



Partnership for a **Safer** Maryland

Spring 2018 Newsletter



A Head for the Future shares TBI champion's story – Bicycle helmet helped protect Marine's life during crash, lessened TBI effects

By the [Defense and Veterans Brain Injury Center](#)

Written for the [Partnership for a Safer Maryland](#)

According to Marine Corps veteran [Eve Baker](#), a helmet made all the difference in a bike crash that could have been fatal. But while a helmet helped protect her life from more serious injuries, wounds caused by a traumatic brain injury (TBI) lingered and required months of therapy. She credits her safety gear as a key component in lessening the effects of her TBI.

For Brain Injury Awareness Month in March, the [Defense and Veterans Brain Injury Center's \(DVBIC\) A Head for the Future](#) — a TBI awareness and prevention initiative — is collaborating with [Partnership for a Safer Maryland](#) to feature Baker's story.

As the U.S. Department of Defense's leading organization for TBI clinical support, research, education products and resources for the past 25 years, DVBIC provides information for service members, veterans, their families and health care professionals to help prevent, recognize, and treat TBI. DVBIC supports a network of [22 sites](#), operating out of 18 military treatment facilities and five Department of Veterans Affairs medical centers. Of the [375,000 TBIs](#) reported to DVBIC since 2000, more than [80 percent](#) are classified as mild, otherwise recognized as a concussion. The majority of those injuries have occurred through common activities like playing sports, driving a car, or riding on a motorcycle or bicycle.

Baker was a major in the Marine Corps when she was struck head-on by a car during her bicycle ride to work in 2005. Her helmet shattered when she collided with the car's windshield, and she spent three days in intensive care after being diagnosed with a severe TBI.

She is one of many service members, veterans and family members who experienced brain injuries and shared their stories in [short videos](#) and [blogs](#) in an effort to inform and inspire others to obtain early diagnosis, evaluation and treatment of TBI.

Baker is adamant about wearing proper safety gear to help prevent serious injuries. “[A] helmet might be uncomfortable ... but it saves your life. If I hadn't been wearing a helmet, I wouldn't be here today,” she said.

It took Baker a while to return to riding her bicycle, and she is “more cautious now, and will only bike in places with a dedicated bike lane or very wide shoulder, low speed limit and good road conditions.” She also insists

on wearing bright reflective gear when she rides.

Throughout March, check out A Head for the Future's #TBIchampion social media campaign on Facebook and Twitter for inspiring stories of health care providers who treat TBI and the patients who benefit from their work. Watch video testimonials and read blogs of other service members and veterans who experienced TBI and got the help they needed. The initiative also provides access to resources to prevent, recognize and recover from brain injury.



For more information, check out these resources:

Congressional Report: <https://www.cdc.gov/traumaticbraininjury/pubs/congress-childrentbi.html>

CDC TBI website: <https://www.cdc.gov/traumaticbraininjury/index.html>



By: The Maryland Department of
Transportation Highway Safety Office

Distraction can be defined as an obstacle preventing concentration, an activity that is diverting and that holds the attention or drawing

someone's attention away from something. Distracted driving is any activity that could divert a driver's attention away from the primary task of driving. All distractions pose a significant danger to drivers, passengers, and bystanders by increasing the chances of a motor vehicle crash.

To combat distracted driving though out the State, the Maryland Highway Safety Office (MHSO) uses focused outreach efforts and enforcement. Between 2013–2015, an average of 147 people lost their lives and 1,302 people were seriously injured annually in distracted driver involved crashes on Maryland roadways. In 2016, 179 people lost their lives and 1,750 people were seriously injured in distracted driver involved crashes.

Law enforcement agencies will be a part of an ambitious HVE driving plan during April's National Distracted Driving Awareness efforts. Additionally, the Maryland State Police (MSP) conducted distracted driving enforcement statewide. Last year, MSP issued more than 1,400 citations and warnings during a 15-day period in April. Statewide, law enforcement issued 4,240 total cell-phone related citations through MHSO grant-funded overtime.

To help educate the public about Maryland's distracted driving laws, the MHSO and other partners distributed 35,000 pieces of educational materials and incentive items with the message "*Park the Phone, Before You Drive*" throughout the year, with a concentrated effort in April. Materials were disseminated to groups statewide and messaging on roadway Dynamic Message Signs (DMS) helped educate drivers during the campaigns.

April's Distracted Driving Awareness Month includes a media campaign, with the main messages being "*Park the Phone Before You Drive*" and "*Phone in One Hand, Ticket in the Other.*" Media for the campaign

includes radio messaging and paid placement on digital and social media outlets. In addition, video spots are used on social media and distributed to partners for their use. Throughout the campaign last year, more than 2.4 million impressions were achieved.

Also, in April 2017, the MHSO collaborated with several trauma centers throughout the State to promote distracted driving awareness and plans to do so again this year. All activities were geared toward the dangers of distracted driving, and a special emphasis was placed on the dangers faced by new drivers. More than 100 people actively received the safety messaging during these events last year.

The MHSO received a \$15,000 grant award through the Governor's Highway Safety Association (GHSA) that was funded by the National Road Safety Foundation (NRSF) to help decrease motor-vehicle crash injuries and deaths from drowsy driving. This pilot project was focused on healthcare professionals (including both in-hospital and out-of-hospital professionals) and provided strategies for hospital shift workers to decrease their risks of drowsy driving. A small part of the grant funding was used at the end of 2017, and the majority will be used in 2018.

A comprehensive, three-tiered approach to prevention (known as the 3 Es) may have the most success in reducing injury and fatality on the roads. This includes engineering (rumble strips, in-vehicle technology), enforcement (laws, ticketing), and educational (behavior change counseling) strategies.

Some behavior strategies that can reduce the risk of distracted driving on today's roadways:

- Fully focus on driving.
- Watch out for pedestrians and cyclists.
- If another activity demands your attention, pull off the road and stop your vehicle.
- Adjust your vehicle systems—GPS, seats, mirrors, climate controls, and sound systems before you start driving.
- Secure loose items that could roll or fly in the car. Their movement could pose a distraction. Store them in seat pockets, under the seat, or in the trunk to prevent injury to passengers.
- Finish dressing and personal grooming at home, before you get on the road.
- Eat meals or snacks before or after your trip, not while driving.
- Secure children and pets before getting underway.
- Minimize electronic distractions by storing devices, such as mobile phones or tablets, in a safe location while behind the wheel. If a passenger is present, have them assist with reading messages, answering calls, and navigating.
- Never use text messaging, email functions, video games, or the internet with a wireless device while driving.

For additional information, check out these resources:

<http://towardzerodeathsmd.com/>

<http://www.mva.maryland.gov/safety/distracteddriving.htm>

Upcoming Opportunities

➤ **Save the Date!**

**2018 Maryland Violence and Injury Prevention
(MD VIP) Forum**

Hosted by:

**Maryland Department of Health
Maryland Violence & Injury Prevention Program
in collaboration with
The Partnership for a Safer Maryland**

Friday, June 15th, 2018

8:30 AM—4:30 PM

**Ramada Plaza
1718 Underpass Way
Hagerstown, MD, 21740**

About the Forum:

The MD VIP forum is an opportunity for partners to come together to learn about activities underway, and successes and challenges in addressing violence and injury prevention across the state.

Not in Western Maryland? Not to worry!

The MD VIP Forum will be held annually in the following regions of Maryland:

2019: Southern MD | 2020: Mid-Eastern MD | 2021: Central MD



MARYLAND
Department of Health



Partnership
for a
Safer
Maryland



For more information, please email:
mdh.injuryprevention@maryland.gov



Free Training - At Your Site For Health Care Providers in Maryland **On Domestic Violence**

The Coalition presents minimum 1-hour training on:

- Health Care Response to Domestic Violence
 - Incidence & prevalence
 - Dynamics of abuse
 - Screening guidelines
 - Adverse health consequences
 - Advocacy & empowerment
 - Crisis Intervention
 - Risk assessment & safety planning
 - Reporting requirements, confidentiality
 - Documentation
- Non-Fatal Strangulation in Domestic Violence
- Pregnancy and Domestic Violence
- Intersection of Domestic Violence, HIV & STI's
- Health Care Workplace Safety & Domestic Violence
- Cultural Issues & Special Populations in the Health Care Response to Domestic Violence

Maryland Health Care Coalition Against Domestic Violence

Contact: Audrey Bergin, MPH

Phone: 410-539-0872 or 800-492-1056, ext. 3316

e-mail: dvcoalition@medchi.org

<http://healthymaryland.org/public-health/domestic-violence/>



New
**Awareness & Prevention Campaign
for Maryland Healthcare Agencies**

What: the Maryland Institute for Emergency Medical Services Systems (MIEMSS) has a grant to provide Maryland healthcare agencies various free materials to conduct an awareness and prevention campaign on drowsy driving. The Campaign kit will include social media materials, videos, handouts, incentive items, publishing-ready articles and photos, lobby display, and a continuing education presentation for staff.

When: Campaign can be conducted anytime between December 2017-June 2018

Who: Maryland healthcare providers at hospitals, EMS, and commercial ambulance companies, and the public.

How: to register to participate or to learn more, contact Susanne Ogaitis-Jones at 410-706-8647 or cps@miemss.org.



Maryland
Highway
Safety
Office



Legislative Updates

Special Needs Child Passenger Safety Update October 2017

Maryland Medicaid will now cover specialized car seats for children who cannot use a conventional car seat, if an adaptive seat is medically necessary and the patient is covered under Medicaid.

There are criteria for the clinical guidelines that must be met to determine who is eligible, definitions of special needs seats, who can prescribe the seat, and a process for getting this coverage. Prior authorization is required.

More information can be found on the document, "Maryland Medicaid Coverage Criteria– Specialized Car Seats" at: <http://bit.ly/2xFu2i1>



For questions or resources on Child Passenger Safety, contact Maryland Kids in Safety Seats (800-370-SEAT or dhmh.kiss@maryland.gov) or the CPS & OP Healthcare Project at MIEMSS (410-706-8647 or cps@miemss.org).



Interested in the bills being tracked by the UMSL? [Click here](#) to see their updated tracking sheet!

Register Now!



UNIVERSITY of MARYLAND
FRANCIS KING CAREY
SCHOOL OF LAW
LEGAL RESOURCE CENTER
FOR PUBLIC HEALTH POLICY

**Legislative Update
Calls**

**CLICK THIS
FLYER FOR A
LINK TO
REGISTER FOR
THE UPCOMING
CALL!**

**The next call is
on Monday,
March 26th at
1:00 pm**



MARYLAND
Department of Health

Upcoming Pharmacy, Health and Wellness Observances

March

Brain Injury Awareness Month
National Developmental Disabilities Awareness Month
National Kidney Month
National Nutrition Month
Hemophilia Awareness Month
National Colorectal Cancer Awareness Month
National Eye Donor Month
Patient Safety Awareness Week (11th - 17th)
Poison Prevention Week (18th - 24th)
American Diabetes Alert Day (27th)

April

National Autism Awareness Month

May

Asthma and Allergy Awareness Month
Better Sleep Month
Correct Posture Month
Healthy Vision Month
Hepatitis Awareness Month
Huntington's Disease Awareness Month
Lupus Awareness Month
National Arthritis Awareness Month
National High Blood Pressure Education
Month
National Melanoma/Skin Cancer
Awareness Month
National Mental Health Awareness Month

National Alcohol Awareness Month
National Cancer Control Month
National Child Abuse Prevention Month
National Donate Life Month
Stress Awareness Month
National Minority Health Month
National Public Health Week (2nd - 18th)
World Immunization Week (24th-30th)
World Meningitis Day (24th) World Health Day (7th)

National Stroke Awareness Month
Osteoporosis Awareness Month
Celiac Awareness Month
National Women's Health Week
(13th - 19th)
National Senior Health and Fitness Day
(30th)

June

Cataract Awareness Month
National Scleroderma Awareness Month
Men's Health Month
Migraine and Headache Awareness
Month
National Safety Month
Men's Health Week (11th - 17th)



Learn more about Partnership for a Safer Maryland on [our website](#)! New and exciting updates to our website are coming soon!

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