



## **A CUP OF HEALTH WITH CDC**

### ***Keeping Kids Safe***

*Unintentional Injury Deaths Among Persons Aged 0–19 Years — United States, 2000–2009*

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*[Announcer] This program is presented by the Centers for Disease Control and Prevention.*

[Dr. Gaynes] Welcome to *A Cup of Health with CDC*, a weekly feature of the *MMWR*, the Morbidity and Mortality Weekly Report. I'm your host, Dr. Robert Gaynes.

The major concern of most parents is keeping their children safe. Unfortunately, injuries are the leading cause of death among people 19 years and younger in the US.

Dr. Erin Parker is a researcher with CDC's National Center for Injury Prevention and Control. She's joining us today to discuss ways to prevent injuries in kids. Welcome to the show, Erin.

[Dr. Parker] Thank you for having me.

[Dr. Gaynes] Erin, how many children in the United States die each year from injuries?

[Dr. Parker] In 2009, more than 9,000 children died from unintentional injuries. That's about one child dying every hour. The good news is that child injury deaths are preventable.

[Dr. Gaynes] Well, what kinds of injuries are most common?

[Dr. Parker] The leading causes of child injury include car crashes, suffocation, drowning, poisoning, fires and burns, and falls. The death rate from child injuries has been decreasing, but we're concerned about suffocation and teen poisonings, which have increased.

[Dr. Gaynes] Well, how can parents protect their babies from suffocation?

[Dr. Parker] It's really important for parents to make sure that their baby has a safe sleep environment. What we mean by this is that, babies should be placed on their backs on a firm sleep surface, with no loose bedding, soft toys, or pillows. Also, infants should sleep alone because bed-sharing is a risk for suffocation.

[Dr. Gaynes] Well, why is there an increase in teen poisoning?

[Dr. Parker] Prescription painkiller overdoses are one of the main reasons for the increase in teen poisoning deaths. To help prevent poisonings, keep medicines, especially painkillers, in a secure place and dispose of them properly.

[Dr. Gaynes] Erin, where can listeners get more information about preventing injuries among children?

[Dr. Parker] CDC has a great website for parents and caregivers that includes proven prevention tips, social media resources, and even a Color Me Safe coloring book. Listeners can find it at [www.cdc.gov/safechild](http://www.cdc.gov/safechild).

[Dr. Gaynes] Thanks, Erin. I've been talking today with Dr. Erin Parker of CDC's National Center for Injury Prevention and Control about ways to prevent injuries among kids.

Remember, to protect from suffocation, place babies on their back on a firm sleep surface, with no loose bedding, soft toys, or pillows. To help prevent teen poisonings, store your prescription drugs, especially painkillers, in a secure place and dispose of them properly.

Until next time, be well. This is Dr. Robert Gaynes for *A Cup of Health with CDC*.

[Announcer] For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO.