

A National Action Plan for Child Injury Prevention

Reducing Drowning Injuries in Children

Unintentional drowning killed 1,027 U.S. children in 2010.¹ More children ages 1-4 die of drowning each year than of any other cause except birth defects.^{2,3} Drowning rates also vary by race; black children 5-14 years old drown at three times the rate of white children.³ This difference is even greater, five times the rate of white children, when looking just at swimming pools, usually the safest place for recreational swimming.⁴

Half of all patients treated for drowning in emergency departments require hospitalization or transfer for further care and many are left with permanent disabilities from brain injuries.^{3,5,6} Hospital care does not substantially change the outcomes of drowning, which is why prevention is critical.⁵

Most drowning deaths and injuries are predictable and preventable.



A National Action Plan

The Centers for Disease Control and Prevention (CDC) is committed to preventing child injury by supporting solutions that will save lives. The National Action Plan for Child Injury Prevention (NAP) was developed by CDC and more than 60 stakeholders to spark action across the nation. The overall goals of the NAP are to raise awareness about the problem of child injury and the effects on our nation, offer solutions by uniting stakeholders around a common set of goals and strategies, and mobilize action to reduce child injury and death.

The NAP contains six domains that include goals and actions based on what we know, where we need to go, and how we can get there. See below for examples of what we can do to further reduce drowning deaths and injuries among children.

Data and Surveillance—includes the ongoing and systematic collection, analysis, and interpretation of child health data for planning, implementing, and evaluating injury prevention efforts.

- Implement data systems, such as Child Death Review, to collect more detailed information on the circumstances of drowning to better design intervention programs.
- Analyze local, state and national level data and information to monitor the effect of drowning prevention efforts.

