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# Trauma Awareness

Each year the month of May is recognized nationally by the American Trauma Society (ATS) as Trauma Awareness Month.

The nationally-recognized Palm Beach County Trauma System, which is overseen and funded by the Health Care District, is proud to help raise awareness about preventing traumatic injuries through education and outreach efforts in Palm Beach County.

Watch the TV spot that will air on local stations honoring the dedicated professionals in Palm Beach County's Trauma System.

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Try watching this video on [www.youtube.com](http://www.youtube.com), or enable JavaScript if it is disabled in your browser.

## Life-saving trauma care and prevention

In 2015, National Trauma Awareness Month focused on the theme, “3D Trauma Prevention: Drugs/Drinking, Distraction and Drowsiness.” Learn how you can prevent traumatic injuries

[Drugs/Drinking & Driving](#)

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## Preventing falls in older adults

### Drugs/drinking and driving

Driving under the influence of a drug or alcohol can have deadly consequences. Every day, almost 30 people in the United States die in motor vehicle crashes that involve an alcohol-impaired driver. This amounts to one death every 51 minutes. Every two minutes, a person is injured in a drunk driving crash. Whenever your social plans involve alcohol, make plans so that you don't have to drive after drinking.

- Prior to any drinking, designate a non-drinking driver when with a group
- Don't let your friends drive impaired. Take their keys away.
- If you have been drinking, get a ride home or call a taxi.
- If you're hosting a party where alcohol will be served, remind your guests to plan ahead and designate their sober driver; offer alcohol-free beverages; and make sure all guests leave with a sober driver.

Drugs other than alcohol (e.g., marijuana and cocaine) are involved in about 18% of motor vehicle driver deaths. In addition, many prescription drugs, including those prescribed for anxiety or sleep disorders, can impair driving. These other drugs are often used in combination with alcohol.

Learn more about [driving under the influence \(PDF 222.7KB\)](#) (ATS)

Palm Beach County's Trauma System has saved tens of thousands of lives since the program took flight 24 years ago.

Learn more about this coordinated and integrated system of care.

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## Palm Beach County's Trauma System

The Health Care District oversees the county's nationally-recognized Trauma System from the moment a patient is traumatically injured through<sup>TOP</sup> rehabilitation. Since 1991, when the first lifesaving mission took flight, the

Palm Beach County Trauma System has cared for more than 60,200 trauma patients.

Free viewers are required for some of the attached documents. They can be downloaded by clicking on the icons below.



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