



INJURY PREVENTION AND CONTROL

CDC applies the same real-world, science-based approach to reducing threats from injuries and violence as it does to preventing infectious and chronic diseases. We provide timely, accurate information and useful tools to keep people healthy, safe, and secure where they live, play, and learn. Our research and programs help states and communities develop the best ways to prevent injuries and violence.



190,000
More than 190,000 people die—or 1 person every 3 minutes—from injuries each year.



46
Each day, 46 people die in the U.S. from an overdose of prescription opioid painkillers.



10 of the highest prescribing states for painkillers are in the South.

KEY ACCOMPLISHMENTS

- Helped reduce violent deaths by providing more data for states' prevention strategies. The National Violent Death Reporting System has been expanded to 32 states, providing more data that can be used to save lives.
- Identified a relationship between prescription painkiller overdoses and how they are prescribed, and increased resources and direct support to states to advance the most promising prevention strategies.
- Launched an interactive cost calculator to help states select motor vehicle injury prevention programs that have been shown to work. Reported the high cost of motor vehicle crashes and what states and employers can do to prevent crashes.
- Funded 3 new injury control research centers for a total of 10 centers conducting cutting-edge injury and violence prevention research to support state and community prevention programs.
- Launched "Essentials for Parenting Toddlers and Preschoolers," an online resource with proven parenting information to address common challenges, accessed by more than 188,000 people.



1 MILLION

Americans spend more than 1 million days in the hospital each year from motor vehicle crash injuries.



30%

Suicide rates among middle-aged Americans (35-64 years) increased 32% between 1999 and 2013.

TOO MANY PAINKILLER PRESCRIPTIONS: WHERE YOU LIVE MAKES A DIFFERENCE

Recent CDC data show some U.S. states have significantly higher rates of prescribing potentially addictive painkillers to patients.

Southern states had the most prescriptions per person for painkillers, especially Alabama, Tennessee, and West Virginia. The Northeast, especially Maine and New Hampshire, had the most prescriptions per person for long-acting and high-dose painkillers.

What might be causing this? Healthcare providers in different regions of the U.S. don't agree on when to use prescription painkillers and how much to prescribe. Also, these data reflect people who get multiple painkiller prescriptions so they can abuse or sell the drugs. Another factor driving the increases in prescriptions are for-profit, high-volume pain clinics (so-called "pill mills") that prescribe large quantities of painkillers to people who don't need them medically.

CDC supports states to develop monitoring programs and policies that track and prevent prescription painkiller overdoses. Key factors include data, tools, and guidelines that improve decision making while ensuring patients still have access to safe, effective pain treatment. Healthcare professionals should follow best practices to avoid overprescribing painkillers—including screening patients for substance abuse and mental health problems.