

Immediate Release

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Christiana Care Hosts Annual Injury Prevention Trauma 5K

(NEWARK, Del. – March 30, 2018) [Christiana Care Health System](http://christianacare.org) will host the 18th Annual Injury Prevention 5K Run/Walk and 1K Children’s Fun Run on the Christiana Hospital campus Thursday, May 24th.

Proceeds from the event fund Christiana Care’s numerous injury prevention programs, which include:

- ThinkFirst to Prevent Falls – an interactive program that teaches seniors the steps they can take to reduce their risk of falling.
- ThinkFirst for Teens – a program for 6th grade through college age that explains the effects of brain and spinal cord injuries and the behaviors that lead to these injuries. Specific topics are determined by age group and include helmet safety, highway safety, risky behavior, seatbelt safety and sports safety. A trauma survivor also speaks to the students about the lifetime consequences of brain and spinal cord injuries.
- ThinkFirst for Kids – a 45-minute program for children between kindergarten and 5th grade that educates them on topics such as bike, helmet, pedestrian and playground safety.
- YOLO: You Only Live Once – a resuscitation reenactment of a gunshot patient that provides young people with an honest and unrestricted look at the medical consequences of violence. YOLO takes place in Christiana Care’s Virtual Education & Simulation Training Center at Christiana Hospital.
- The Ripple Effect – a 28-minute documentary that depicts scenes from Christiana Hospital’s trauma bay during a real-life trauma resuscitation that depicts the medical consequences of violence and an interview with a shooting victim.
- Choice Road: An American Tale – a 15-minute fictional film that shows the medical consequences of a teenager’s decision to join a gang.

“Our Trauma Team stands ready to help our neighbors who have life-threatening injuries 24 hours a day, seven days a week, and we take great joy in bringing people back to life from the brink of death,” said Sherry Sixta, M.D., FACS, associate trauma director for Christiana Care. “But we also are determined to help people avoid injuries in the first place. Our Annual Injury

Prevention 5K Run/Walk and 1K Children's Fun Run is a fun and healthy way for our community to come together to raise money for a good cause.”

Christiana Care's ThinkFirst program is part of the ThinkFirst National Injury Prevention Foundation, which has a mission to prevent brain, spinal cord and other traumatic injuries through education, research and advocacy. Each year, an estimated 1.7 million persons sustain a brain injury, and thousands more sustain spinal cord injuries, according to the foundation.

Christiana Hospital features the only Level I trauma center for both adults and children in Delaware, and the only one of its kind between Baltimore and Philadelphia. Christiana Hospital's trauma center features a full range of specialists and resources with the capability of providing total care for every aspect of injury, from prevention through rehabilitation.

Christiana Care's Wilmington Hospital was recently designated a Level 3 trauma center by the American College of Surgeons. [For photos, click [here](#).]

To register, call 733-4280 visit www.active.com/running and enter the key word “INJURY”.

About Christiana Care Health System

Christiana Care Health System is one of the country's largest health care systems, ranking as the 22nd leading hospital in the nation and 11th on the East Coast in terms of admissions. The health system includes The Medical Group of Christiana Care, a network of primary care physicians, medical and surgical specialists as well as home health care, preventive medicine, rehabilitation services and patient/family advisors for core health care services. A not-for-profit teaching hospital affiliated with Sidney Kimmel Medical College at Thomas Jefferson University, Christiana Care is recognized as a regional center for excellence in cardiology, cancer and women's health services. Christiana Care has an extensive range of outpatient services and works closely with its medical staff to achieve better health, better access to care and lower cost. Christiana Care is home to Delaware's only Level I trauma center for both adults and children, the highest capability center and the only one of its kind between Philadelphia and Baltimore. Christiana Care features a Level III neonatal intensive care unit, the only delivering hospital in Delaware that offers highest level of care to the most critically ill newborns. Christiana Care includes two hospitals with 1,100 patient beds.

For more information about Christiana Care, visit www.christianacare.org/howeare.

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