



LEAD: MARYLAND

State Health Departments

Mid-Atlantic Region

Delaware Division of Public Health

Government of the District of Columbia
Department of Health

Maryland Department of Health and Mental
Hygiene

Pennsylvania Department of Health

Virginia Department of Health

West Virginia Department of Health

Great Lakes Region

Illinois Department of Public Health

Indiana State Department of Health

Michigan Department of Health and Hu-
man Services

Minnesota Department of Health

Ohio Department of Health

State of Wisconsin Department of Health
Services

Injury Control Research Centers

Mid-Atlantic Region

Johns Hopkins Center for Injury Research
and Policy

Penn Injury Science Center

West Virginia University

Great Lakes Region

Center for Injury Research and Policy in
Ohio

University of Michigan Injury
Center

Dear Reader,

Injuries are the leading cause of death among persons ages 1-44. More Americans die from injuries than any other cause including cancer, HIV, or the flu. Research and statistics tell us that injuries do not occur randomly; they are often predictable and preventable, and affect everyone regardless of age, race, or economic status. During the past decades, we have had many successes in injury prevention, including:

- The use of seatbelts and car safety seats
- Tai chi and other exercise programs for older adults to prevent falls
- The use of ignition interlock devices to prevent drunk driving
- The use of naloxone – the antidote to prevent Opioid overdose.

These interventions have saved hundreds of thousands of lives, and helped maintain quality of life.

This regional resource guide provides a quick reference on the size and scope of specific injury and violence problems in the region, and highlights readily available, evidence-based resources to address these problems. Designed as a resource for decision makers and other stakeholders, this guide can be used in many ways including:

- To promote injury and violence prevention policies
- To incorporate best practices and recommendations grant applications, editorials, and other documents
- To plan and evaluate injury and violence prevention initiatives.

This guide has been produced by the Great Lakes and Mid-Atlantic Regional Network (GLMA). The network exists to build injury prevention capacity within the region by providing technical assistance, training, and the sharing of research and best practices. The GLMA is composed of the following states: Delaware, Maryland, Pennsylvania, Virginia, West Virginia, Washington D.C., Illinois, Indiana, Michigan, Minnesota, Ohio, and Wisconsin.

Although much progress has been made in the prevention of death and disability from injuries, there remains work to be done. By utilizing the best available science and resources, and working together, we can implement evidence-based programs and policies in our states and ensure a region that is safe and healthy for all.

Great Lakes and Mid-Atlantic
Injury and Violence Prevention
Regional Network