



# Salt River Pima-Maricopa Indian Community (SRPMIC)

*Unintentional injuries from motor vehicle crashes and elder falls were identified as important areas for injury prevention initiatives in the SRPMIC*

## PROGRAM GOALS

Reduce the number of unintentional injuries in the SRPMIC related to:

1. **Unintentional falls** by providing exercise classes for SRPMIC elders to improve balance and strength
2. **Child passenger safety** by working with the local Early Childhood Education Center (ECEC) to provide safety seats and education to parents/caregivers
3. **Child helmet use** by hosting a yearly bike rodeo for the community and providing bicycle and skateboard helmets and education on helmet safety
4. **Adult and child seat belt use** by providing trainings and working with community members to raise awareness for injury prevention

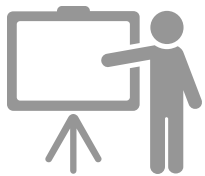
### Background

- **Tribal Enrollment:**  
over 9,000 members
- **Location:**  
Metropolitan Phoenix area

## PROGRAM HIGHLIGHTS

September 2015-February 2020

90



Technicians

recruited, trained, and certified as Child Passenger Safety Technicians

1327



Safety Seats

provided to parents/caregivers along with education about safety seats

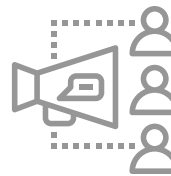
600



Helmets

provided at bike rodeos, with more helmets provided through other partnerships

35k



People

reached in Tribal communities through media campaigns

25+



Partners

established in the community who attend regular coalition meetings

## SRPMIC Fall Prevention Activities

As of August 2019, **224** elders have taken part in fall prevention classes, like yoga, Tai Chi, and Matter of Balance, provided by the SRPMIC Injury Prevention Program. Classes like these improve elders' strength and balance, which helps prevent injuries from falling.



### Balance Tests Before and After Tai Chi Classes

Jan. 2018

April 2018



Timed Up and Go Test



30 Second Chair Stand

■ Met benchmark  
■ Needs improvement

### Balance Tests Before and After Yoga Classes

March 2018

July 2018

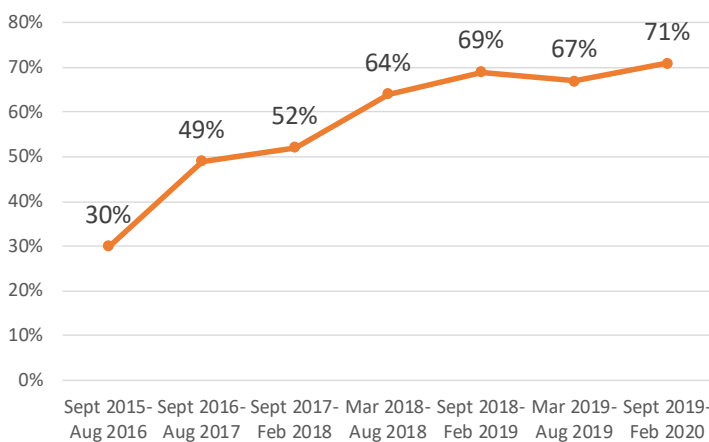


■ Met benchmark  
■ Needs improvement

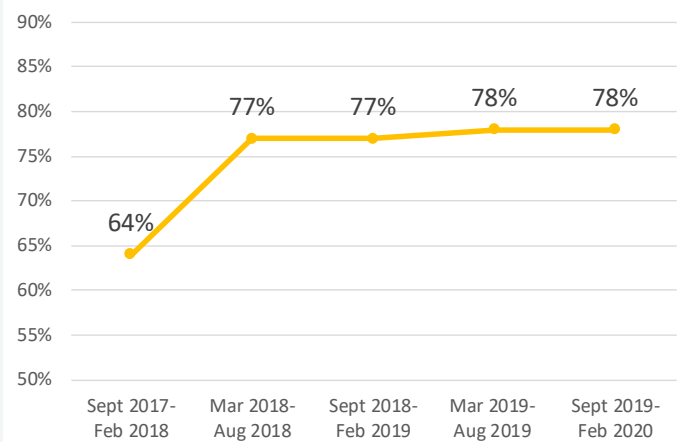
## Improvement in Community Car Seat & Seat Belt Use



### Child Restraint Use Rate Observed Restraint Use by Time Period



### Driver Seat Belt Use Rate Observed Seat Belt Use by Time Period



## Tribal Injury Prevention

April 2020



**Monte Yazzie**

Injury Prevention Coordinator

O: 480-362-7542

E: [Monte.Yazzie@SRPMIC-nsn.gov](mailto:Monte.Yazzie@SRPMIC-nsn.gov)