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Education and Prevention

Trauma Awareness

The nationally-recognized Palm Beach County Trauma System, which is overseen and funded by the Health Care District, is proud to raise awareness about trauma injury prevention through education and outreach initiatives.

[Learn more about Trauma Awareness](#)

Educating teens on safe driving behavior

Every spring, Trauma Hawk participates with other community partners in Shattered Dreams, a demonstration that shows local students the dangers of drinking and distracted driving on prom night.

[Learn more about Shattered Dreams](#)

Falls Awareness for Older Adults

The Health Care District of Palm Beach County is partnering with Palm Beach County Fire Rescue and the Palm Beach County Board of County

Commissioners in providing education to help prevent falls among older adults, a growing cause of traumatic injuries.

Learn more about how you can prevent falls.

How you can prevent traumatic injury

Wear your seat belt (adults)

Seat belts reduce serious crash-related injuries and deaths by about 50% (NHTSA), yet millions of adults do not wear their seat belts on every trip. Air bags provide added protection but are not a substitute for seat belts in a crash. Using a seat belt on every trip is the most effective way to prevent injury and death in vehicle crashes. (source: CDC.gov)

For more information and statistics about seat belt use, visit the Centers for Disease Control web site.

Transport children in properly-installed restraint systems

Child safety seats reduce fatal injury in passenger cars by 71% for infants less than 1 year old and by 54% for toddlers 1 to 4 years of age. For children 4 to 7 years of age, booster seats have shown to reduce injury risk by 59% compared to safety belts alone. (source: SafeKids.org)

Ensuring your child restraint system is properly installed can mean the difference between life and death. Visit Safe Kids Palm Beach County for a schedule of locations to check that your child restraint system is installed properly.

Wear motorcycle and bicycle helmets

Helmets offer bicyclists and motorcyclists the best protection from head injuries resulting from crashes. Nearly 70% of all fatal bicycle crashes involve

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head injuries, yet only about 20% to 25% of all bicyclists wear bicycle helmets. Motorcycle crash statistics show that helmets are about 29% effective in preventing crash fatalities, meaning motorcycle riders wearing a helmet have a better chance of surviving a crash than riders without a helmet. (source: NHTSA.gov)

For more information on how to select a properly-fitting helmet, visit the Driving Safety section of the National Highway Traffic Safety Administration (NHTSA) web site.



Minimize distractions while driving

In 2009, 20% of injury crashes nationwide involved reports of distracted driving. The age group with the greatest proportion of distracted drivers was the under-20 age group – 16% of all drivers younger than 20 involved in fatal crashes were reported to have been distracted while driving. (NHTSA).



Common distractions include:

- Using a cell phone
- Texting

- Eating and drinking
- Talking to passengers
- Grooming
- Reading, including maps
- Using a PDA or navigation system
- Watching a video
- Changing the radio station, CD, or mp3 player

While driving, stop engaging in other activities, especially using your cell phone and other electronic devices. Your primary responsibility as a driver is to operate your vehicle safely.

For more information about distracted driving, visit Distraction.gov.

Support

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Compliance

Compliance Hotline: 1-866-633-7233

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Compliance Page

Public Meetings

see all meetings

C. L. Brumback Primary Care Clinics-District Clinic Holdings,
Inc. Board of Directors

Date: October 26, 2022

Location:

In-Person & Zoom Meeting - SEE MEETING DETAILS INCLUDED

Health Care District of Palm Beach County

1515 N. Flagler Drive.

Suite 101

West Palm Beach, FL 33401

Notices

MedData Breach 3-24-21 (PDF)

Social Media

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