

Injury Prevention Research

[Announcer] This podcast is presented by the Centers for Disease Control and Prevention. CDC – safer, healthier people.

Hello, I'm Dr. Ileana Arias and I'm the Director of CDC's Injury Center. We work to prevent injuries and violence and reduce their consequences so that people can live to their full potential.

Every day at the Injury Center, we face the statistics that reflect how a life full of promise can be shortchanged by injuries and violence. So what are we doing to solve these problems? Well, one thing we're doing is investing in research. Research is fundamental to our success, because good data are essential in making sound, smart investments. Research provides the knowledge that we need to understand what's possible and what's not. This knowledge is then used to develop effective programs and policies.

Let me give you a real-life example of this. Over the last several years, the Injury Center has supported a large-scale study to test the effectiveness of triple P, or "Positive Parenting Program." The study showed that when parents have access to parenting information and support to help with their specific parenting problems, measures of child maltreatment fall and families who have used triple P have experienced big differences in their children and improvements in their overall family life.

This is just one of several major topic areas that need immediate attention and more scientific input. We've outlined specific priority topic areas in our center's new Research Agenda. We're working with the injury prevention and control community to implement this agenda for a safer, healthier nation. Investing in these priorities will help prevent needless deaths and painful, costly injuries.

With your support, we know we can make a difference. To learn how you can help, or to get a copy of the Injury Center's new Research Agenda, please visit the Injury Center's web site.

[Announcer] For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO, 24/7.