Background

- Injury is a major cause of preventable death and disability. Most can be prevented by identifying their causes and removing these, or reducing exposure to them.
- Unintentional injuries result from transport, workplace, home and leisure time accidents. Intentional injuries result from assault and self-harm. Falls are a common problem for older people and are often the reason for hospitalization or move to a nursing home.

Material & Methods

- Aim of this paper is to present unintentional and intentional injuries mortality data for women in Zadar County from 1998-2018 at age 50+.
- We analyzed data of the Croatian Central Bureau of Statistics for External causes, V01-Y98 according to ICD 10. Descriptive statistical methods were used for data analysis.

Results

- In Zadar County from 1998-2018 there were 2,213 deaths from injuries.
- In total deaths injuries share was 6% (7% m, 5% f). Falls, suicide and transport accidents makeup 75% of all injuries (73% m, 78% f).

- Men died mostly from suicide 27%, transport accidents 26% and falls 20%.
- 864 women died from injuries: 49% from falls, 19% suicide, and 10% transport accidents.

- In the 0-14 age group, most common were transport accidents 39%, suicide 11% assault 3% falls.
- In the 15-49 age group, most common were transport accidents 42%, suicide 39% transport accidents 11% assault 3% falls.
- In the 50+ age group, most common were transport accidents 56%, suicide 16% transport accidents 6% transport accidents 2% assault.

- Exposure to unspecified factor, code X59, was 8% and Sequelae of other accidents, code Y86 was 3%.

Conclusion

- In the observed period in Zadar County in age group 50+, overall trend in external causes of death had an increasing trend.
- Falls and transport accidents had an increasing trend, while the suicide mortality rate decreased.
- Aging does not have to mean a loss of independence.
- Encouraging physical activities and proper nutrition can improve older people’s ability to remain independent and reduce the risk of falling.