

### **Influencing Policy & Legislation**

Support statewide legislation to:

- Allow for sobriety checkpoints
- Require mandatory ignition interlocks for **all** DWI offenders
- Create DWI courts to assist with the court system backlog
- Support legislation that limits youth access to alcohol

Support county or municipal policies that:

- Requires bond in Intoxication Manslaughter and Intoxication Assault cases
- Support 'No Refusal' blood search warrant programs
- Do not allow DWI offenders to take out a 'Personal Recognizance' bond

### **Changing Organizational Practices**

- Encourage local District Attorneys to eliminate the practice of 'busting down' or down-grading DWI charges (i.e. changing a DWI arrest to a Public Intoxication charge)
- Encourage county commissioner's court to require the use of ignition interlock as a condition of bond when DWI offenders must be released due to jail overcrowding
- Review and update your facility's stance on providing toxicology reports to District Attorney's offices when a crash fatality or permanent injury occurs
- Work with hospitals to implement Screening, Brief Intervention, and Referral to Treatment (SBIRT)

### **Fostering Coalitions & Networks**

- Participate in local coalitions (i.e., MADD coalition, Council on Alcohol and Drug Abuse, etc.)
- Plan interventions with multiple partners, including: law enforcement, alcohol retailers, community leaders, schools, parents, etc.

### **Educating Providers**

- Promote "Server Education" programs for bartenders and staff who serve alcohol at restaurants
- Provide a presentation on alcohol metabolism to staff
- Host a MADD Death Notification Training seminar for staff and professionals

### **Promoting Community Education**

- Participate in community education campaigns, such as MADD's "Tie One On For Safety," Red Ribbon Week, etc.
- Promote "Safe Rides" programs
- Support enhanced enforcement efforts (retailer compliance checks) to reduce alcohol sales to minors



### **Strengthening Individual Knowledge & Skills**

- Implement Screening, Brief Intervention, and Referral to Treatment (SBIRT)

***For more information, go to:***

<http://www.thecommunityguide.org/mvoi/AID/index.html>

[www.ncbi.nlm.nih.gov/books/NBK37581/](http://www.ncbi.nlm.nih.gov/books/NBK37581/)

<http://www.toosmartostart.samhsa.gov/Start.aspx>



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**Influencing Policy & Legislation**

- Work with hospitals to adopt a policy requiring newborns to be discharged in an appropriate car seat.
- Work with hospitals to adopt a policy requiring that prior to newborn discharge, guardians of newborns are provided child passenger safety education and must demonstrate how to use the car seat correctly
- Work with hospitals to adopt a policy that addresses restraints appropriate for children with special needs (i.e. children with a tracheostomy, a spica cast or muscle tone abnormalities). Plans for procurement of the most appropriate restraint and training for the proper use of the device and its installation in the vehicle should be incorporated into hospital discharge planning

**Changing Organizational Practices**

- Work with hospitals to make sure that staff discharging pediatric patients and newborn be certified National Child Passenger Safety Technicians
- Work with hospitals to disseminate and provide child passenger safety information for all well-child visits to children 0-8 years of age
- Work with home visitation programs to include a child passenger safety component
- Work with law enforcement agencies to increase enforcement of child passenger safety and booster seat laws
- Work with urgent care providers to disseminate child passenger safety information for all visits involving children 0-8 years of age
- Work with local child care providers to improve transportation safety plans for children transported in child care vehicles
- Work with home visitation programs to include a child passenger safety component

**Fostering Coalitions & Networks**

- Convene and/or participate on local child passenger safety coalitions/work groups

**Educating Providers**

- Conduct the National Child Passenger Safety Certification course for hospital staff, public safety personnel, and other community members
- Conduct “Lunch ‘n Learn” sessions on child passenger safety for staff at pediatric medical clinics
- Provide child passenger safety training to home visitor programs, child care providers, teachers (booster seat), law enforcement, etc.

**Promoting Community Education**

- Work with local agencies/associations to increase the availability of child passenger safety resources (e.g., car seats, trained technicians, etc.)
- Sponsor car seat inspection events
- Promote child passenger safety through media outlets



## **Strengthening Individual Knowledge & Skills**

- Conduct regular fitting stations in the community
- Provide child passenger safety education to families during well-child visits
- Provide child passenger safety education to families enrolled in Head Start, home visitation programs, etc.

***For more information, go to:***

[www.cdc.gov/injury](http://www.cdc.gov/injury)

<http://www.chop.edu/service/car-seat-safety-for-kids/index.html>

<http://www.nhtsa.gov/>



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**Influencing Policy & Legislation**

- Inform legislative leaders about effective evidence-based programs to promote early recognition of child maltreatment and decrease overall death and injury rates.
- Collaborate with legislators to fund and establish programs or policies that increase children's exposure to safe, stable nurturing relationships and environments.
- Strengthen existing laws to promote aggressive prosecution of child maltreatment offenses.

**Changing Organizational Practices**

- Work with schools of medicine, nursing, dental and allied health to require training on early recognition and response of child maltreatment.
- Work with local law enforcement agencies to identify targeted personnel with that agency and require of them training specific to the investigation and discovery of suspected child maltreatment cases.
- Hospitals and pediatric clinics should implement programs to reduce and prevent Abusive Head Trauma, which is caused by violently shaking an infant or young child. These programs should include education as well as instruction in coping strategies.

**Fostering Coalitions & Networks**

- Participate in the local Child Death Review Team.
- Involve parents, civic organizations, schools, healthcare organizations to promote safe, stable nurturing relationships and environments.
- Work with childcare centers to implement respite and crisis care programs, which offer short-term child care to help parents and other caregivers in stressful situations.

**Educating Providers**

- Educate physicians, nurses, dentists, child support service providers (e.g., social workers, etc.) and all other healthcare workers on early recognition and response of child maltreatment.
- Educate law enforcement personnel on early recognition and investigative response of child maltreatment.
- Facilitate educational opportunities regarding child maltreatment.

**Promoting Community Education**

- Prepare newspaper and newsletter articles, editorials, and other print informational materials that promote local parent education and support groups.
- Promote information and resources about child maltreatment and healthy parenting through social media such as Twitter, Facebook, etc.
- Participate in local Child Abuse Awareness Month activities.



**Strengthening Individual Knowledge & Skills**

- Implement evidence-based home visitation programs that target high-risk parents and families.
- Promote programs to strengthen parental skills, including communication, problem-solving, and discipline

*For more information, go to:*

[www.cdc.gov/injury](http://www.cdc.gov/injury)

[www.preventchildabuse.org](http://www.preventchildabuse.org)



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## **Influencing Policy & Legislation**

- Work with local school districts to develop a concussion action plan for student athletic programs.
- Work with local school districts or the coaches association to implement policies on concussion prevention and management. An ideal policy will include:
  - The policy should require that athletes have a pre-season baseline testing exam conducted by a trained health care professional.
  - Concussion policy statements can be developed to include a commitment to safety, a brief description about concussion, and information on when athletes can safely return to play (i.e., an athlete should be kept out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says they are symptom-free and it's OK to return to play).
  - Parents and athletes should sign the concussion policy statement at the beginning of each sports season.

## **Changing Organizational Practices**

- Work with local schools to implement concussion action plans before the season starts.
- Ensure that pre-season physicals required by the school district include a baseline testing exam.
- Help area schools develop a system to monitor the health of athletes, especially those involved in multiple sports.
- Establish a mechanism for coaches, parents and athletes to report concussion injury within a particular school or school district.

## **Fostering Coalitions & Networks**

- Get support from other parents and/or league or school officials to help ensure that the concussion policy is in place before the first practice.
- Work with local youth sports organizations to maintain a safe playing environment and the use of the right protective equipment in student athletic programs.
- Enlist trained, health care professionals (including school nurses) to support concussion injury prevention and management efforts at the school and district levels.

## **Educating Providers**

- Educate student trainers, coaches and school officials about the signs and symptoms of concussion, its dangers and potential long-term consequences of concussion.
- Educate health care professionals on baseline testing of youth athletes.
- Educate health care professionals on evaluation for safe return to play.
- Educate sporting event first responders to recognize the signs and symptoms of concussion.
- Distribute the CDC Heads Up fact sheets to coaches and school officials, and youth sports associations.

## **Promoting Community Education**

- Host concussion awareness presentations through the local youth sports association.
- Coordinate a concussion awareness campaign during pre-season training camps.
- Distribute educational materials about concussions at local sporting events.



- Promote information about concussions through the CDC Injury Center social media outlets.
  - Facebook.com/cdcheadsup
  - Twitter.com/CDCInjury
  -

### **Strengthening Individual Knowledge & Skills**

- Educate athletes and parents on the signs and symptoms of concussion. Show the CDC *Heads Up* video and pass out concussion fact sheets at the beginning of the season; if a concussion occurs, distribute again.
- Teach athletes it's not smart to play with a concussion. Before the first practice, talk to athletes and parents about the dangers of concussion and potential long-term consequences of concussion.
- Ask athletes or parents to report concussions that occurred during any sport or recreation activity. This will help in monitoring injured athletes who participate in multiple sports throughout the year.
- Provide information to guardians of athletes about concussions and consequences of concussions. This should include providing information to schools, sporting clubs, and intramural sports associations.

***For more information, go to:***

<http://www.cdc.gov/concussion/sports/prevention.html>



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**Influencing Policy & Legislation**

- Work with local governments to implement policies and regulations for residential pool safety that mandate installation of a four-sided pool fence that completely separates the pool area from the house and yard. The fence should be at least 4 feet high and have self-closing and self-latching gates that open outward with latches that are out of reach of children.
- Work with local governments to implement policies and regulations for public pool safety (including apartment, hotel and neighborhood association pools) that require installation of a four-sided pool fence that completely encloses the pool area and limits access by a controlled door or gate.
- Work with appropriate governmental agencies to increase awareness and enforce open-water safety regulations.

**Changing Organizational Practices**

- Ensure that retailers of pools, spas, and water craft include safety education to customers
- Distribute retail packets that include local laws and regulations regarding pool/spa home safety and open-water sports activities

**Fostering Coalitions & Networks**

- Involve and get support from parents, civic organizations, schools, and retailers of water-related sports to develop awareness campaigns and education.
- Enlist community groups to increase accessibility to formal swimming lessons.

**Educating Providers**

- Work with pediatricians to provide information about water safety during well-child visits

**Promoting Community Education**

- Promote barriers such as automatic door locks to prevent access to residential pools
- Promote pool alarms for residential pools to alert homeowner if someone enters the pool area
- Promote information about water safety through the CDC Injury Center social media outlets
  - [Twitter.com/CDCInjury](https://twitter.com/CDCInjury)
  - Protect the Ones you Love

**Strengthening Individual Knowledge & Skills**

- Provide formal swimming lessons for children and adults
- Encourage pool owners to remove floats, balls and other toys from the pool and surrounding area immediately after use so children are not tempted to enter the pool area unsupervised
- Encourage use of approved personal flotation devices as noted on manufacturer's label.



*For more information, go to:*

<http://www.cdc.gov/HomeandRecreationalSafety/Water-Safety/waterinjuries-factsheet.html>

<http://www.cdc.gov/safechild/Drowning/index.html>



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**Influencing Policy & Legislation**

- Work with law enforcement agencies and the judicial system to require mandatory arrest of the primary aggressor when responding to a domestic violence call.
- Support legislation that:
  - Allows minors to petition for Protective Orders (POs) on their own behalf and explicitly describe the procedure for doing so.
  - Allows victims of intimate partner sexual abuse, stalking and harassment to access POs.
  - Allows minors to access all sensitive services without parental involvement.

**Changing Organizational Practices**

- Work with the judicial system to require IPV offenders to attend comprehensive and reputable batterer's intervention programs.
- Work with schools of medicine, nursing, dental and allied health to require training on early recognition and response of intimate partner violence.
- Work with local law enforcement agencies to identify targeted personnel with that agency and require of them training specific to the investigation and discovery of suspected intimate partner violence cases.

**Fostering Coalitions & Networks**

- Participate in the local Intimate Partner Violence Death Review Team.
- Establish a multi-disciplinary coalition to mobilize community leadership and resources, maximizing efficiency of resources, and to avoid duplicative services and contradictory messages.
- Work with multi-disciplinary groups to establish or expand effective services for victims, such as shelters and legal aid.

**Educating Providers**

- Educate physicians, nurses, dentists, and all other healthcare workers on early recognition and response of intimate partner violence.
- Educate law enforcement personnel on early recognition and investigative response of intimate partner violence.
- Facilitate educational opportunities regarding intimate partner violence.

**Promoting Community Education**

- Promote information and resources about intimate partner violence and healthy dating relationships through social Domestic Violence Abuse Awareness Month activities.
- Post the telephone numbers for local violence hotlines, shelters, and help groups in bathroom facilities.
- Promote information regarding UVisas (<http://www.usimmigrationsupport.org/visa-u.html>) and protection for undocumented individuals in domestic violence situations.
- Promote information and resources about intimate partner violence through social media such as Twitter, Facebook, etc.



**Strengthening Individual Knowledge & Skills**

- Implement evidence-based dating violence prevention programs (e.g., Safe Dates [www.crimesolutions.gov](http://www.crimesolutions.gov); Youth Relationship Project [www.youthrelationships.org](http://www.youthrelationships.org)) for all middle school, high school, and college students.
- Promote services such as low cost couples counseling.
- Establish or expand batterer’s intervention programs.

*For more information, go to:*

[www.cdc.gov/injury](http://www.cdc.gov/injury)

[www.breakthecycle.org/](http://www.breakthecycle.org/)



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### Influencing Policy & Legislation

Support statewide legislation and/or county or municipal polices that:

- Require smoke alarms be installed on all habitable levels and in all sleeping areas of residential homes
- Require carbon monoxide detectors be installed on all habitable levels of residential homes
- Adopt the 2009 International Residential Code requirement that all new one- and two-family homes include a residential sprinkler system

### Changing Organizational Practices

- Work with local fire departments to:
  - Install smoke alarms in homes
  - Install carbon monoxide detectors in homes
  - Encourage installing sprinklers in existing homes
- Work with insurance agencies to provide home owner discounts for homes with residential sprinkler systems

### Fostering Coalitions & Networks

- Convene and/or participate on local fire prevention coalitions/work groups.

### Educating Providers

- Work with healthcare providers to provide information during visits about smoke alarms, residential sprinkler systems, carbon monoxide detectors, and preventing residential fires
- Work with senior service centers to provide information about smoke alarms, residential sprinkler systems, carbon monoxide detectors, and preventing residential fires
- Work with child care providers to provide information about smoke alarms, residential sprinkler systems, carbon monoxide detectors, and preventing residential fires
- Work with home owner associations to provide information about smoke alarms, residential sprinkler systems, carbon monoxide detectors, and preventing residential fires

### Promoting Community Education

- Promote widespread public education to regularly change smoke alarm batteries and use 10-year lithium batteries instead of alkaline ones.
- Promote widespread public education of the U.S. Fire Administration recommendation that every residence and place where people sleep be equipped with either (a) *both* ionization *and* photoelectric smoke alarms, or (b) dual sensor smoke alarms (which contain both ionization and photoelectric smoke sensors)

### Strengthening Individual Knowledge & Skills

- Advise families to develop a family fire escape plan and practice it every 6 months. Every family member should be able to describe at least two different ways to escape every room, and know the designated safe place in front of the home for family members to meet after escaping a fire.



*For more information, go to:*

[www.cdc.gov/injury](http://www.cdc.gov/injury)

<http://www.usfa.fema.gov>



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**Influencing Policy & Legislation**

- Support statewide legislation to establish programs and appropriate funds to address falls in the elderly
- Encourage state and local governments to promote policies and programs that help reduce the incidence and risk of falls among older adults
- Support legislation to incorporate fall prevention guidelines into state and local planning documents that affect housing, transportation, parks, recreational facilities, and other public facilities
- Support legislation relating to osteoporosis prevention

**Changing Organizational Practices**

- Support changes to the Texas Trauma Registry System to improve available data on falls
- Work with hospitals and geriatric healthcare providers to implement the CDC Stopping Elderly Accidents, Deaths & Injuries (STEADI) Tool Kit

**Fostering Coalitions & Networks**

- Participate in local coalitions (i.e., Area Agency on Aging, church groups, etc.).
- Promote multidisciplinary RAC membership including recruitment of community members

**Educating Providers**

- Educate nursing home staff of fall risk factors and prevention strategies
- Coordinate education of fall prevention strategies (home safety, medication review, eye exams, and exercise) to primary care physicians
- Educate healthcare providers about the the CDC Stopping Elderly Accidents, Deaths & Injuries (STEADI) Tool Kit

**Promoting Community Education**

- Participate in Fall Prevention Week with organized community activities and outreach
- Promote raising awareness of who is at risk for falls within families and the community
- Host a local medication pharmacy review

**Strengthening Individual Knowledge & Skills**

- Utilize social media to educate individuals and families ways to prevent falls among older adults
- Partner with local Tai Chi programs focusing on elderly exercise

***For more information, go to:***

[www.ncsl.org/issues-research/health/elderly-falls-prevention-legislation-and-statutes.aspx](http://www.ncsl.org/issues-research/health/elderly-falls-prevention-legislation-and-statutes.aspx)

[www.cdc.gov/HomeandRecreationalSafety/Falls/](http://www.cdc.gov/HomeandRecreationalSafety/Falls/)

[www.mainehealth.org](http://www.mainehealth.org)



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**Influencing Policy & Legislation**

- Support statewide legislation and/or county or municipal policies to initiate traffic calming techniques which are defined as the combination of physical measures that:
  - reduce the negative effects of motor vehicle use
  - alter driver behavior, and
  - improve conditions for non-motorized street users
- Institute environmental changes to reduce speed which include vertical changes in the street (speed cushions, humped pelican crossings, raised junctions), lateral changes in the street (off-set intersections), constrictions (narrowing), gateways at entrances to the area, and mini-roundabouts (traffic circles)
- Work with state legislators to introduce legislation to create more funding and/or improved policies for Safe Routes to School

**Changing Organizational Practices**

- Encourage enforcement of state laws that protect pedestrians on crosswalks and at intersections
- Work with city officials and engineers to include a red signal or beacon devices at crosswalks to improve pedestrian crossing.
- Work with city officials and engineers to improve definition of spatial edge of the curbside and median landscape
- Work with city officials and engineers to develop and implement Complete Streets policies
- Work with neighborhood developers to improve connectivity between retail stores and services, such as medical offices, post offices, etc. These routes should be accessible to all modes of traffic including pedestrians.

**Fostering Coalitions & Networks**

- Participate in local active living coalitions
- Formulate a charter in the community with the Active Living By Design (ALBD) network

**Educating Providers**

- Provide presentations to city officials and engineers to consider the needs of bicyclists and pedestrians during the planning, design, construction, and maintenance of all roadway and transit facilities
- Educate decision-makers and state agencies about the benefits of community-centered schools, and how to enact policies that protect and encourage better siting of schools that encourage students to walk or ride bicycles safely to school

**Promoting Community Education**

- Work with schools to establish a comprehensive Safe Routes to Schools Program
- Work with schools and neighborhood associations to establish Walking and/or Biking Schools Busses



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**Strengthening Individual Knowledge & Skills**

- Encourage pedestrians to wear materials in yellow, red, and orange to improve driver detection during the day
- Encourage pedestrians to use lamps, flashing lights and reflective materials in red, and yellow to improve pedestrian recognition at night

***For more information, go to:***

<http://www.walkinginfo.org/pedsafe/answers.cfm?group=11>

<http://www.summaries.cochrane.org>

<http://www.activelivingbydesign.org>

<http://www.saferoutespartnership.org/state/bestpractices>



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### Influencing Policy & Legislation

- Support enhancing the Texas Graduated Licensing Law to include the following three-stage components:
  - Learner's permit
    - 16 years-old as the minimum age.
    - Mandatory holding period of at least six months.
  - Probationary license
    - No unsupervised nighttime driving from at least 10:00 p.m. to 5:00 a.m.
    - Limit the number of teen passengers that may accompany a teen driver without adult supervision to zero or one (not including family members).
  - Full license
    - 18 years-old as the minimum age.
- Support legislation that limits youth access to alcohol.
- Prohibit cell phone use (talking and texting) for teenage drivers.

### Changing Organizational Practices

- Vigorously enforce zero tolerance policies for underage drinking and driving.
- Support enforcement of the graduated driver's license program.
- Take a pledge to declare the drivers seat a "No Phone Zone" in organizational *and* private vehicles.
- Partner with law enforcement supporting existing policies.
- Support enhanced enforcement efforts (retailer compliance checks) and education to reduce alcohol sales to minors

### Fostering Coalitions & Networks

- Participate in local coalitions (i.e., MADD coalition, PTA, school administrators, Student Organizations)
- Promote multi-disciplinary RAC membership including recruitment of community members.

### Educating Providers

- Provide education to pediatricians, family practitioners and other physicians and encourage them to provide information about CDC's "Parents are the Key" program to parents and teens.



**Promoting Community Education**

- Spread the word about safe teen driving by distributing campaign materials and displaying campaign posters in waiting and examination rooms. Participate in community education campaigns, such as MADD's "Tie One On For Safety," Red Ribbon Week, Click it or Ticket.
- Become involved in school peer based organizations such as Students Against Destructive Decisions (SADD) and social norming campaigns that address underage drunk driving.
- Utilize social media to educate individuals, including teens on ways to stay safe riding in and driving a vehicle.

**Strengthening Individual Knowledge & Skills**

- Promote CDC's teen driving safety program "Parents are the Key" in the community. Materials are available at [www.cdc.gov/parentsarethekey/](http://www.cdc.gov/parentsarethekey/).
- Promote events during National Teen Driver Safety Week.

***For more information, go to:***

[www.cdc.gov/parentsarethekey/](http://www.cdc.gov/parentsarethekey/)

[www.cdc.gov/motorvehiclesafety/teenbrief/index.html](http://www.cdc.gov/motorvehiclesafety/teenbrief/index.html)

[www.thecommunityguide.org](http://www.thecommunityguide.org)

[www.trafficsafetymarketing.gov](http://www.trafficsafetymarketing.gov)



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