

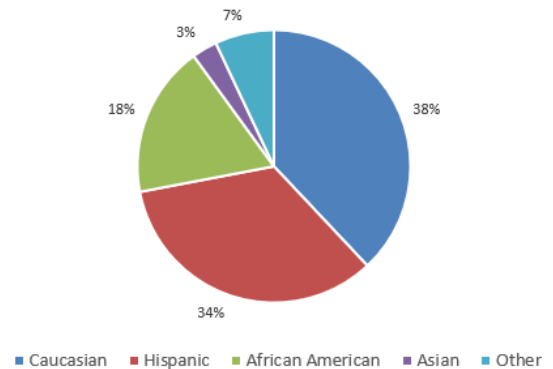


Children’s HealthSM Drowning Update: Data 2019

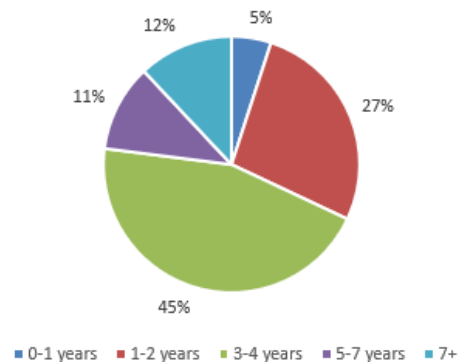
Note: Data represents all children who were seen in the ED or admitted to Children’s Health Dallas and Plano campuses.

- There were 103 children seen for a drowning incident in 2019. Five children (5%) died as a result of their injuries.
- Ethnicity: The majority of children who suffered a drowning incident were Caucasian (38%), followed closely by Hispanic children (34%) and African American children (18%). While African American children represented 18% of the drowning incidents, 40% of the children who died were African American. African American children continue to disproportionately suffer fatal drowning incidents relative to children of other ethnicities.
- Age: According to the CDC, drowning is the leading cause of death for children ages 1-4 and is the second cause of death for children ages 5-9 years. Our data show that the the majority of children who drowned (45%) were 3-4 years old. Children ages 1-2 years were the second largest age category at 27%.
- Location: The majority of drownings occurred in a backyard pool (38%), followed by an apartment pool (13%), private community pool (12%), and bathtub (9%).

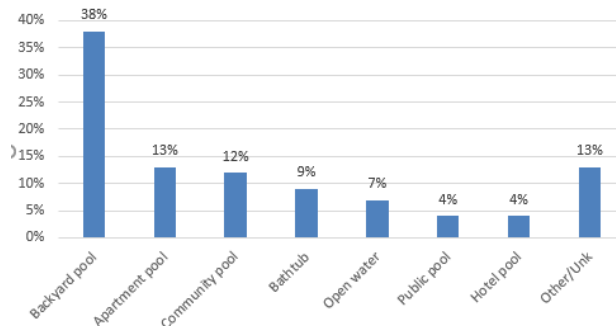
Drowning by Ethnicity (n=103)



Drowning by Age (n=103)

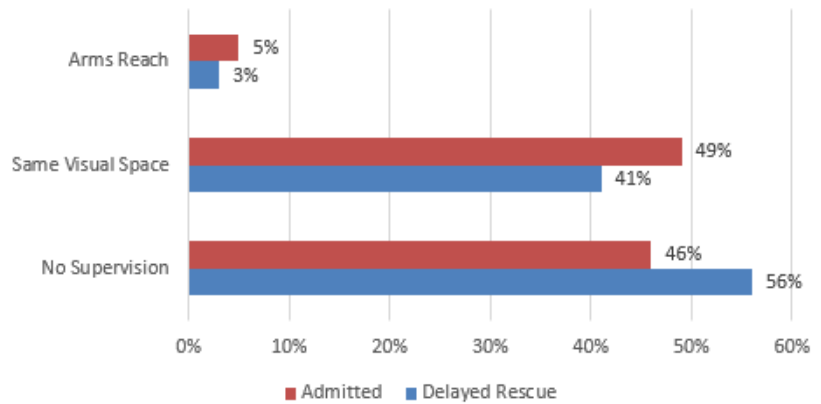


Drowning by Location (N=103)



- The most important risk factor in determining drowning severity is adult supervision. Forty-one children (40%) who drowned had no adult supervisor. Fifty-three children (52%) had an adult in the same physical and visual space when they had a drowning incident. We measure severity two ways: 1) child level of consciousness and breathing ability when removed from the

Drowning Severity by Supervision (n=103)



water and 2) admission to the hospital for their injury. Very few children had a severe drowning when their adult supervisor was within arms reach. Children whose adult supervisor was in the same visual space still suffered severe drowning injuries: 41% of these children were removed from the water unconscious and not breathing and 49% of them were admitted to the hospital. Children who had no adult supervisor suffered the worst injuries: 56% of them were removed from the water unconscious and not breathing and 46% of them were admitted to the hospital. Being in the same physical space is not enough to prevent a severe drowning incident; caregivers need to be within arms reach of their children, especially young children and those who are not strong swimmers.

- Other drowning risk factors included: swimming at a location other than home; no previous swimming lessons; child removing lifejacket and getting back in the pool; not using a lifejacket; child wandering outside unnoticed and falling in the pool; caregiver leaving pool or bathtub while child is still in the water.

Know Before You Go is a collaborative partnership, active in Dallas and Collin Counties, whose mission is to design and implement effective drowning prevention interventions.

- Drowning is Preventable!
- Never leave children unattended in or around the water. Establish a no adult, no swimming rule.
- Enroll your child in swimming lessons and know their swimming ability.
- Layers of protection, like a non-climbable fence with a self-locking gate, can keep children who wander out of the house from falling into the pool.
- Make sure children wear a Coastguard approved lifejacket. Lifejackets should be fitted to your child's weight.
- Safer pools have rescue equipment like pool noodles, ring buoy and quick access to a telephone.
- Learn CPR.