

Injury Free Nova Scotia

Annual Report 2014/2015



Who we are

Injury Free Nova Scotia is a provincial association (not-for-profit) committed to eliminating preventable injuries in Nova Scotia. We see our role as that of a “positive change agent”, helping to build healthy public policy that will save lives and lessen injuries. We also see a role in bringing people together to inform, engage and mobilize them towards positive change.

Why we are passionate about Injury Prevention

In Canada, injury is the leading cause of death and disability during the first 45 years of life and the fourth leading cause of death overall.

In Nova Scotia, injury kills 425 people annually and causes the deaths of more young people aged 1-19 years than all other causes of death combined. Injury is also a major cause of death and disability in later adulthood and the senior years. In 2004 injury cost Nova Scotians \$518 million.

from the Nova Scotia's Renewed Injury Prevention Strategy, 2010 (HPP)

2014/2015 IFNS Board

Officers:

Dr. Natalie Yanchar – President

Dan Steeves – Vice-President

Jill Schwartz – Treasurer

Directors:

Beth Currie

Sarah Hergett

Jenna Hopson

Krise Jones

Katie Mallam

Staff/Executive Director:

Shirley Burdock

Focus 2014 - 2015

Ensuring that Evidence Informs our Work



Part of the work of our organization involves the pursuit of information that will heighten our understanding of issues that are vectors for injury in Nova Scotia.

Ongoing Partnerships



Injury Prevention is not achieved in a vacuum, but rather through respectful and diverse partnerships. By collaborating in a meaningful and ongoing way with credible organizations that share a passion for injury prevention, together we move the important work forward.

Injury Issue-Specific Engagement



Sometimes a shared concern for a specific injury vector leads us to partner on specific initiatives and events across the province that increase mutual understanding of the work ahead and pave the way for future partnership.

Pursuing Evidence in 2014/2015

Knowing that the top three serious injury and injury-related death causes in Nova Scotia are **Motor Vehicle Collisions, Falls and Suicides/Suicide Attempts**, we have pursued a greater understanding in the following areas:

Issue: Underage drinking

The primary objectives of the research were to:

- Measure concern about underage drinking in relation to other health and wellness issues
- Collect current and past underage drinking estimates
- Gauge knowledge of the various risks associated with underage drinking

Issue: Cannabis

The primary objectives of the research were to:

- Assess public opinions on the recreational use of cannabis;
- Examine current levels of awareness of medical and recreational cannabis use;
- Determine current levels of knowledge of the risks associated with cannabis use.

Issue: Alcohol and Suicide

The primary objective of this literature review has been to explore what is known, internationally, about the relationship between alcohol and suicide.

Surveys/Reports

Underage Drinking



Attitudes about Underage Drinking among Nova Scotia Parents, June 2014

Supporting Infographic included on the www.ifns.ca website

Cannabis



Cannabis Survey, March 2015

Alcohol and Suicide



Alcohol + Suicide: A Review of the Literature, April 2015

Supporting Infographics (6) included on the www.ifns.ca website

King's Hit: Violence and Suicide

Work initiated within 2014/15 on the issue engaged a journalist to carry out a scan of related media accounts and court records. While preliminary findings have been gathered, work continues on this initiative within 2015/16.

Ongoing Partnerships in 2014/2015

Ensuring we engage on broad injury issues across the lifespan we are members within the following boards. Specific information related to areas of partnering involvement over the past year can be accessed through their individual websites :

Canadian Collaborating Centres on Injury Prevention:
www.cccip.ca

Atlantic Collaborative on Injury Prevention (vice-chair):
www.acip.ca

Within the **top injury issues** we continued to engage in a partnering leadership role with the following boards and committees:

Road Safety Advisory Committee: Community Co-chair

Residential Speed Zone Study

Road Safety Youth Committee/ Youth Road Safety Camps

Graduated Driver's License Program changes

Funding support for local initiatives

Inter-sectoral Falls Prevention Committee

Communities Addressing Suicide Together (CAST): Annapolis Valley

Weaving the Threads of Community Resilience/Annapolis Valley Suicide Prevention Conference

Kings Community Action Group on Gambling Harms (KCAGoG)
Community Readiness Project

Issue-Specific Engagement

We have responded to increased requests province-wide for support to local community injury prevention work. As well, we have pursued continuous learning on issues of injury. One highlight for us in 2014-2015 was our coordinating/hosting of the May 2014 Health Promotion Knowledge Exchange Event, our third and largest one since 2012. This event, ***Mobilizing our Communities***, engaged 185 diverse stakeholders across the province to discuss issues of health promotion and injury and initiate tangible plans to move needed work forward. Coordinating this initiative represented 12 months of ongoing work. In addition, some key areas of pursuit include:

- **April 2014:** New Minas: Kingston-Greenwood Community Health Board Municipal Alcohol Project - resource support
- **May 2014:** National Road Safety Conference
- **September 2014:** Annapolis Valley Suicide Prevention Conference/ Speaker on Alcohol & Suicide
- **October 2014:** National Construction Code: Residential Stair Legislation (Amendment 843)
- **November 2014:** Yarmouth: Initial Engagement with Health Promotion Partners on shared injury issues
- **November 2014:** Wolfville: Horton Community Schools in-service: Youth & Resiliency/ Speaker, Alcohol & Youth
- **November 2014:** Halifax: Falls Prevention Symposium
- **December 2014:** Halifax: Project Lifesaver/Railway Safety
- **December 2014:** Kentville: Addressing Homelessness
- **January 2015:** Wolfville/EKings: Substances and Suicide
- **February 2015:** Berwick: Kingston-Greenwood CHB Board/Co-Facilitator of Partners for Change Workshop
- **February 2015:** Sydney: CBHA, Municipal Alcohol Policy, Knowledge Exchange Event/ Speaker on IFNS Alcohol Work

Financials for 2014/15

Financial information will be presented by the treasurer to the board at the AGM on Friday, June 12, 2015 at 12:00 p.m.

Location of the AGM:

**Cobequid Community Health Centre
Freer Lane, Lower Sackville
Room 3217**

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