safety Up! Latest news from Alberta Agriculture and Rural Development's farm safety program

(continued from page 2)

ARD has funding available for farm safety activities in rural communities. The program aims to decrease farm injuries and fatalities through education and awareness. By making funds available to rural communities, activities can be developed according to the needs of the community. For example, a southern Alberta community could decide to do an awareness campaign on irrigation canals for children in the area.

The grants are awarded throughout the year starting April 1st on a first-come basis until the funding is used up for that year. There are a few basic criteria that must be met in order to receive funds:

- The activity can not be for profit.
- Matching funds are encouraged (can be in-kind).
- The lead group must be non-profit.
- The activity must fit the goals of the program.

Examples of acceptable activities would include safety day camps for children, in-school safety programs, safety training for farm employees, and development of safety resources.

To learn more about the Farm Safety Grant Program, go to www.agriculture.alberta.ca/farmsafety and click on the document titled "Grant Program Guidelines."

CALENDAR

World Suicide Prevention Day
International Association for Suicide Prevention
September 10, 2008
Phone: +33 562 29 19 47
Website: www.med.uio.no/iasp/english/wspd/wspd_index.html

World First Aid Day
Canadian Red Cross
September 13, 2008
Phone: (780) 423-2680

Yellow Ribbon Suicide Prevention Week
Light for Life Foundation
September 14-20, 2008
Phone: (780) 992-0299

Alberta Walks the Talk About Back to School Safety
September 24, 2008
Alberta Transportation
Phone: (780) 422-8839

National Safe Communities Day
October 1, 2008
Safe Communities Canada
Phone: (416) 964-0008
Website: www.safecommunities.ca

Public Health & the Agricultural Rural Ecosystem (PHARE) - Sixth International Symposium
October 19-23, 2008
Delta Bessborough Hotel
Saskatoon, SK, Canada
Phone: (306) 966-7888
Email: phare.symposium2008@usask.ca
Website: <http://cchsaccssma.usask.ca/pharesymposium2008/>

Driving Home Safety - Community and Industry Working Together XIII Injury in Alberta Conference
November 18-20, 2008
Delta Edmonton South
Edmonton, AB
Phone: (780) 492-6019
Email: acicr@ualberta.ca
Website: www.acicr.ualberta.ca

BC Injury Prevention Conference, 2008
November 19-20, 2008
Coast Plaza Hotel & Suites
Vancouver, BC
E-mail: conference2008@cw.bc.ca
Website: www.injuryresearch.bc.ca

In 2003, there were 4,930 motor vehicle traffic-related emergency department visits of school-aged children (5 - 19 years).

School-aged children accounted for 21 percent of all motor vehicle traffic-related emergency department visits.

The breakdown of school-aged children involved in a motor vehicle collision by activity is as follows:

- Passenger - 41 per cent (2,049 visits)
- Driver - 25 per cent (1,239 visits)
- Pedestrian - 7 per cent (323 visits)
- Bicycle - 4 per cent (210 visits)
- Motorcycle driver - 3 per cent (143 visits)
- Motorcycle passenger - 0.5 per cent (21 visits)
- Other/unspecified - 19 per cent (945 visits)

The rates for motor vehicle collision with a pedestrian is higher than the rates of motor vehicle collision with a bicycle. School-aged children had the highest rates for both causes of injury.

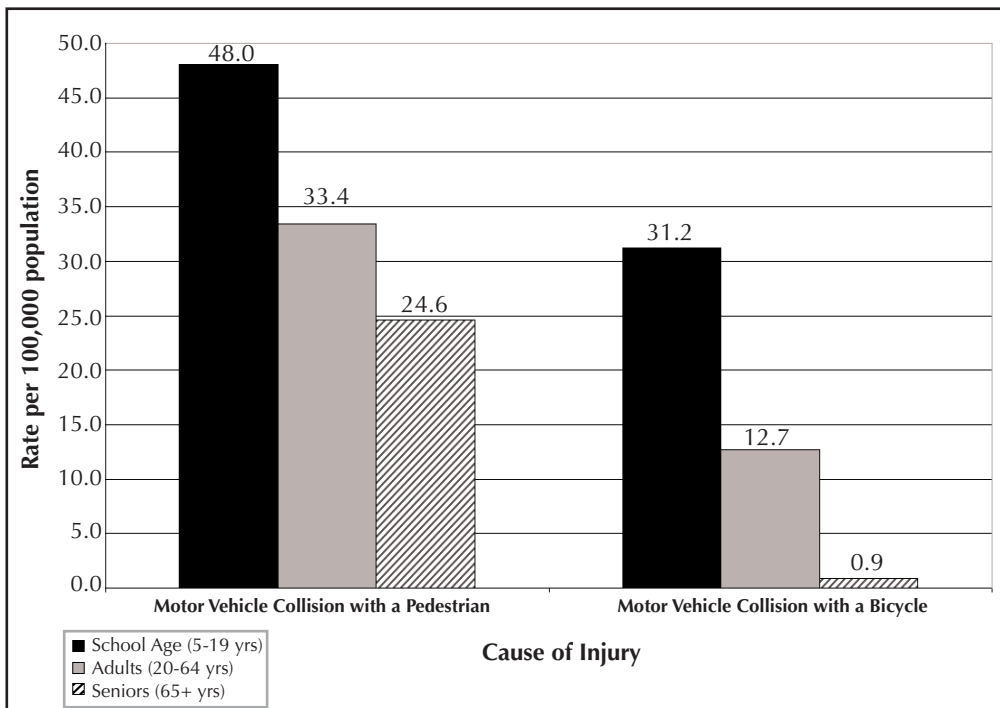
Teens between 15 and 19 years of age had the highest motor vehicle collision with a pedestrian emergency department visit rates. Children between 10 and 14 years of age had the highest motor vehicle collision with a bicycle visit rates.

The emergency department visit rates for males compared to females for motor vehicle collision with a pedestrian were not significantly different.

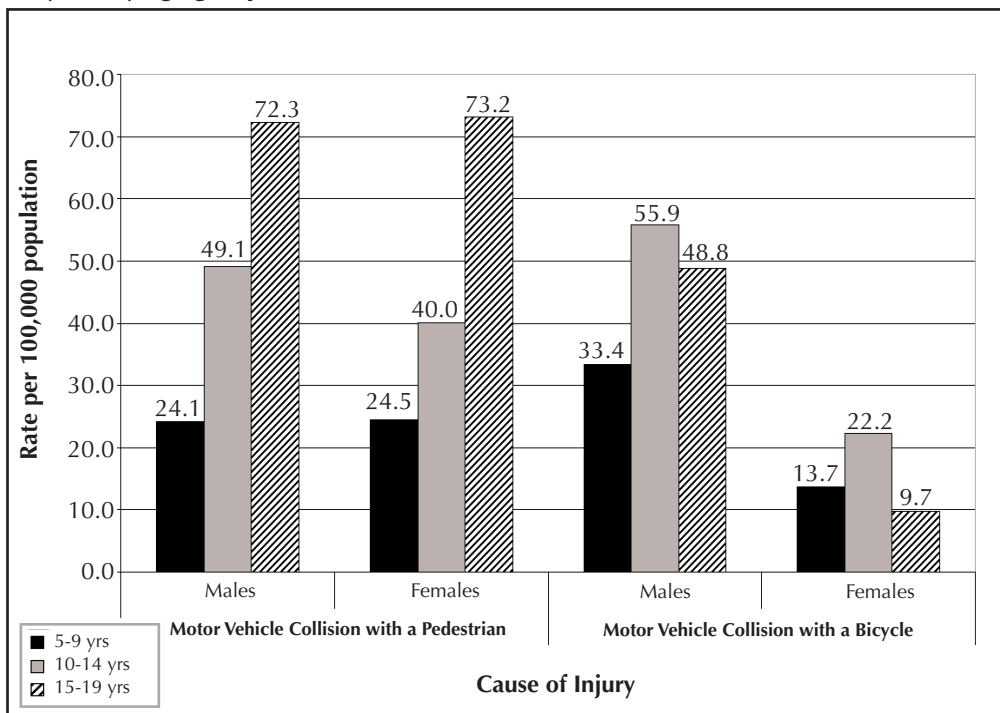
The emergency department visit rates for motor vehicle collision with a bicycle were significantly higher for males than females.

Motor vehicle collisions with pedestrians and bicycles, Alberta, 2003

Emergency department visit rates per 100,000 population (age-standardized)



Emergency department visit rates for motor vehicle collision with pedestrian and bicycles by age group and sex, Alberta 2003



Rates are based on population and are not corrected for activity duration, number of persons, or frequency of activity.

Source: Alberta Centre for Injury Control & Research, Edmonton. Database held by Alberta Centre for Injury Control & Research (data access April 2006 database, unpublished data available upon request).

ICD-10CA codes-pedestrian: V02.1, V02.9, V03.1, V03.9, V04.1, V04.9, V09.2
bicycle: V12.4, V12.5, V12.9, V13.4, V13.5, V13.9, V14.4, V14.5, V14.9, V19.4, V19.5, V19.6