## UNINTENTIONAL DROWNINGS AND NEAR-DROWNINGS, ALL AGES MIAMI-DADE COUNTY, FL 2010 - 2012

- From 2010 - 2012, 92 Miami-Dade residents unintentionally drowned, averaging 30 deaths per year.

- Miami-Dade had the second highest number of drownings among all counties in Florida between 2010 & 2012.

- Approximately one-fifth of fatal drowning victims were children aged 17 and younger. For every child who died from drowning, another ten were either hospitalized or received emergency department care for nonfatal submersion injuries.

- Nonfatal drownings can cause brain damage that may result in long-term disabilities including memory problems, learning disabilities, and permanent loss of basic functioning (i.e., permanent vegetative state).

Drownings and Near-Drownings, All Ages Miami-Dade County, 2010 - 2012

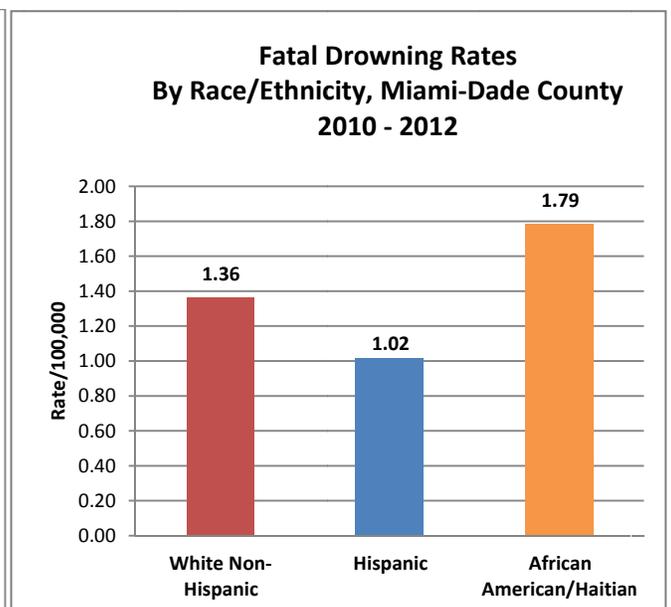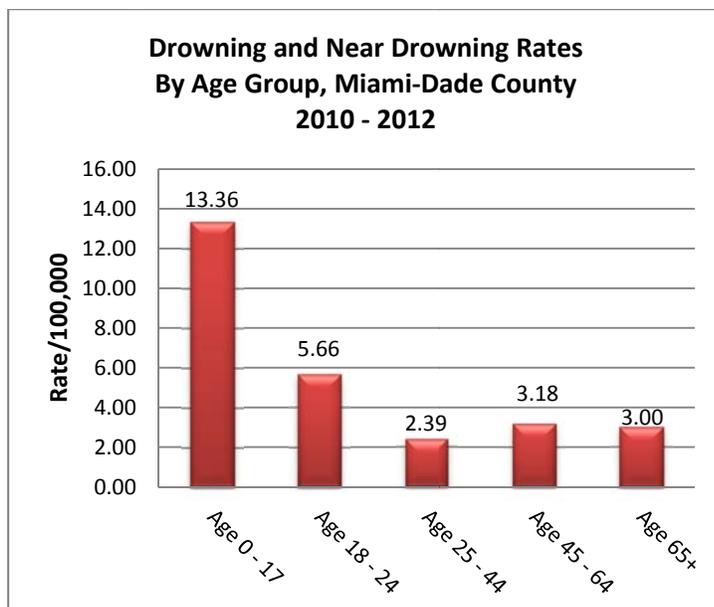| Year	Deaths	Hospitalizations	ED Visits
2010	34	58	50
2011	27	37	52
2012	31	48	75
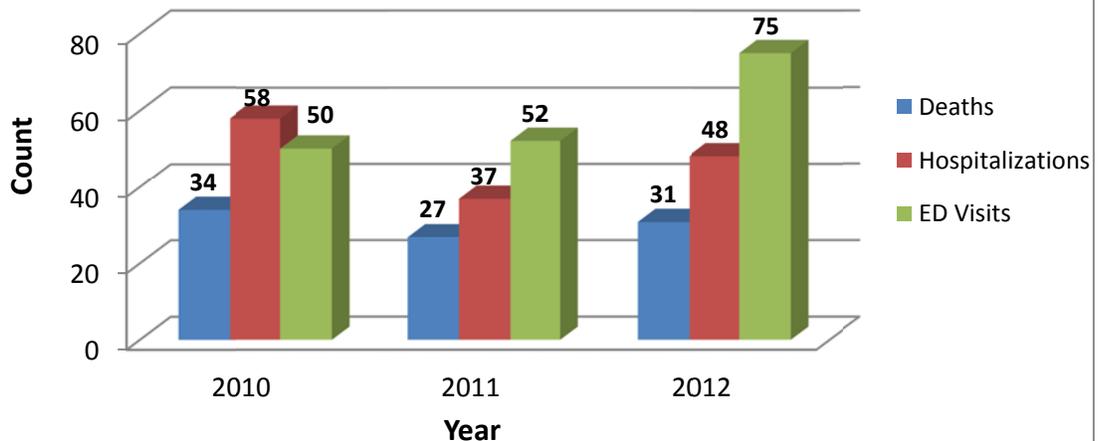
Who is at Risk?

Children

- Children aged 0—4 had drowning and near drowning rates four times greater than all other age groups combined and four times greater than individuals aged 45+ years.

- Between 2010 & 2012, of all children 1 to 4 years old who were killed as a result of an injury, 20% died from drowning. Fatal drownings are the leading cause of unintentional injury-related death for children aged 1 to 9 years.

Males

- From 2010 – 2012, males comprised 80% and 66% of all fatal and nonfatal drownings, respectively.

Race/Ethnicity

- In Miami-Dade between 2010 & 2012, the fatal unintentional drowning rate for African Americans was 1.75 times that of Hispanics.

- Comparable race/ethnicity trends were observed for specific age groups. For example, the fatal/nonfatal drowning rate for white Non-Hispanic children aged 0 to 4 was approximately 1.3 times higher than Hispanic children in the same age range. Similarly, among all ages, the drowning rate for white Non-Hispanics was also 1.3 times higher than that of Hispanics.

- Factors such as the physical environment such as access to swimming pools and a mixture of social and cultural issues such as importance of swimming skills and participating in recreational water-related activities may play a role in drowning rate racial differences.

Drowning and Near Drowning Rates By Age Group, Miami-Dade County 2010 - 2012

Age Group	Rate/100,000
Age 0 - 17	13.36
Age 18 - 24	5.66
Age 25 - 44	2.39
Age 45 - 64	3.18
Age 65+	3.00

Fatal Drowning Rates By Race/Ethnicity, Miami-Dade County 2010 - 2012

Race/Ethnicity	Rate/100,000
White Non-Hispanic	1.36
Hispanic	1.02
African American/Haitian	1.79

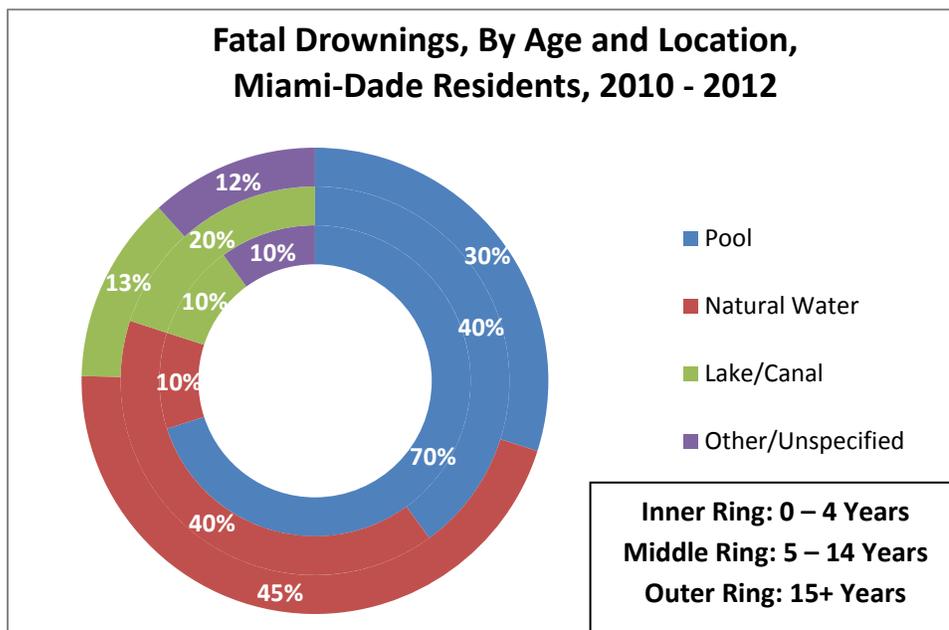## *Risk Factors*

<u>Lack of Barriers and Supervision</u>

- **Among children ages 1 to 4 years, most drownings occur in residential swimming pools. Most young children who drown in pools are last seen in the home, out of sight for less than five minutes, and are in the care of an adult at the time. Barriers such as pool fencing or alarms can help prevent children from gaining access to the pool area.**

Location of Fatal Drownings

<u>During 2010 — 2012:</u>

- **More than half of all drownings among individuals aged 15 - 64 years occurred in a natural body of water (i.e. ocean, river)**

- **Nearly three-fourths of drownings among children under the age of five occurred in a residential swimming pool.**

- **41% of drownings among elderly individuals occurred in a residential swimming pool.**

Fatal Drownings, By Age and Location, Miami-Dade Residents, 2010 - 2012

- Pool
- Natural Water
- Lake/Canal
- Other/Unspecified

Inner Ring: 0 – 4 Years
Middle Ring: 5 – 14 Years
Outer Ring: 15+ Years

Drowning Prevention

- Assign a responsible adult to watch young children while in the bathtub and all children swimming or playing in or around water. Adults should not be involved in any other distracting activity (such as reading, playing cards, talking on the phone, watching television, or mowing the lawn) while supervising children.

- Always swim with a buddy. Select swimming sites that have lifeguards whenever possible.

- Avoid drinking alcohol before or during swimming, boating, or water skiing. Do not drink alcohol while supervising children.

- Learn to swim. Be aware that the American Academy of Pediatrics does not recommend swimming classes as the most important way to prevent drownings for children younger than 4. Constant, careful supervision and barriers such as pool fencing are needed even when children have completed swimming classes.

- Learn cardiopulmonary resuscitation (CPR). In the time it may take for paramedics to arrive, your CPR skills can make a difference in someone's life. CPR has been shown to improve outcomes in drowning victims.

Swimming Pool Safety:

- Install a four-sided, isolation pool fence that completely separates the house and play area of the yard from the pool area. The fence should be at least 4 feet high. Use self-closing and self-latching gates that open outward with latches children cannot reach. Additionally, consider additional barriers such as automatic door locks or alarms to prevent access or alert you if someone goes into the pool area.
- Remove floats, balls, and other toys from the pool and surrounding area immediately after use. The presence of these toys may encourage children to enter the pool area and possibly fall in.
- Do not use air-filled or foam toys, such as "water wings", "noodles", or inner-tubes, in place of life jackets (personal flotation devices). These toys are not made to keep swimmers safe.

If you are in or around natural bodies of water:

- Be aware of the local weather conditions before swimming or boating. Strong winds and thunderstorms with lightning strikes are dangerous.

- Use U.S. Coast Guard approved life jackets when boating, regardless of distance to be traveled, size of boat, or swimming ability of boaters.

- Know the meaning and obey warnings of colored beach flags.

- Look out for dangerous waves and signs of rip currents (water that is discolored and choppy, foamy, or filled with debris and moving in a channel away from shore). If you are caught in a rip current, swim parallel to shore. Once free of the current, swim toward shore.

Prevention Resources

Websites

Florida Department of Health Office of Injury Prevention
http://www.floridahealth.gov/prevention-safety-and-wellness/drowning-prevention/index.html

Centers for Disease Control and Prevention, Water Related Injuries
http://www.cdc.gov/homeandrecreationalsafety/water-safety/waterinjuries-factsheet.html

American Academy of Pediatrics, Water Safety
http://www.aap.org/en-us/about-the-aap/aap-press-room/news-features-and-safety-tips/pages/Sun-and-Water-Safety-Tips.aspx

U.S. Consumer Product Safety Commission, Pool and Spa Safety
http://www.cpsc.gov/cpscpub/pubs/chdrown.html

American Red Cross Miami
http://www.redcross.org/fl/miami