

Child and Youth Injury in Saskatchewan 2004-2013

Injuries remain a leading cause of death, disability, and years of life lost in Saskatchewan. There are extensive human and economic costs due to these injuries, including direct costs to the healthcare system and indirect costs (e.g., reduced productivity, disability, premature death).

Injury-related deaths

- Between 2004 and 2013, there were a total of 691 injury-related deaths of Saskatchewan children and youth under the age of 20.
- Injury was the cause of death in 42% of all child and youth deaths in this time period, and in 80% of deaths in youth aged 15 to 19 years. The most common mechanism of injury-related death for this older age group was transport accidents (45%), followed by intentional self-harm (32%).

Injury-related hospitalizations

- Between 2004 and 2013, there were a total of 16,572 injury-related hospitalizations of Saskatchewan children and youth under the age of 20.
- Youth aged 15 to 19 years had the largest proportion of injury-related hospitalizations with 38.1%, followed by youth 10 to 14 years of age with 22.9%.
- Saskatchewan's overall injury-related hospitalization rate of 742.4 hospitalizations per 100,000 population was significantly higher than the Canadian rate of 409.6 hospitalizations per 100,000 population.

Top causes of injury

Falls were the overall leading cause of injury-related hospitalizations for children and youth under 20 years of age (20.1% of child and youth injury-related hospitalizations), followed by sports-related injuries (10.0%), intentional self-harm (8.2%), assault (7.1%), and unintentional poisoning (6.7%). The age breakdown indicates that while falls were the leading cause of injury-related hospitalizations for the younger age groups, sports-related injuries were the leading cause for youth between the ages of 10 and 14 (20.4%) and intentional self-harm was the leading cause for youth aged 15 to 19 (17.1%).

Types of injuries

The body part most frequently injured and for which hospitalization was required was upper extremity (shoulders, arms, and hands), accounting for 35.0% of injury-related hospitalizations between 2004 and 2013. The majority of these injuries were fractures (87.8%). The second most commonly injured body part and for which hospitalization was required was the head/neck, accounting for 30.4% of the hospitalizations. Injuries to the head which resulted in hospitalization were most commonly concussions (40.1% of head injuries), followed by internal injuries (19.0% of head injuries).

Injury trends over time

Although injury-related hospitalization rates decreased overall over the 10 year period (average decrease of 4.1% annually), there were increases for certain causes of injury and increases for certain age groups. For example, injury-related hospitalization rates increased overall for intentional self-harm injuries and all-terrain vehicle-related injuries. Injury-related hospitalization rates also increased in the 1 to 4 year old age group for both playground falls and cycling, and in the 10 to 14 year old age group for pedestrian-related injuries. These increases highlight areas that may be particularly important to focus on in terms of prevention.

It is important to remember that the vast majority of injuries are predictable and preventable. Focusing on the prevention of injuries is an important way to reduce child hospitalizations, deaths, and related costs in Saskatchewan.



Number of Hospitalizations by Injury Cause, Sex, and Age Group, Saskatchewan, Under 20 Years of Age, 2004-2013

Injury Cause	<1			1-4 Years			5-9 Years			10-14 Years			15-19 Years			Total		
	F	M	Total	F	M	Total	F	M	Total	F	M	Total	F	M	Total	F	M	Total
Assault	24	36	60	28	43	71	18	18	36	48	56	104	168	743	911	286	896	1182
ATV non-traffic	0	0	0	5	16	21	17	43	60	52	178	230	47	129	176	121	366	487
Cycling non-traffic	0	0	0	12	16	28	61	83	144	42	178	220	7	65	72	122	342	464
Cycling traffic	0	0	0	*	*	7	7	18	25	6	22	28	0	15	15	15	60	75
Drowning and submersion	*	*	*	*	*	17	0	*	*	*	*	*	*	*	5	10	22	32
Falls (excluding sport)	88	155	243	438	525	963	340	499	839	237	494	731	209	350	559	1312	2023	3335
Fire and burns	12	14	26	58	63	121	18	26	44	6	34	40	16	57	73	110	194	304
Intentional self-harm	0	0	0	*	0	*	*	*	*	239	38	277	789	294	1083	1030	334	1364
Motor vehicle occupant	6	6	12	36	35	71	38	45	83	69	45	114	315	396	711	464	527	991
Overexertion, travel, privation	*	*	*	9	8	17	10	10	20	28	43	71	36	68	104	84	132	216
Pedestrian traffic and non-traffic	0	0	0	21	45	66	21	53	74	25	28	53	35	65	100	102	191	293
Playground falls	*	*	*	75	100	175	341	359	700	67	108	175	9	8	17	493	578	1071
Unintentional poisoning	19	27	46	270	302	572	37	43	80	70	51	121	161	133	294	557	556	1113
Snowmobile	0	0	0	0	0	0	5	7	12	16	35	51	16	90	106	37	132	169
Sport-related	*	*	*	16	25	41	58	119	177	155	618	773	78	581	659	308	1344	1652
Suffocation	19	25	44	15	32	47	*	*	8	*	*	12	*	*	7	44	74	118
Undetermined intent	*	*	8	*	*	5	5	10	15	48	23	71	128	91	219	185	133	318
All other injury	66	104	170	292	464	756	209	333	542	236	480	716	346	858	1204	1149	2239	3388
Total	240	382	622	1284	1695	2979	1190	1675	2865	1350	2441	3791	2365	3950	6315	6429	10143	16572

Notes: Based on Canadian Institute for Health Research security policy, all counts less than 5 were replaced by *.

Refer to Appendix B for the complete list of internal and external injury codes and labels.

The full report, *Child and Youth Injury in Saskatchewan 2004-2013*, is available for download from the Saskatchewan Prevention Institute's website at www.skprevention.ca (resource 4-007).