

## Safer North Newsletter #33

### **Tribute to Dr Carolyn Ann Coggan MNZM , Director, Safe Communities Foundation NZ, passed away February 14th, 2014**

The Safer North Community Trust expresses its deepest sympathy to Tony, Tania and family on the passing of Carolyn after a brief illness. Carolyn has been an inspiration for us and so many more throughout NZ and around the world. Her love, leadership, generosity of time have enabled Auckland North and many other communities around New Zealand to prosper through creating safer environments and reducing preventable injuries. The image below is of Carolyn standing on stage with Injury Prevention leaders representing Australia, South Korea, and Sweden at the 2010 19th International Conference on Safe Communities held in Suwon, Korea. She was a powerful influence assisting communities, local government and central government politicians. Her four grand children will miss her greatly but will grow up knowing that she has left a powerful legacy that we can all be very grateful for. We are living in and enjoying safer communities as a direct result of her drive and initiatives. Thank you Carolyn . Rest in Peace.



Carolyn and Tania hosting a Thai delegation visiting NZ.

#### **In this issue:**

**Page 1.** Farewell to Carolyn Coggan

**Page 2.** State of the Nation

Child Safety in Sport

**Page 3.** Keep Teens Safe on the Road

Browns Bay Prevention Day 2014

**Page 4.** Poster Display about Distracted Drivers through using modern technology

**Page 5.** Poster Display continued. Cell phone messages for parents and drivers.





State of the Nation—New Zealand

In February, the Salvation Army released its stock-take of NZ social trends and it is well worth studying to see just what we do well and what we do poorly or 'must try harder'.

This is my observation of the report for the period 2013(NZ Herald 12 Feb 2014 Pg. A14 & A15). This is not specific to the Auckland North area but we mostly have a positive influence on helping trend things in the right direction.

Crime & Punishment

- Overall Crime: Down 8.1%
- Serious Crime: Down 0.4%
- Imprisonment: Up 0.7%
- Recidivism: Up 0.3%

Housing

- Availability: Down 0.3%
- Affordability: Down 0.6%
- Debt: Up 0.6%

Our Children

- Child Poverty: Down 1.5%
- At Risk: Up 3.7%
- Children & Violence: Up 1.3%
- E/C Education: Down 2.4%
- Educ. Achievement: Down 0.5%

- Infant Mortality: Down 3.5%
- Teenage Pregnancy: Down 2.8%
- ~~~~~
- Work & Income
- Employment: Up 4.8%
- Unemployment: Down 0.9%
- Incomes: Up 2.6%
- Benefits & Pensions: Up 1%
- Living costs and Food poverty: Up 0.9%
- ~~~~~

Social Hazards

- Alcohol for Consumption: Up 1.8%
- Drug-related Crime: Down 20.6%
- Gambling: Down 1.3%
- ~~~~~
- Eleven categories were trending up towards improvement and seven down with concern and some in the middle
- There is much more in the detail that is worth taking the time to reference and this full report is at [tinyurl.com/abetterbalance](http://tinyurl.com/abetterbalance)
- As problems are identified, the risks can be reduced through collated action by communities and organisations striving for a better place. Thanks to the Salvation Army for compiling the Herald report.

Prevention of Sports Injuries in Children

Physical activity which is accomplished through recreation, training or sports competition has a significant influence on the development and state of health of children. Injuries which come about through these activities fall into the sports injuries group. Risk factors for the onset of sports injuries can be related to: the person itself (fatigue, overtraining, an unhygienic way of life, being not careful, an inadequate warm-up, poor method and technique, a general poorly fit body and susceptibility of certain parts of the body, an existing illness or injury, fear, tremor, unfamiliar terrain, a lack of motivation (frivolity), another person (an incompetent opponent, an intentionally or unintentionally inflicted injury), sport equipment (being without equipment, inappropriate, worn-out footwear, a poorly constructed apparatus or an ill-maintained apparatus, a deteriorated or improper apparatus..), surroundings (bad weather conditions, inadequate terrain..). According to the graveness of the situation, the most common sports injuries are lighter injuries with an incapability to work for a short period of time, followed by moderate injuries with an incapability to work for a longer period of time but rarely injuries with permanent invalidity and injuries resulting in death! The prevention of sports injuries should unfold through: Education and training (the creation of educational health programmes through massive groups, place of events and types of sports), structural changes which are related to changes in school curriculum, to adopt a healthy style of life, changes in exercise techniques, restraining hyperactivity in accident prone behaviour of children, safe products (adequate clothing and footwear, proper apparatus and terrains..). The participants and implementers of the prevention programme are: pupils, teachers, staff aid, parents, local community. School doctor and media.

The prevention of sports injuries has a final aim to preserve and farther youth health, develop the spirit of competing, perseverance and tolerance, decreasing the number of injured and invalids to the lowest possible level, thereby improving the quality of life.

Does this sound like our place. I think so but it is an extract from a Serbian research paper referring to the Zrenjanin Safe Community in Serbia

100 years ago



And now



Falls education session at Aria Bay Retirement Village in Browns Bay. Nursing staff demonstrating how they handle injury situations and maintaining the quality of life.





## Parents— Don't miss this opportunity

### Keep your teen safe on the Road.

As a part of Road Safety week please see attached a poster for an evening for parents of young drivers.

This is a free event – a presentation by Nigel Latta, which will be humorous but also offer guidance to parents.

*You are welcome to circulate this invitation to any community contacts who may be parents of young drivers. Or circulate to the parents of your teens friends! Get a group together and have an enjoyable and informative night out.*

The event is free but people must register for tickets to be sent to them by going to the following link and choosing the secondary schools and young drivers button. Tickets will be posted out, a max of 8 tickets can be registered to one person.

<http://at.govt.nz/roadsafetyweek>

### Coming Events

- **Friday 18th April—Poppy Day**
- **Anzac Day—** a special day for us all. Dawn Service in Browns Bay 0550 Fri 25th and community services in each of the Local Boards commencing between 0900 and 1000 hrs.
- **Devonport-Takapuna Intergenerational Dialogue forum** 1100 hrs. Thurs 22 May for the young and not so young— ph. 486 2098 to take part.
- **September SADD—Students Against Drink Driving month**



It was a glorious Saturday in Browns Bay on the beach front with Police, fire, St Johns, ACC, Auckland Transport, Bike Safety, Little Beat 1st Aid for Babies, Security

Companies, skate boarders, raft races, playground, cafes and much more. The theme is to prevent incidents leading to harm, destruction, personal injury etc. Our reported crime statistics continue to track down and we, as a community, hope that trend continues. More and more we see communities and individuals saying that no more will they stand by and do nothing. They now are part of the solution and will speak up to report on anti-social behaviour they see and be part of the 'Prevention' strategy.

Safer North was kindly supported by Winger North Shore who supplied a snazzy Suzuki Swift for the Driveway Run-over Prevention display shown above. Over 40 families experienced the display and gained some invaluable messages to help prevent such tragedies.

While demonstrating the risks of motor vehicles in driveways to interested parents, grand parents and others, it was pleasing to see most had an active plan for prevention of child injuries by motor vehicles relevant to their properties. This is the way to best prevent such injury. A driveway run over is extremely traumatic for any family and can be avoided. Drivers knowing that the rear and often immediate front vision from inside the vehicle may be limited, is a first step to planning safe use of using a motor vehicle.

Hundreds meandered around the exhibits and it was great to see a real family involvement. Special thanks to Community Senior Constable Paul Donaldson for organising the event.

These posters have been sourced from the National Safety Council, USA.

Could these messages apply here?

Please click on PDF's below and on the next page to view in large images



## Distracted Driving Family Contract

While we should be concerned about the safety of everyone on the roads, it's especially important to keep our families safe. Cell phone use while driving is dangerous. To keep my family safe, and to be considerate to those I share the road with, I pledge not to use my cell phone while driving and to discuss the following topics with my family:

- Why it's not safe to use a handheld or hands-free cell phone while driving
- Why texting, emailing or updating social media while driving, even through a dashboard infotainment system, is dangerous
- Why it's important to speak up if you're a passenger and the driver – a friend, family member, taxi driver or bus driver – is using a cell phone. You should ask the driver to hang up immediately or let you out of the vehicle if he or she will not disconnect.
- Why it's helpful to let your friends and family know what times of day you are most likely to be driving, and why you should ask them not to call you during those times. You can also find out when they are driving and avoid calling them as well.
- How changing your voicemail greeting to say you are either away from your phone or driving will help others understand why you may not be responding right away
- Why it's crucial to ask those who carpool with your loved ones to respect your wishes and drive cell-free, at least when your family is on board
- Why you should ask someone who calls while driving to hang up and call back when they are parked in a safe place
- How modeling this safe behavior for your family will encourage them to also not use their cell phones while driving

The decisions we make behind the wheel can have lifelong consequences. No one ever thinks something bad could happen to them. Having conversations about cell phone distracted driving before tragedy strikes is the first step towards keeping each other safe.

My family needs to be aware of the dangers of cell phone use while driving and we will continue to discuss it together to make sure everyone drives cell-free.

**Signatures:**

Get the facts about why you should drive cell free at [distracteddriving.nsc.org](http://distracteddriving.nsc.org).

©2014, ©2015 NSC. ©2014 National Safety Council

In New Zealand, we are still in the process of driver education to adopt 'Hands Free' use of cell phones. The US National Safety Council is taking this a step further and promoting the dis-use of all distracting electronic apparatus. My opinion is that using the cell phone on hands-free connection, is far more distracting than the car radio or music player. I can switch off from those while driving but the phone is more dominant when you are engaged in conversation so therefore the risk of distraction for me is higher. Perhaps others feel and act differently so it is worth the conversation to see what the majority experience. I'd enjoy some feedback.



Distracted Driving Awareness Month

## When technology is a problem - **not a solution**

Voice-activated texting is **more distracting** than typing a text.

AAA Foundation for Traffic Safety and Texas A&M Transportation Institute

**NOT RISK-FREE HANDS-FREE IS NOT RISK-FREE HANDS-FREE IS NOT RISK-FREE**

Find out why [nsc.org/handsfree](http://nsc.org/handsfree)

GET SOCIAL! #DDAM ▶

It appears we have gone from a state of mind of "Can somebody answer the phone please?" to "I have to get this call". Why is an incoming call so much more important today than it was 20 years ago?



Distracted Driving Awareness Month

## It's still **risky**

More than 30 studies show hands-free devices are **no safer** than handheld.

**NOT RISK-FREE HANDS-FREE IS NOT RISK-FREE HANDS-FREE IS NOT RISK-FREE**

Find out why [nsc.org/handsfree](http://nsc.org/handsfree)

GET SOCIAL! #DDAM ▶





# Hands-Free Myth Buster

**MYTH:** My car came with an infotainment system. Since it's built into my car, it must be safe.

**FACT:** Advancements in automotive technology can be broadly separated into two categories:

- Technologies related to vehicle performance and driving, such as vehicle-to-vehicle (V2V) communication, crash avoidance systems, adaptive headlights and stability control systems.
- Technologies unrelated to vehicle performance or the task of driving, such as hands-free phoning, speech-to-text and the ability to use social media while driving.

There are many safety benefits to technologies related to vehicle performance and driving. Technology also can be a solution to the distracted driving problem with features such as call blocking. But not all technology is created equal. Anything that distracts a driver from performing an essential driving task can be dangerous and doesn't belong in a dashboard infotainment system.

**MYTH:** I have an infotainment system in my dashboard, so it's safe for me to speak my texts and drive.

**FACT:** Despite auto makers equipping vehicles with dashboard infotainment systems at an increasing rate, these systems can bring some driver distractions. In fact, voice texting features have been found by research to be even more distracting than typing. Why? Even if drivers don't need to use their hands to type texts and emails, voice-to-text features require drivers to look at the translated messages to be sure they are correct.

Drivers also are mentally distracted because they're focused on talking and fixing the message errors. Slower reaction times occur, no matter whether drivers are typing a text or using voice-to-text technology.

**MYTH:** Most car crashes are caused by car malfunctions such as faulty brakes, blown tires or engine problems.

**FACT:** Vehicle problems represent a very small portion of crashes. Most vehicle problems have to do with improperly inflated or maintained tires. As much as 90 percent of all crashes are caused by driver error and can be prevented.

Cell phone use behind the wheel can lead to driver error, and it's a very prevalent behavior on our roads today – 9 percent of drivers at any given daylight moment are talking on phones while driving. Drivers using cell phones are four times as likely to be in a crash, in part because their ability to respond to hazards is significantly affected. Drivers talking on cell phones can miss seeing up to 50 percent of the roadway environment, including traffic signs, pedestrians and cyclists. All of these risk factors could be lessened if drivers would hang up their phones and simply drive.



Contact Wayne: DDI 09 929 2313 , Mob 0274 500 478,

wayne@safernorth.co.nz

177B Shakespeare Road, Milford, Auckland 0630

(Wayne on patrol protecting our waters)

