

Injury Free Nova Scotia

Annual Report
2015/2016

www.ifns.ca



Who we are

Injury Free Nova Scotia is a provincial non-profit association committed to eliminating serious, 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 injury severity. We also see a role in bringing people together to inform, engage and mobilize them towards positive change.

We pursue our work led by a board of volunteer members and through the efforts of one staff person, in an executive director capacity.

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. from the Nova Scotia’s Renewed Injury Prevention Strategy, 2010 HPP)

IFNS Board for 2015/16

Officers: Dr. Natalie Yanchar – President, Dan Steeves – Vice-President, Beth Currie – Treasurer *

Directors: Beth Currie, Sarah Hergett, Jenna Hopson, Christine Eisan, Jennifer Girard

Executive Director: Shirley Burdock

*Jill Schwartz was a board member and Treasurer from April 1 – December 12



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. The top three serious injury and injury-related death causes in Nova Scotia are **Motor Vehicle Collisions, Falls and Suicides/Suicide Attempts**. Knowing the significant vector that alcohol and other substances present to serious injuries and injury-related death, we have pursued a greater understanding of these issues, as well as that of gambling.



Gambling Harms

We are aware of the link between gambling and suicide, and of the broad community harms related to gambling throughout the lifespan, especially affecting youth and seniors. We want to help address these harms by engaging communities in meaningful dialogue and to support this have created infographic resources as well as a video, with the assistance of two skilled Health Promotion interns.

Substance Free Childhood

Through a Substance Free Childhood Literature Review and Infographics we have pursued a comprehensive review of the literature on the associations between a substance free childhood and health/injury outcomes in adulthood.

Alcohol-Related Violence Database

Work initiated by IFNS in 2014/15 on the issue of alcohol-related violence, specifically the “King Hit”, led us in 2015/16 to pursue a project in partnership with the Nova Scotia Health Authority. This project engages us to help determine the required steps, resources and coordination necessary to develop the first searchable database of Alcohol-related violence in Nova Scotia. This project is currently ongoing.

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 and individuals that share a passion for injury prevention, together we move the important work forward. Ensuring we engage on broad injury issues across the lifespan we are members within the following boards/committees, and specific information relating to our work with them can be found on their individual websites.



Atlantic Collaborative on Injury Prevention - Vice-Chair

Nova Scotia Road Safety Advisory Committee – Community Co-Chair

Inter-sectoral Falls Prevention Committee – member

Annapolis Valley Communities Addressing Suicide Together (CAST) Committee – member

Kings Community Action Group on Gambling Harms (KCAGoG) Board – member

Community Alcohol Project: Partners Shifting the Culture of Alcohol (CAPPSCA)- member

In addition, we undertake work with a number of other groups and organizations on issue-specific injury prevention initiatives.

The Challenges and Opportunities of Change

The year of 2015/16 was one of significant change for our partners in health promotion and injury prevention, as well as our broader health partners, at both regional and provincial levels. Regionally, nine district health authorities became one health authority and provincially within Health and Wellness some programs and services were realigned. This created both challenges and opportunities for the organization. Challenges to project pursuits arose within the context of departments and individual roles within them continuing to shift throughout the year. Regardless of the changing environment, important dialogue on injury issues and future planning continued, largely because of the passionate commitment of all partners to keep the work itself in the forefront.

Opportunities arose as we also found greater ways to engage with individuals and organizations beyond the health sector that are supportive of injury prevention. Partners in road safety, coordinated through the Department of Transportation, were increasingly key in many areas of collaborative work. Partners working to ensure active living throughout the lifespan and those working in active transportation were pursued as key elements to a focus that broadens the context of injury prevention to one that embraces active and engaged lives for all Nova Scotians. We also focused on taking the resources we previously developed and providing increased audiences for them, as well as enhancing our own internal resources for promotion of IFNS and injury prevention in the years ahead.

The new fiscal year of 2016/17 promises to be an active one, with our partners within the newly-created Nova Scotia Health Authority and newly re-aligned Health and Wellness positioned for even stronger levels of collaboration.

Financials for 2015/16

Financial information will be presented by the treasurer to the board at the **AGM on Thursday, June 23, 2016 at 10:00 a.m.**

AGM Location: Bridgewater Police Service, 45 Exhibition Drive, Bridgewater, N.S.

Injury Free Nova Scotia Contact Information

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