

# Summary Report

## Halton Injury Report

Injuries are an important public health issue in both Halton Region and the province of Ontario. The [Halton Injury Report](#) examined injuries requiring an emergency department (ED) visit and/or a hospitalization (between 2009 and 2013). Injury-related deaths (between 2007 and 2011) are also examined in the report. The purpose of this report is to inform program planning and policy in the area of injury prevention.

Each year in Halton, injuries resulted in an average of:



\*Average per year 2009-2013  
†Average per year 2007-2011

### Leading causes of injuries in Halton



**ED visits:**

1. falls
2. struck by or against an object
3. sports and recreation injuries



**Hospitalizations:**

1. falls
2. self-harm
3. sports and recreation injuries



**Deaths:**

1. falls
2. self-harm
3. motor vehicle collisions



**Income** was associated with the rate of injury among Halton residents, as the rate of injury generally increased as neighbourhood income decreased.



**Municipality** was also associated with injury rates. For many types of injuries, Acton had a higher rate of injury than the other municipalities in Halton. However, Acton only accounted for 3% of all injuries resulting in ED visits or hospitalizations in Halton.

### Falls

- Each year in Halton, fall-related injuries resulted in an average of **13,061** ED visits, **1,353** hospitalizations and **82** deaths.
- Halton residents had lower rates of ED visits and hospitalizations than Ontario; however, the rate of deaths per year was higher in Halton than Ontario, specifically for ages 85+.
- In general, the rate of fall-related injuries increased as age increased in Halton, although ED visits were also high among children under age 15.



### Motor vehicle collisions (MVCs)



Each year in Halton, MVC-related injuries resulted in an average of **2,210** ED visits, **157** hospitalizations and **16** deaths.

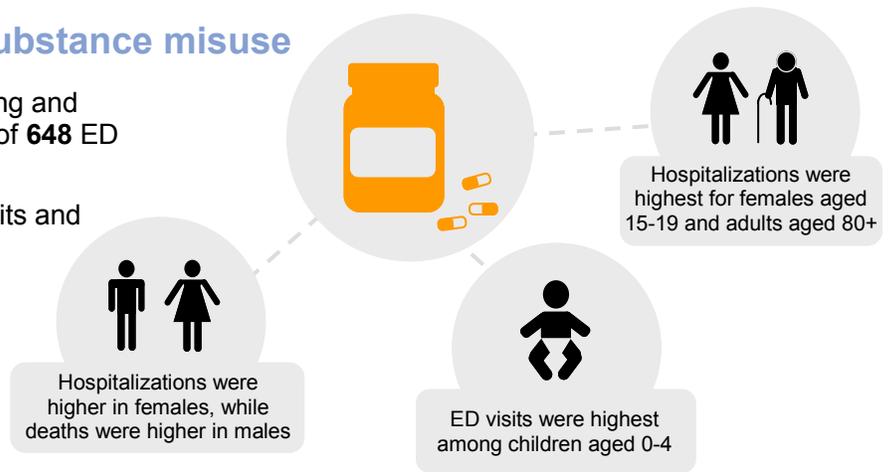
ED visits for MVC-related injuries were highest among young adults, whereas hospitalizations and deaths were highest among older adults.



Hospitalizations and deaths due to MVC-related injuries were higher among Halton males than females.

## Unintentional poisoning and substance misuse

- Each year in Halton, unintentional poisoning and substance misuse resulted in an average of **648** ED visits, **87** hospitalizations and **14** deaths.
- Halton residents had lower rates of ED visits and deaths from unintentional poisoning and substance misuse compared to Ontario
- The majority of unintentional poisonings in Halton were due to improper use of medications and from illicit drug use.



## Sports and recreation injuries

- Each year in Halton, sports and recreation-related injuries resulted in an average of **5,787** ED visits, **194** hospitalizations and **4** deaths.
- Halton residents had similar ED and hospitalization rates, and a lower mortality rate due to sports and recreation-related injuries compared to Ontario.
- Rates of ED visits and hospitalizations due to sports and recreation-related injuries were highest among teenagers and young adults in both Halton and Ontario in general.

### The top causes of sports and recreation injuries in Halton were:



## Assault

- Each year in Halton, assault-related injuries resulted in an average of **721** ED visits, **30** hospitalizations and **2** deaths.
- Halton residents had lower rates of ED visits, hospitalizations and deaths due to assault-related injuries compared to Ontario.
- Rates of assault-related injuries were highest among teenagers and young adults in both Halton and Ontario.



## Self-harm

- Each year in Halton, injuries related to self-harm resulted in an average of **398** ED visits, **241** hospitalizations and **34** deaths.
- Halton residents had lower rates of ED visits, hospitalizations and deaths due to injuries related to self-harm than Ontario.
- ED visits and hospitalizations for injuries related to self-harm were highest among 15 to 19 year olds in Halton and Ontario.
- Females had higher rates of ED visits and hospitalizations in Halton than males; however, males had a higher mortality rate.
- For more information on self-harm in Halton, see the Halton Self-Harm and Suicide [full report](#) and [summary report](#).

## Key points

- The majority of injuries are predictable and therefore preventable.
- Identifying and understanding which sub-populations in Halton are at a high risk of injury can help inform intervention strategies to reduce injuries in Halton.



For the complete [Halton Injury Report](#) and other reports on injuries in Halton, visit [halton.ca](http://halton.ca) and see the Injuries section.