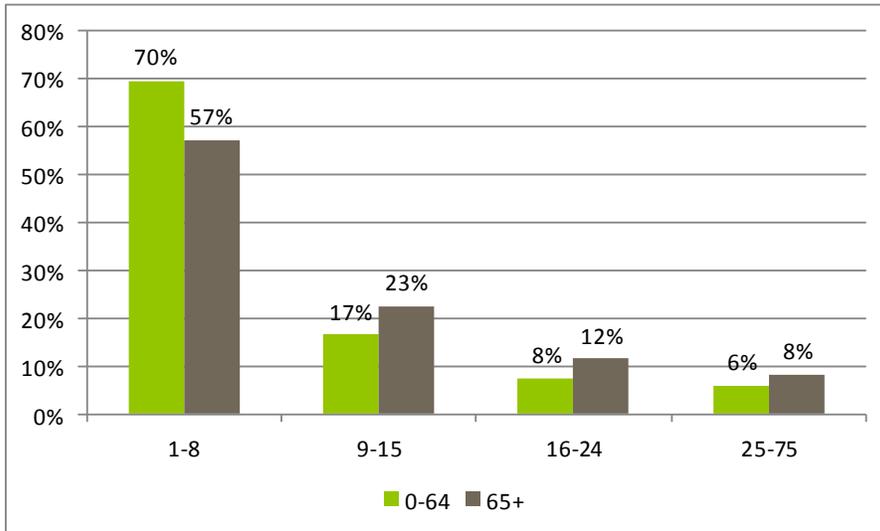


## Older Adult Motor Vehicle Trauma

Table 1: Injury Severity Score (ISS) by Age Groups



In 2012, there were 12,526 cases of Motor Vehicle Traffic (MVT) traumas recorded in the Arizona State Trauma Registry (ASTR). Of these, 1,263 were older adults (65 and older) suffered a more severe injury when compared to younger drivers.

An Injury Severity Score (ISS) over 15 is associated with a higher mortality, morbidity and hospitalization time. This was seen in 20% of older adults versus 14% in all other age groups.

### CDC's Tips and Tricks for Staying Safe on the Road

- Exercise regularly to maintain or increase strength and flexibility.
- Ask your doctor or pharmacist to review all medications to reduce side effects and interactions; (prescription, over the counter, supplements).
- Have regular check-ups with a doctor as needed (eye, hearing).
- Always wear protective equipment (seatbelts, helmets, glasses, corrective lenses, and sunglasses).
- Drive during daylight and in good weather.
- Plan and find the safest route to your destination. Look for routes that have well-lit streets, intersections with left turn arrows, and easy parking.
- Leave a large following distance behind the car in front of you.
- Avoid distractions in your car, such as listening to a loud radio, talking on your cell phone, texting, and eating.
- Consider potential alternatives to driving, such as public transportation, carpooling, or walking!

Source: [http://www.cdc.gov/Motorvehiclesafety/Older\\_Adult\\_Drivers/adult-drivers\\_factsheet.html](http://www.cdc.gov/Motorvehiclesafety/Older_Adult_Drivers/adult-drivers_factsheet.html)

#### ADDITIONAL RESOURCES:

Driver Services: <http://www.azdot.gov/mvd/driver-services>

Arizona Dept of Health Services: <http://www.azdhs.gov>

Motor Vehicle Crash Facts: <http://www.azdot.gov/mvd/Statistics>

Governor's Office of Highway Safety: <http://www.azgohs.gov>

Bureau of EMS & Trauma System <http://www.azdhs.gov/bems/index.htm>

NHTSA: <http://www.nhtsa.gov/>