Violence Prevention Across the Lifespan

Thomas Simon, PhD
Division of Violence Prevention
National Center for Injury Prevention and Control
Centers for Disease Control and Prevention

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Total deaths: 3,743

The Public Health Approach to Prevention

Surveillance to Describe the Problem

Identify Risk/Protective Factors

Develop and Evaluate Prev. Strategies

Implement & Disseminate

Problem Response
Violence Across the Lifespan

- **Child Maltreatment:** physical, sexual, emotional, neglect
- **Youth Violence**
- **Dating Violence**
- **Intimate Partner Violence**
- **Suicidal Behavior**
- **Sexual Violence**

**Dimensions:**
- **Childhood**
- **Adolescence**
- **Adulthood**
- **Elder Maltreatment**
Effects of Violence

- Injury or death
- Life-long consequences
- Subsequent violence
- Linked to chronic diseases
  - Obesity
  - Depression
  - Asthma
  - Eating disorders
- Alcohol/Drug abuse
- HIV risk
- Financial costs
Violence Compromises Early Brain Development

Excessive, repeated stress causes the release of chemicals that

• Impair cell growth and the formation of healthy neural circuits
• Damage the brain’s stress response system
• Contribute to premature aging of the body

Self-Reports of Intimate Partner Violence (IPV)

- More than 12 million victims of IPV each year
- 1 in 5 male and 1 in 7 female victims of IPV reported that they first experienced some form of IPV between the ages of 11 and 17

Data are from CDC’s National Intimate Partner and Sexual Violence Survey (NISVS):
www.cdc.gov/violenceprevention/NISVS/index.html
Self-Reports of Youth Violence

- 1 in 3 high school students in a physical fight
- 1 in 5 reported being bullied at school
- 6% missed at least one day of school in the past 30 days because they felt unsafe

Data are from CDC’s 2011 Youth Risk Behavior Survey (YRBS): www.cdc.gov/HealthyYouth/yrbs/index.htm
Self-Reports of Child Maltreatment

• 1 in 8 U.S. children experienced child maltreatment in the past year
  • 3.7% physical abuse
  • 8% emotional
  • 6.5% neglect
  • 0.1% sexual abuse

Data are from the 2011 National Survey of Children’s Exposure to Violence (NatSCEV).
High Costs of Violence

Child Maltreatment

- Total lifetime costs for CM cases occurring each year = $124 billion
- Includes: child and adult medical care, child welfare, criminal justice, special education, and lost work
- Over $210,000 per victim over their lifetime

Lifetime Cost of Child Maltreatment Per Victim

- Child Maltreatment: $200,000
- Stroke: $50,000
- Type 2 Diabetes (estimates vary)
Violence is PREVENTABLE

• We know what works

• Strategies are available now

• Efforts can be replicated across the country
Teen Dating Violence Prevention

- **Safe Dates**: school-based program focused on changing norms that support violence, correcting gender stereotypes, and teaching conflict resolution skills

- Significant and sustained reductions in dating violence victimization and perpetration

- Most widely disseminated dating violence prevention program in U.S.

Dating Matters

- Focuses on 11 to 14 year olds in high-risk, urban communities.
- Comprehensive teen dating violence prevention initiative.
- Focuses on individuals, peers, families, schools, and neighborhoods.

www.cdc.gov/ViolencePrevention/DatingMatters
Youth Violence Prevention

• Evidence-based strategies

• Multiple prevention options

• Resources to learn about prevention strategies
  • Blueprints for violence prevention: www.colorado.edu/cspv/blueprints/index.html
  • Task Force for Community Preventive Services: www.thecommunityguide.org/violence/index.html
Striving to Reduce Youth Violence Everywhere (STRYVE)

Build Capacity of Local Health Department

Convene Multi-Sector Coalition

Evidence-Based Prevention

Decrease risk factors & increase protective factors

STRYVE Online: www.VetoViolence.org/STRYVE
Child Maltreatment Prevention

**Triple P** - system of parenting and family support to address parents’ varied needs

**Has shown results:**

- Relative reductions in substantiated child maltreatment cases
- Reductions in out of home placements
- Reductions in child hospitalizations and emergency department visits due to CM injuries

**Analysis in South Carolina** - state would **save $26 million annually in healthcare costs**

Proposes strategies that communities can consider to promote Safe, Stable, Nurturing Relationships (SSNRs) and Environments

Four goal areas:
- Raise Awareness
- Use Data to Inform Action
- Norms Change and Programs
- Policies

www.cdc.gov/ViolencePrevention/childmaltreatment/essentials/index.html
Conclusion

• Violence is a critical public health problem
• Good surveillance and research data are essential
• Effective violence prevention strategies are available
• CDC is working to support states and communities in their efforts to implement what works
NCIPC Resources for Preventing Violence Across the Lifespan

www.cdc.gov/injury

The findings and conclusions in this presentation are those of the author and do not necessarily represent the official position of the Centers for Disease Control and Prevention