

Drowning Deaths

Drowning is a leading cause of death for all children. According to the U.S. Centers for Disease Control, for every child who dies from drowning, another five receive emergency department care for nonfatal submersion injuries. Children 1 to 4 years old have the highest drowning rates and are most at-risk.

Disproportionality

Minority children are disproportionately affected by drowning. Nearly 65% of children who drowned in CT were Black or Hispanic.

Children with Disabilities

Children with autism are 160 times more likely to die from drowning than their peers.

Columbia University's Mailman School of Public Health



Office of the Child Advocate

&

CT Child Fatality Review Panel

Unintentional Drowning Deaths of Children in Connecticut

January 1, 2011- December 31, 2018

Boys	Girls
28	11

Black	White	Hispanic/White	Other
16	13	9	1

Pools	Bathtub	Natural Body of Water	Other
20	4	14	1

1-3 years	4-8 years	9-12 years	13-17 years
12	10	5	12

Risk for Drowning

Babies can drown in just one inch of water, and they can die when left unattended in bathtubs, even for just a few minutes.

Drowning is the leading cause of preventable death for children age 1 - 4. Small children are curious about water, but most do not yet know how to swim, or understand the dangers of water. Research indicates that toddlers often drown silently, rather than shouting for help or splashing for attention.

Teens are at risk for drowning because they may not wear a life jacket while boating, they may not be aware of risks and safety measures in bodies of water, may not be able to judge water conditions, overestimate their own swimming ability (particularly when with friends), may use alcohol or drugs while on or in the water, or have not learned how to swim.



Five Drowning Prevention Strategies

1. **Supervision.** Watch kids when they are in or around water, without being distracted. Keep young children within arm's reach of an adult.
2. **Empty tubs,** buckets, and kiddie pools after use. Store them upside down so they don't collect water. Close toilet lids and close bathroom doors and consider use of safety toilet locks/ toilet seat lid-lock.
3. **Barriers to water.** Install fences around home pools. A pool fence should surround all sides of the pool and be at least four feet tall with self-closing and self-latching gates and consider adding a pool alarm system.
4. **Water Safety and Emergency Skills.** Know what to do in an emergency. Learning CPR and basic water rescue skills may help. Wear age appropriate safety devices including life jackets.
5. **Learn to Swim.** Help kids participate in formal swimming lessons.

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