



**Unintentional and deliberate injuries in children
and young people in East Sussex**

Key messages

- The use of the term 'accident' can be misleading to both professionals and the public.
- Accidents are predictable events and are frequently preventable - we know who is most likely to have an accident (and why) and where and when they are most likely to happen.
- The fact that accidents are preventable is a key message that needs to be consistently promoted to dispel the myth that they just happen and that there is nothing we can do about them.
- There are resources available to support partners and families prevent unintentional injuries

Key messages

Under 5s

- East Sussex and Eastbourne, Hastings and Rother have significantly higher rates of admissions for under 5s due to unintentional and deliberate injuries compared to England. The rates for Hastings and Rother currently falls within the worst 2% in England.
- There are persistent inequalities in unintentional injuries with the rate of admissions caused by unintentional injuries for under 5s living in the most deprived areas of East Sussex almost double compared with the least deprived areas.
- The East Sussex Child Home Safety Advice and Equipment Service enables targeted vulnerable families with children aged 0-5 years to be referred by specified staff groups (health visitors, community nursery nurses, children centre keyworkers and social workers) for a home visit (for further information see page 13).
- To help raise awareness of the significance of unintentional injuries locally and the simple steps everyone can take to help prevent them, East Sussex Public Health and partners have created the Keeping Children Safe - Social Media Toolkit.
- To support work with families, partners can also access FREE accident prevention resources from the Health Promotion Resources East Sussex website (see links on next page).

School age and young people

- East Sussex and Hastings and Rother have significantly higher rates of admissions for 0-14 year olds and 15-24 year olds due to unintentional and deliberate injuries compared to England. The rates for Hastings and Rother for 0-14s currently falls within the worst 6% in England.
- Across a number of indicators relating to transport accidents East Sussex is significantly worse than England.
- East Sussex has significantly higher rates of admissions due to self-harm for 10-24 year olds
- Following detailed analysis into high risk groups for KSIs/collisions in East Sussex, ESCC is undertaking work designed to improve road safety and reduce risk of collision among young drivers and their passengers (for further information see page 13).
- A Sussex wide review is currently being undertaken of emotional health and wellbeing for children and young people.
- East Sussex Public Health is currently undertaking a self-harm needs assessment for under 25s.
- A multi-agency East Sussex Violence Reduction Unit has recently been formed which will include a focus on reducing youth violence in public spaces.



Useful information and definitions



Data sources:

Public Health Outcomes Framework , PHE

Child and Maternal Health Profiles, PHE

HES. Accessed via HDIS. NHS Digital

Paediatric Liaison Nurse Service. East Sussex Healthcare NHS Trust

Note for all maps:

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MIU

Minor Injury Units, provide urgent care between 8am-8pm

MIU/A&E attendance

Attendance at a Minor Injury Unit or an A&E department (24/7 urgent care), may or may not have been admitted as a result

Admission

Admission to hospital, maybe via A&E but could also be via GP for example

Attendances at an East Sussex A&E

Attendance at A&E in either Eastbourne or Hastings, not necessarily an East Sussex resident. Data regarding these attendances is captured by the East Sussex Paediatric Liaison Service

Useful resources/further information:

Child and Maternal Health Profiles

<https://fingertips.phe.org.uk/profile/child-health-profiles>

East Sussex Safeguarding Children Board

<http://eastsussexlscb.org.uk/#>

Keeping Children Safe - Social Media Toolkit

<http://tinyurl.com/yxwpggmm>

Accident Prevention Resources (FREE)

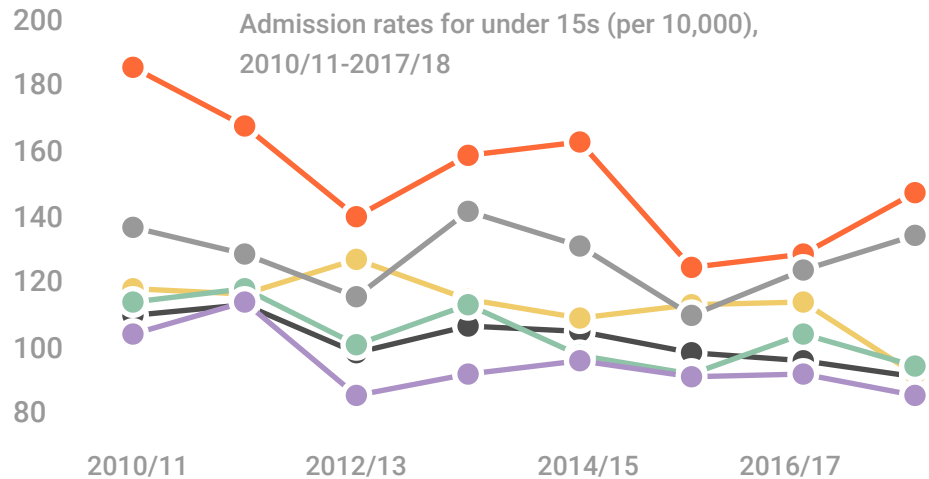
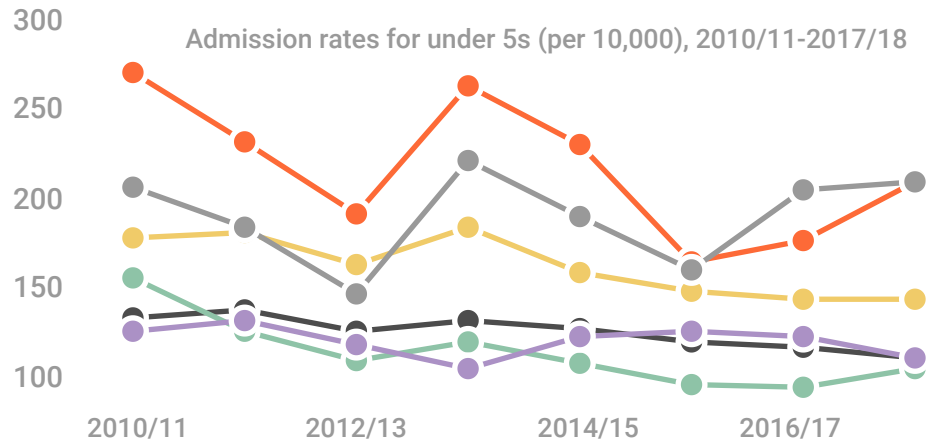
<http://tinyurl.com/yyjrjgyz>

Unintentional and deliberate injury admissions



Data is for admissions due to injuries from both unintentional and deliberate harm and aligns with the indicator in the Public Health Outcomes Framework (2.07)

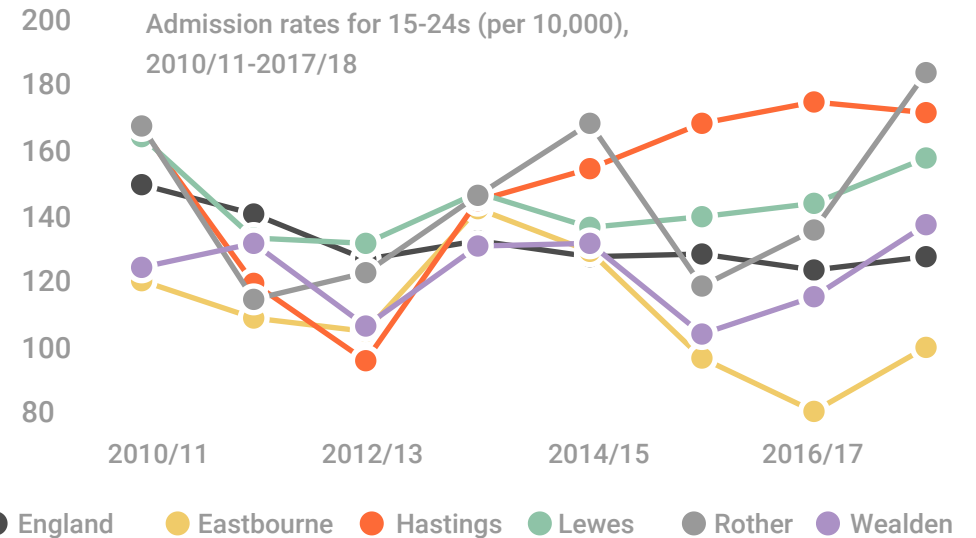
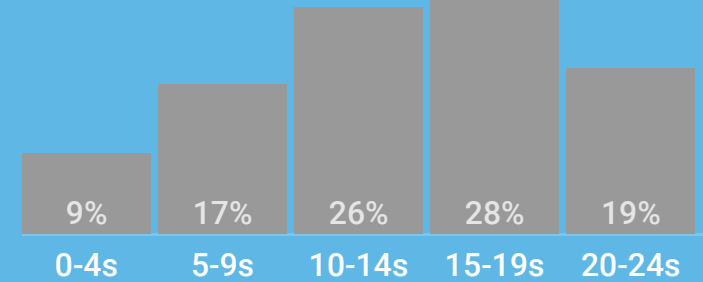
East Sussex as well as Hastings and Rother have significantly higher admission rates compared to England with **Hastings and Rother in the top 2%** of areas with the highest rates for under 5s and top 6% for under 15s.



For East Sussex in 2017/18:

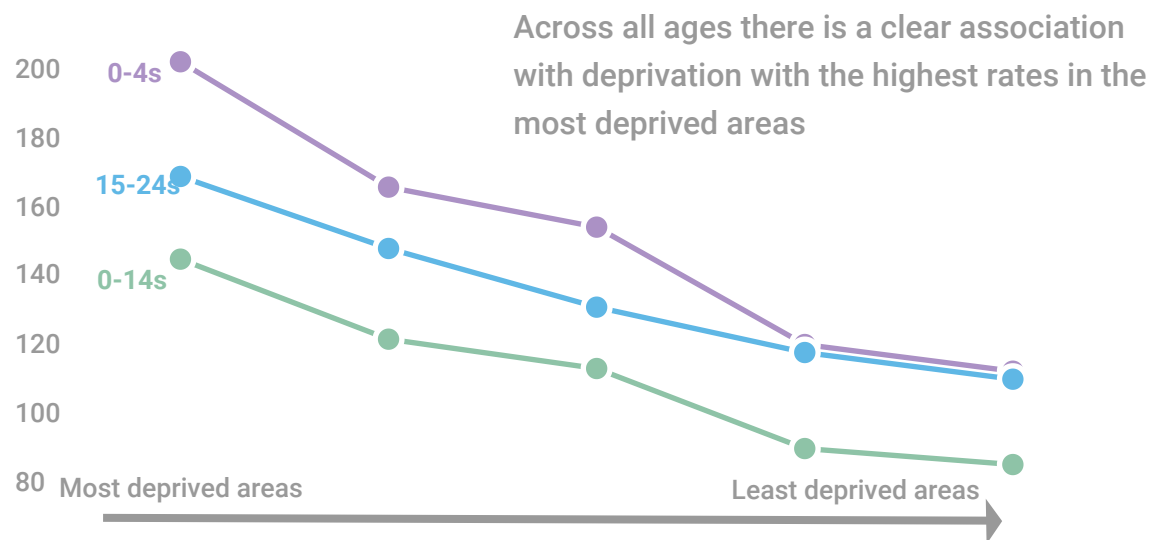
1,840 admissions for children and young people due to unintentional and deliberate injuries

1 in 10 emergency admissions for under 5s were due to unintentional and deliberate injuries rising to at least 1 in 4 for 10-19 year olds

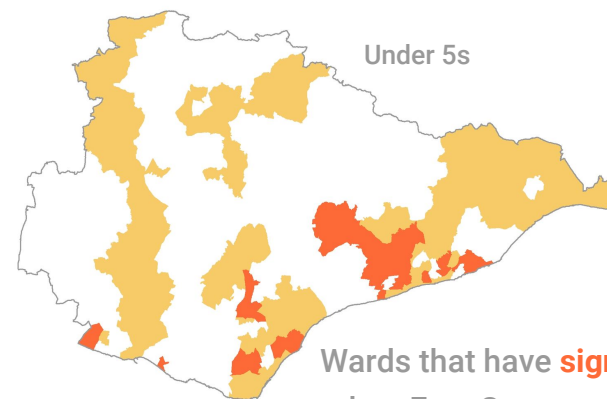
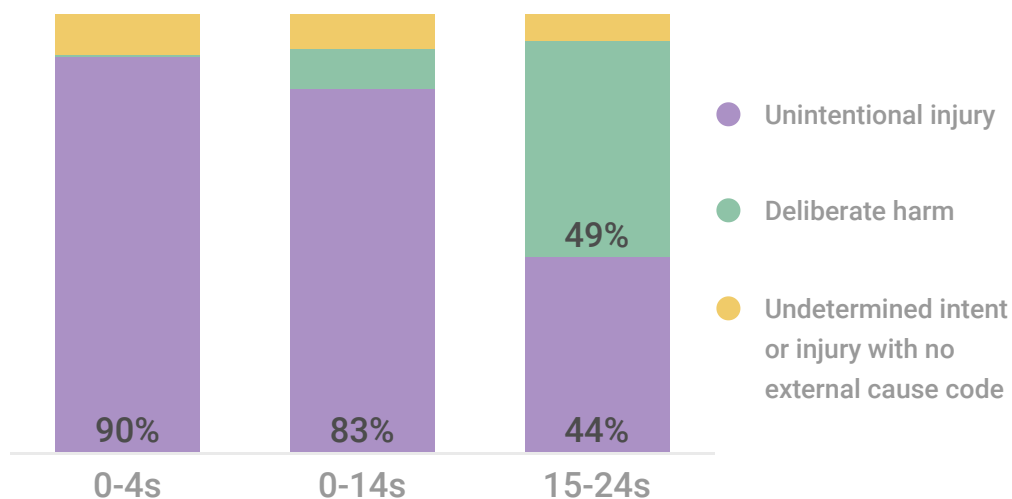


Unintentional and deliberate injury admissions

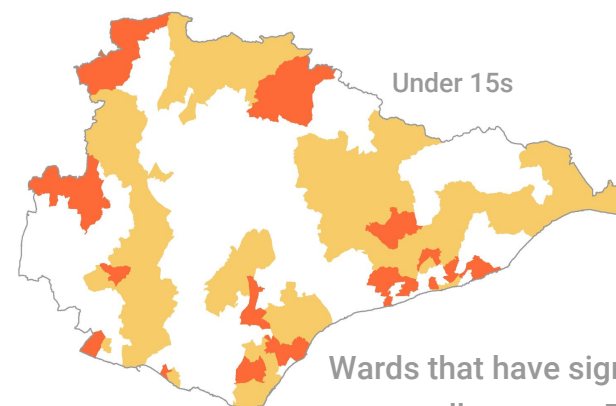
Admission rates by national IMD quintile, East Sussex residents, 2015/16 - 2017/18



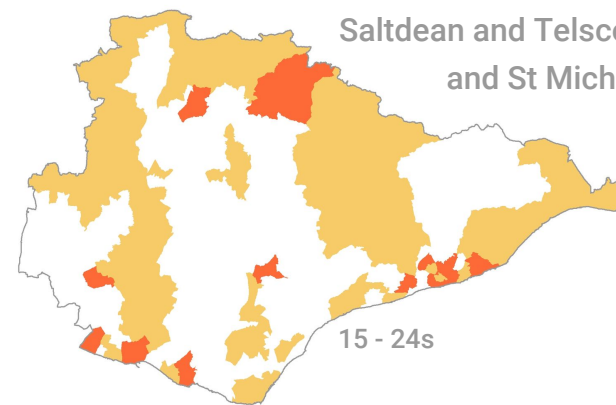
Admissions by cause type, 2015/16 - 2017/18



Wards that have **significantly higher** rates than East Sussex and **higher** rates than East Sussex (2015/16-2017/18)



Wards that have significantly higher rates across all ages are Braybrooke, Maze Hill, St Helens and Ore in Hastings, East Saltdean and Telscombe Cliffs in Lewes and St Michaels in Rother



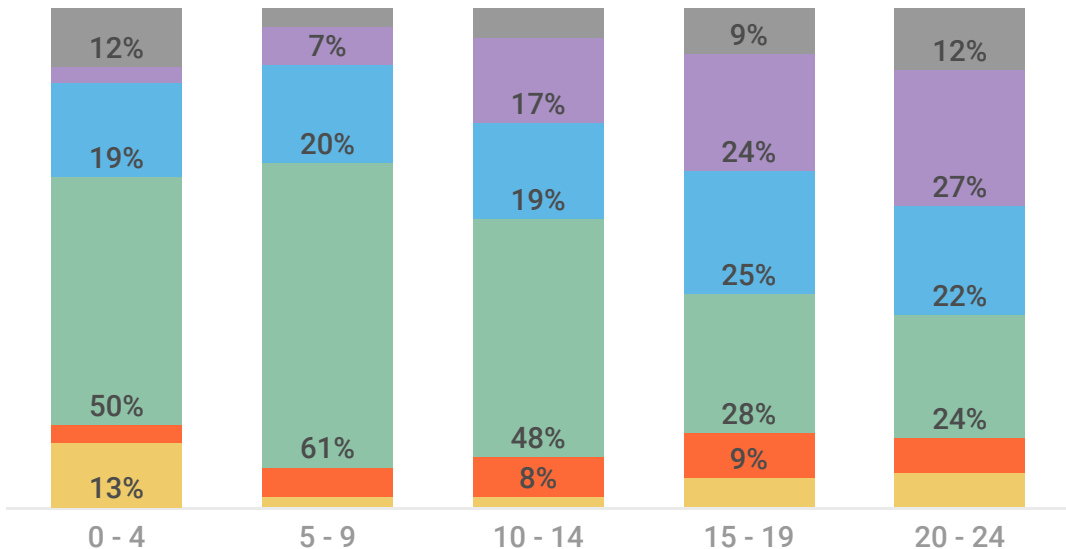
Attendances and admissions due to unintentional injuries



Due to narrow coding, there is only limited information on the causes of unintentional injuries that result in attendance at A&E/MIUs, with the largest cause described as 'other accident'

- Falls** cause at least half of unintentional injury admissions for under 10s
- Inanimate forces** (e.g. crush injuries, foreign bodies) cause around 1 in 5 unintentional injury admissions
- Animate forces** (e.g. contact with another person) cause fewer than 1 in 10 unintentional injury admissions
- Transport accidents** cause around 1 in 4 accident admissions for 15-24 year olds
- Accidental poisonings** cause more than 1 in 10 accident admissions for under 5s
- Other accidents** cause around 1 in 10 or fewer unintentional injury admissions

Unintentional injury admissions by broad cause category, 2015/16 - 2017/18



For East Sussex in 2017/18 unintentional injuries caused:

Age group	MIU attendances	A&E attendances	Emergency admissions
0 - 4	772	3,551	397
5 - 9	1,189	3,180	202
10 - 14	1,788	4,540	222
15 - 19	1,057	3,583	202
20 - 24	807	3,224	166
Total	5,613	18,078	1,189

burns/scalds and foreign bodies



each comprise 4% of A&E/MIU attendances for 0-4 year olds

sports injuries



are the cause of 1 in 5 A&E/MIU attendances for 10-19 year olds

road traffic accidents

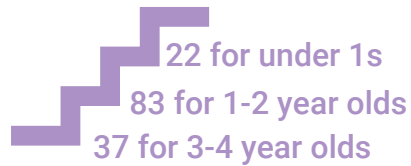


cause 7% of A&E/MIU attendances for 20-24 year olds

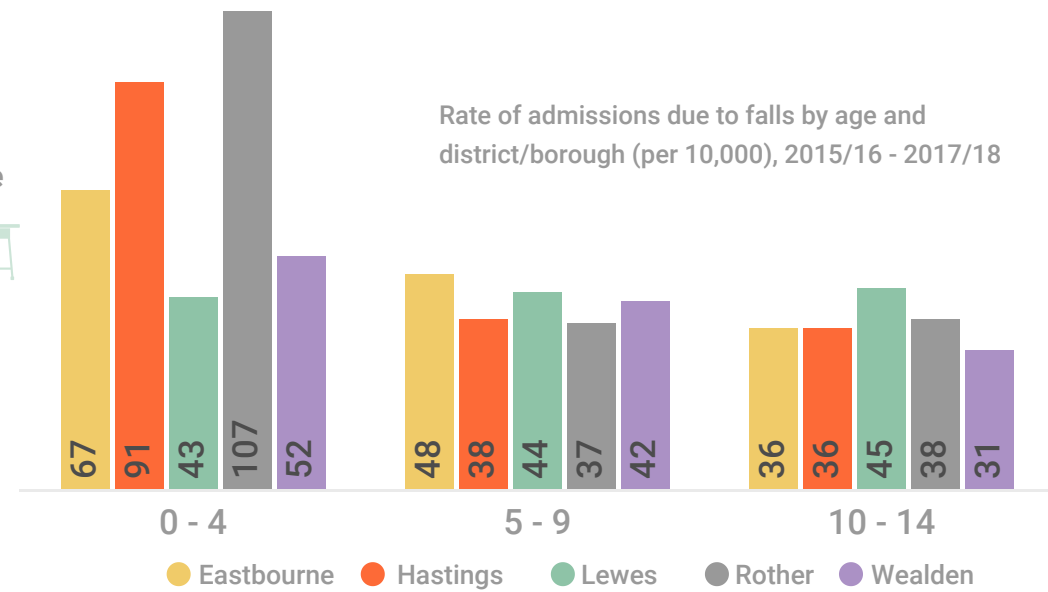
Falls

In 2018/19 there were 709 attendances at East Sussex A&Es for under 5s due to falls involving furniture

170 for under 1s



In 2018/19 there were 142 attendances at East Sussex A&Es for under 5s due to falls involving stairs



Top 5 causes of falls admissions

0-4 year olds

1. falls from furniture

2. slip, trip or stumble
3. stairs/steps
4. other fall on same level
5. whilst being carried/supported

around a third of falls admissions for under 5s are due to falls from furniture with falls from beds and chairs having the highest numbers

5-9 year olds

1. playground equipment

2. slip, trip or stumble
3. unspecified
4. other fall on same level
5. falls from furniture

falls involving playground equipment make up a quarter of falls admissions for 5-9 year olds

10-14 year olds

1. playground equipment

2. slip, trip or stumble
3. skateboard/roller skates, ice-skates, skis
4. other fall on same level
5. unspecified



Falls resulting in admission that occurred at home

Number of falls admissions for East Sussex:

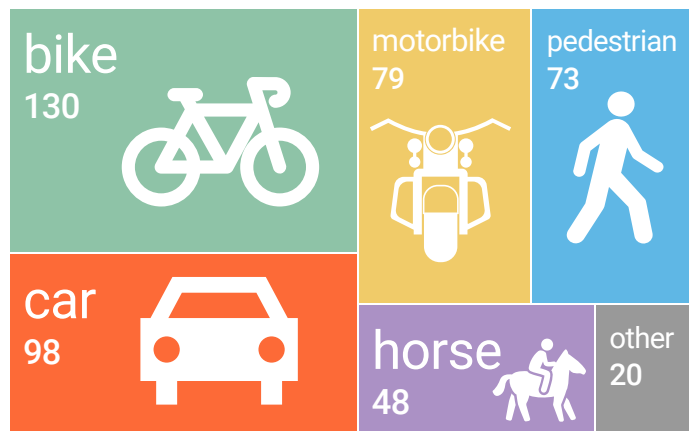
Age group	2015/16	2016/17	2017/18
0 - 4	181	202	198
5 - 9	143	130	114
10 - 14	96	105	118
15 - 19	49	61	47
20 - 24	34	45	38
Total	503	543	515

Transport accidents

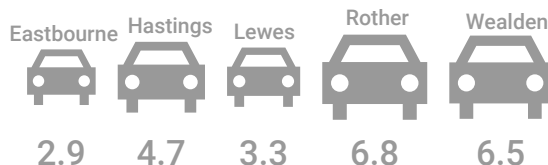
Across a number of indicators relating to transport accidents East Sussex is **significantly worse** than England. These are: **children killed or seriously injured on roads** **admissions for car occupants - under 25s** **slight and serious casualties from road traffic accidents - under 25s** **pedestrians killed or seriously injured on roads - under 25s** **motorcyclists and car occupants killed or seriously injured - 15 - 24 years**

Source: PHE child and maternal health profiles

Number of emergency admissions by transport accident type, East Sussex 2015/16 - 2017/18



In 2018/19 scooters/skateboards caused 134 attendances at an East Sussex A&E for under 17s



Rates of admissions due to car accidents (per 10,000 15-24 years), 2015/16 - 2017/18

The rate of motorcycle accident admissions per 10,000 population aged 15-24 years:
 Eastbourne 2.0
 Hastings 6.2
 Lewes 4.6
 Rother 5.7
 Wealden 3.9

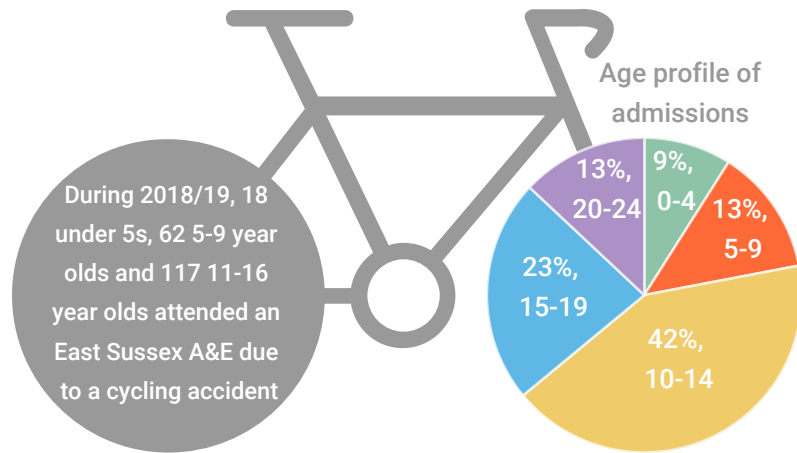
For East Sussex in 2017/18 transport accidents caused:

Age group	A&E or MIU attendances	Emergency admissions
0 - 4	59	12
5 - 9	43	10
10 - 14	94	34
15 - 19	268	51
20 - 24	331	42
Total	795	149

Rates of attendances/admissions due to transport accidents by age and district/borough (per 10,000)



The rate of cycling accident admissions is highest in Hastings and Rother (both 4.7 per 10,000 under 25s) compared to Eastbourne (2.1), Lewes (2.0) and Wealden (2.2)



Other unintentional injuries

accidental poisonings

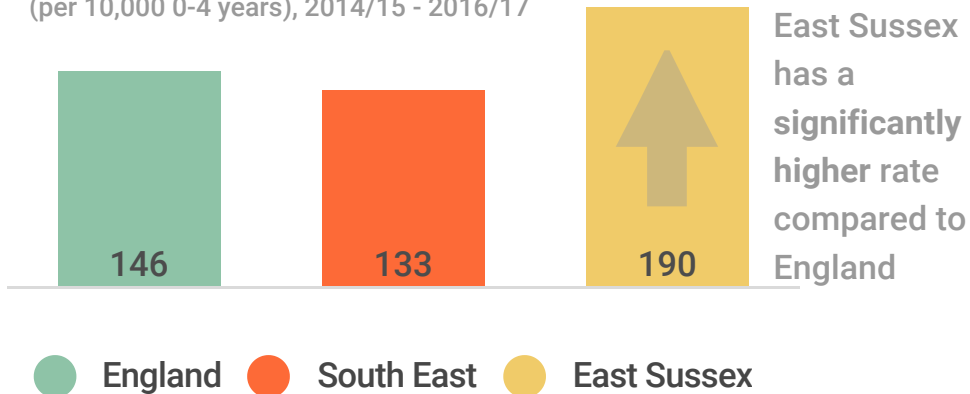
resulted in 164 attendances at an East Sussex A&E during 2018/19 for under 5s



Information captured at Eastbourne A&E suggests that **medicines** and **cleaning products** are the majority of accidental poisonings in young children, followed by toiletries

On average, 51 children aged under 5 are admitted to hospital every year as a result of an accidental poisoning

Rates of admissions due to accidental poisonings (per 10,000 0-4 years), 2014/15 - 2016/17



340

attendances for under 5s at an East Sussex A&E in 2018/19 due to foreign bodies

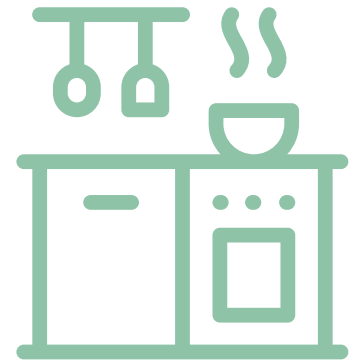


79

attendances for under 17s at an East Sussex A&E in 2018/19 due to dog bites

burns and scalds

caused 163 attendances at an East Sussex A&E during 2018/19 for under 5s



Information captured at Eastbourne A&E suggests that **hot drinks** and **cooking/hot food** cause the largest numbers of burns and scalds in young children



children under 5 were admitted to hospital during 2015/16 to 2017/18 as a result of contact with heat and hot substances

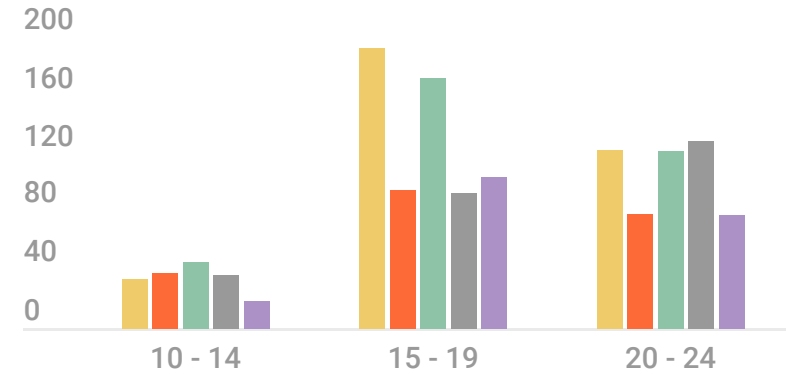
Self-harm



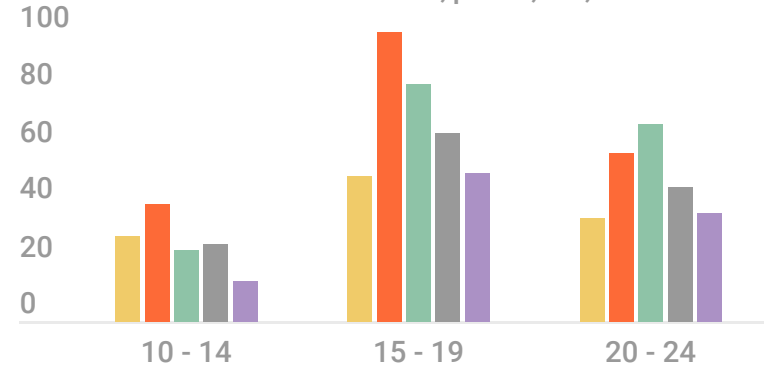
11% boys and 21% girls (Year 10)

reported that they at least sometimes cut or hurt themselves when they have a problem that worries them or they are feeling stressed

Self-harm A&E attendance rates, per 10,000, 2017/18



Self-harm admission rates, per 10,000, 2017/18

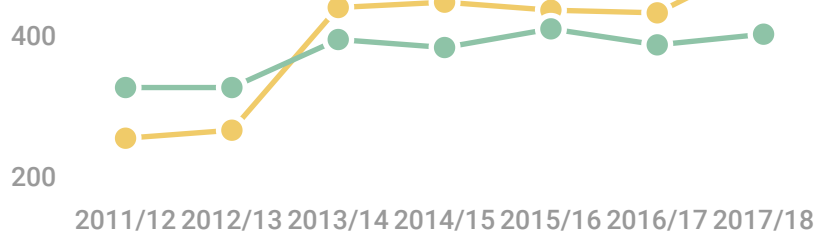


● Eastbourne ● Hastings ● Lewes ● Rother ● Wealden

Ratio of self-harm A&E attendances to self-harm admissions in 2017/18

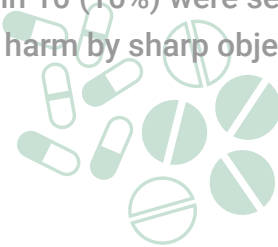
	10-14s	15-19s	20-24s
Eastbourne	1.4	3.8	3.2
Hastings	0.8	0.9	1.4
Lewes	1.9	1.6	1.8
Rother	0.7	1.2	2.0
Wealden	1.2	1.8	2.0

East Sussex has had a significantly higher rate (per 10,000) than England for admissions due to self-harm for 10-24 year olds in most years since 2013/14



● East Sussex ● England

The majority (83%) of self-harm admissions were self-harm by drugs, medicaments and biological substances. 1 in 10 (10%) were self-harm by sharp object



For East Sussex in 2017/18 self-harm caused:

Age group	A&E or MIU* attendances	Emergency admissions
10 - 14	98	89
15 - 19	384	226
20 - 24	269	133
Total	751	448

*note only very small numbers at MIUs

Self-harm A&E attendances and hospital admissions in 2017/18 by sex



Assaults

For East Sussex in 2017/18 assaults caused:

Age group	A&E or MIU attendances	Emergency admissions
10 - 14	84	35
15 - 19	194	
20 - 24	208	30
Total	486	65

note: 6% of A&E/MIU attendances were for attendances at an MIU. Admissions for 10-14s and 15-19s grouped together due to small numbers in the younger age group

Assault A&E/MIU attendances and hospital admissions in 2017/18 by sex

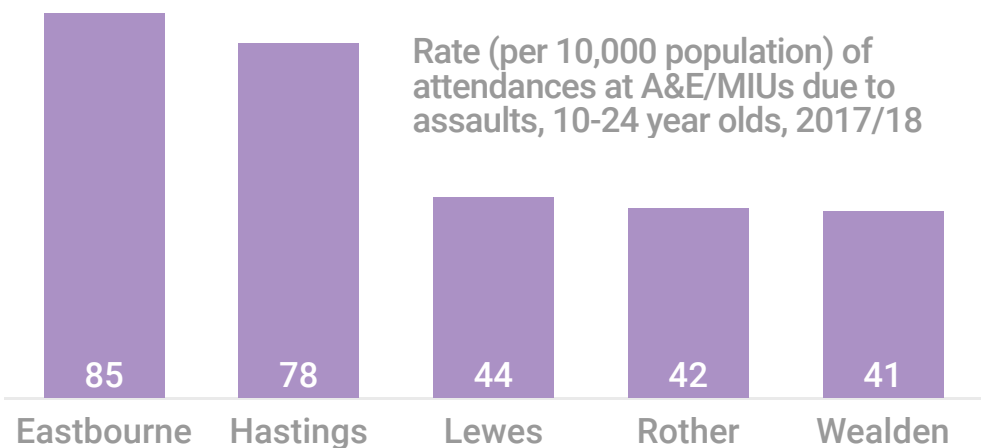


Top 5 diagnoses recorded for assault A&E/MIU attendances for 10-24 year olds, 2017/18

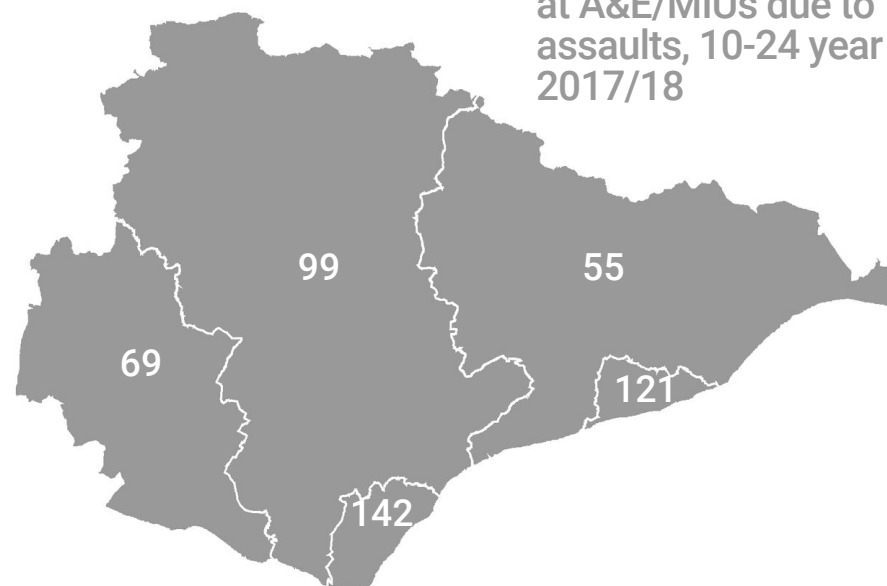
Diagnosis	Number	%
Head injury	138	28%
Diagnosis not classifiable/unknown	80	16%
Laceration	57	12%
Contusion/abrasion	54	11%
Dislocation/fracture/joint injury/amputation	39	8%

During 2015/16-2017/18 for admissions to hospital due to assaults for 10-24 year olds **71% were due to assaults from bodily force** and **13% from assaults with a sharp object**

Rate (per 10,000 population) of attendances at A&E/MIUs due to assaults, 10-24 year olds, 2017/18



Numbers of attendances at A&E/MIUs due to assaults, 10-24 year olds, 2017/18



Further information on services and work to prevent unintentional injuries in children and young people

East Sussex Child Home Safety Advice and Equipment Service

The service offers evidence based home safety education and advice, along with the fitting of appropriate home safety equipment. Organisations working directly with families with young children in the home who would like to explore becoming a referral agency should contact East Sussex Public Health (nicola.blake@eastsussex.gov.uk).

Improving road safety and reducing risk of collision among young drivers and their passengers

This work takes an evidence based behavioural insights approach focused on innovative and effective methods of engaging with young people through a variety of social media platforms and performance led interventions designed to equip young people with effective strategies to manage and reduce risk. A successful initial phase of the campaign was social media led and plans are now being developed for the second phase, building on the lessons learned and outcomes from this. When finished, it is expected that the full analysis from this work will also inform the future direction and targeting of the ESCC road safety programme, in addition to developing wider understanding of the best means of engaging with this traditionally 'hard to reach' age group.