Adolescent Health: 10 to 24 Years of Age • Injury Statistics

In 2014, injuries to Texas adolescents (10-24) that resulted in a hospital stay or visit numbered 9,932. Injury costs affect all segments of society. Support and promotion of appropriate screenings by primary care physicians for depression, bullying and substance abuse – 3 major risk factors for adolescent injury – could help reduce the number.

Self-Inflicted Poisoning – 15%
- Age 10-14: 306
- Age 15-19: 757
- Age 20-24: 435
  - Educate parents about keeping medications locked up.
  - Encourage talks with teens about the dangers.
  - Screen patients for substance use.

Unintentional Motor Vehicle – 14%
- Age 10-14: 272
- Age 15-19: 1022
- Age 20-24: 1441
  - Promote seat belt use.
  - Encourage parents to work on skill acquisition and training.

Unintentional Fall – 13%
- Age 10-14: 447
- Age 15-19: 408
- Age 20-24: 442
  - Educate on the definition of a safe environment, inside and outside.
  - Develop, teach, implement, and enforce Safety Rules.
  - Promote adult supervision of youth activities.
  - Integrate school, family, and community efforts.

Unintentional Assault & Struck By/Against – 6%
- Age 10-14: 190
- Age 15-19: 274
- Age 20-24: 148
  - Encourage use of recommended safety gear especially helmets.
  - Screen for violence in older youth.

All Other – 51%
- Provide or support adult-supervised activities.
- Talk with youth – if not to stop risky behaviors, to promote safety.

NONFATAL INJURY HOSPITALIZATIONS and Steps to Prevent
Adolescent Health: 10 to 24 Years of Age • Injury Statistics

Fatal injury is defined as a personal injury resulting in death of the injured person. In 2015, fatal injuries in Texas youth 10-24 totaled 2,160. Accidents are where prevention efforts can make the greatest impact.

Motor Vehicle Crashes – 40%
- Age 10-14: 64
- Age 15-19: 286
- Age 20-24: 508

Seat belts reduce serious crash-related deaths by 50%.
- Support teen drivers through skill acquisition and training.
- Monitor youth’s behavior while driving.

Homicide / Violence – 17%
- Age 10-14: 0
- Age 15-19: 121
- Age 20-24: 254

- Lock and store away guns.
- Teach youth to manage stress.
- Present opportunities to play meaningful roles in their lives.

Suicide – 23%
- Age 10-14: 26
- Age 15-19: 181
- Age 20-24: 297

- Support education programs and hotlines.
- Screen to identify at-risk adolescents.
- Develop media guidelines to minimize impact of news.
- Limit firearm access.

Poisoning – 12%
- Age 10-14: 0
- Age 15-19: 70
- Age 20-24: 206

- Educate parents about locking up and proper disposing of medications.
- Encourage talks about the dangers; screen patients for substance use.
- Call the Poison Control Hotline to learn more information.

All Other – 8%