The Value of Prevention

Rachel Davis
April 29, 2011

Institute of Medicine
Life in the killing zone

By Anastasia Hendrix
Chronicle Staff Writer

This is a place where dozens of murders were committed last year within walking distance of an 11-year-old’s driveway. This is a place where eighth-graders learn not to even think about walking alone after dark. This is a place where gunshots are a regular occurrence. This is East Oakland — where violence is a way of life.

Violence is the most pervasive part of growing up in East Oakland. It’s not just the shootings and stabbings, but the fear of violence that permeates every aspect of life. It’s the fear of walking down the street, of going to school, of even playing outside.

The problem is that the people who are most affected by violence are the ones who are least likely to be able to escape it. The students at East Oakland High School are all too familiar with the statistics, but they live it every day.

The story of the student who was shot outside his school, the one who was wounded in the back, is just one example of the violence that permeates this community. The students know that they are in a place where violence is not only common, but necessary. They know that they must be prepared to defend themselves at all times.

But it’s not just students who are affected. The teachers, administrators, and community leaders are also affected by the violence. They see the pain on the faces of the students, they hear the stories of the victims, and they know that something needs to be done.

The question is, what can be done? The politicians in the city talk about crime prevention, but the reality is that the violence in East Oakland is too deep-seated to be easily solved. The students understand this, and they know that the only way to change their lives is to find a way to escape.

The students in East Oakland are not deterred by the violence. They know that they must be strong, and they are. They know that they must be brave, and they are. They know that they must be willing to fight for a better life, and they are.

The students in East Oakland are not victims. They are survivors. They are fighters. They are the future of this city, and they will not be held back by the violence that surrounds them.
The Costs of Violence

- Avg. costs for a fatal assault was $4,906 and $1.3 million in lost productivity.

- For nonfatal assault, the avg. cost was approximately $1,000 and $2,822 in lost productivity.

- The total lifetime economic costs of violence including medical treatment and lost future wage earnings, were approximately $37 billion in 2000.
The Costs of Violence

Sexual & Domestic Violence, 2003
Costs exceed $8.3 billion
$460 million for rape; $6.2 billion for physical assault; $461 million for stalking; and $1.2 billion in the value of lost lives (CDC)

Youth Violence: Local Perspective, 2005
553 gang-related homicides in Los Angeles County
County spent over $240 million on gang arrest; District Attorney's Office spent an estimated $9.7 million on gang-related crimes; Probation Department spent $1,534 per person each year and nearly $900,000 on probation services related to gang cases. (LAAP)
The Costs of Violence

The American Correctional Association estimates that on average it costs states $240.99 per day - around $88,000 a year - for every youth in a juvenile facility.

In 2007, States spent about $5.7 billion to imprison 64,558 youth across the US.
The Costs of Violence

- Violence also contributes to:
  - Reduced Tourism
  - Reduced Neighborhood Commercialism
  - Loss in Private Revenues
  - Loss in Public Tax Dollars
  - Reduced overall quality of life among individuals, families, workplaces, and communities
# Chris: from Child Victim to Adult Offender

<table>
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<tr>
<th>Age</th>
<th>Role in Incident</th>
<th># of Encounters w/Criminal Justice System</th>
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<tr>
<td>4</td>
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<td>1</td>
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<tr>
<td>6</td>
<td>Victim</td>
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<td>7</td>
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<tr>
<td>9</td>
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<td>16</td>
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<td>17</td>
<td>Suspect</td>
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</tbody>
</table>

**Total:** 80 Encounters
Diagram of City and County Programs: Inadequate Coordination and Accountability

Total: $958 million
Linkages to Mental Health

Experiencing, exposure to and fear of violence have known emotional and mental health consequences. These consequences are often lifelong, require extensive treatment and can, in turn, affect physical health as well as bring stress and consequences to others.

Current research has identified the following mental health conditions as significantly more common among those exposed to violence either directly or indirectly:

- Multiple mental health conditions
- Depression and risk for suicide
- Post-Traumatic Stress Disorder-PTSD
- Aggressive and/or violent behavior disorders

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Linkages to Chronic Illness

The effects of violence on health are a consequence of the physical, biological, environmental, social, behavioral, and emotional changes that violence imposes on all of us.

Health Consequences include the following:

- Asthma
- Significant alteration of Healthy Eating and Activity
- Heart Disease and Hypertension
- Ulcers and Gastrointestinal Disease
- Diabetes
- Neurological Diseases
- Musculoskeletal Diseases
- Lung Disease.

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ADDRESSING THE INTERSECTION:
Preventing Violence and Promoting Healthy Eating and Active Living

This document was prepared by Prevention Institute with funding from Kaiser Permanente

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Prevention Institute is a nonprofit national center dedicated to improving community health and well-being by building momentum for effective primary prevention. Primary prevention means taking action to build resilience and to prevent problems before they occur. The Institute’s work is characterized by a strong commitment to community participation and promotion of equitable health outcomes among all social and economic groups. Since its founding in 1997 the organization has focused on injury and violence prevention, traffic safety, health disparities, nutrition and physical activity, and youth development. This, and other Prevention Institute documents, are available at no cost on our website.

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◆ Literature Scan
◆ Key Informant Interviews
◆ Strategy Roundtables
A) Violence and fear of violence affect individual *behaviors* related to healthy eating and active living.

B) Violence and fear of violence diminish the *community environment*, reducing support for healthy eating and active living.
A Majority of Costly Conditions are Preventable

- Medical spending increased by $199 billion (1987-2000)
- 15 diseases account for 56% of this increase

Source: Kenneth Thorpe et al. “Which Medical Conditions Account For The Rise In Health Care Spending?” Health Affairs, 10.1377, web exclusive.
The Costs of Violence

“Economic costs provide, at best, an incomplete measure of the toll of violence.”

- Centers for Disease Control and Prevention
Prevention

a **systematic** process that promotes healthy environments and behaviors and reduces the likelihood or frequency of an injury or traumatization.

**Primary Prevention**

taking action *before* violence occurs.
Prevention Works

- Child Restraint and Safety Belt Use
- Smoking Prevention
- Minimum Drinking Age Laws
- Childhood Vaccinations
- Motorcycle and Bicycle Helmet Laws
- Reduced Lead Levels in Children
Oh, Britney...
NORMS

more than a habit

based in culture & tradition

taken for granted

behavior shapers

communicate regularity in behavior

sanction behavior

attitudes, beliefs, ways of being
America’s Next Top Model Photoshoot
Life in the killing zone

By Anastasia Hendrix
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 Violence is the most pervasive part of growing up in East Oakland.

This is a place where dozens of murders were committed last year within walking distance of an 11-year-old’s doorstep. This is a place where eighth-graders learn to calculate percentages and averages by studying homicide statistics from the streets that surround their classroom—numbers that represent gunned-down neighbors, friends, and even family members.

It is a place where a code exists and one that is not understood by the outside world. It is a place where a young boy, wearing a Raiders logo, bears the scars of a bullet that hit his hip. It is a place where a young girl, with a cup of coffee in her hand, waits for the bus that will take her to school.

This is East Oakland—a place where unremitting violence affects even the smallest moments of ordinary life. (Daily Oakland)

Random bullet—one that barely missed his father, who was relaxing on the couch at the time. Though the bullet did not hurt Mr. Mendota, it gravely wounded his son's already fragile sense of security.

The smell of smoke from the living room now fills the house. Riyo has to

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ENVIROMENT

BEHAVIOR

TOXINS

Health and Safety
“It is unreasonable to expect that people will change their behavior easily when so many forces in the social, cultural, and physical environment conspire against such change.”

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The 3 Keys Framework for Preventing Violence
Violence is complex and requires a comprehensive approach.
“No epidemic has ever been resolved by paying attention to the treatment of the affected individual.”

George W. Albee
The Ecological Model

- Individual
- Relationship
- Community
- Societal
The Spectrum of Prevention

- Influencing Policy & Legislation
- Changing Organizational Practices
- Fostering Coalitions & Networks
- Educating Providers
- Promoting Community Education
- Strengthening Individual Knowledge & Skills

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Risk and resilience factors must be addressed.
A good solution solves multiple problems.

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Risk Factors

- Poverty and economic disparity
- Illiteracy and school failure
- Alcohol and other drugs
- Firearms
- Negative family dynamics
- Mental illness
- Incarceration/Reentry
- Community deterioration
- Discrimination and oppression

- Media violence
- Experiencing and witnessing violence
- Gender socialization
Resilience Factors

- Economic Capital
- Meaningful opportunities for participation
- Positive attachments and relationships
- Good physical and mental health
- Social capital
- Built environment
- Services and institutions
- Emotional and cognitive competence
- Artistic and creative opportunities
- Ethnic, racial, and intergroup relations
- Media/marketing
Violence prevention requires an integrated strategy for action.
Sarajevo children play war

CHILDREN IMITATE Sarajevo’s adults by playing soldiers in the Bosnia-Herzegovina capital Tuesday. In the adult world, U.N. peacekeepers dodged mortar fire to deliver food and medicine while Lord Carrington of the European Community pleaded with both sides in the civil war to halt fighting. Scores of deaths were reported in and around Sarajevo.
“The ideas of one generation become the instincts of the next.”

- D.H. Lawrence
Cities with more multi-jurisdictional coordination and communication have lower violence rates.

Schools can reduce violence by 15% in as little as 6 months through universal school-based violence prevention efforts.

Minneapolis documented significant drops in juvenile crime.

Shootings and killings can be reduced by 40-70%
Preventing Intimate Partner & Sexual Violence Against Women

World Health Organization documents:

- Costs
- Prevention Approach
- Risk & Protective Factors
- Strategies

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UNITY builds support for effective, scalable, sustainable efforts to prevent violence before it occurs so that urban youth can thrive in safe environments with ample opportunities and supportive relationships.

UNITY is funded by the Centers for Disease Control and Prevention as part of the CDC's national youth violence prevention initiative, Striving to Reduce Youth Violence Everywhere (STRYVE), and in part by The California Wellness Foundation.

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UNITY Assessment

“An Assessment of Youth Violence Prevention Activities in USA Cities”

- Telephone interviews with key city informants in 15 of the 45 largest U.S. cities.
  - City Mayor
  - Police Chief
  - Public Health Director
  - School Superintendent

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Findings:

- Law enforcement and criminal justice are the most prevalent strategy used in the cities.

- Public Health Departments are not generally included in city strategies.

- Most cities cited a lack of comprehensive strategy.

- Cities with the greatest coordinated approach also had the lowest rates of youth violence.
Blueprint for Action: Preventing Youth Violence In Minneapolis

- Connect all youth to trusted adults
- Intervene at the first sign of risk for violence
- Restore youth who have gone down the wrong path
- Unlearn the culture of violence
Blueprint for Action: Preventing Youth Violence in Minneapolis

- Juvenile justice rates down 40% in 2 years
- Recognized by National League of Cities a model for preventing violence
The UNITY Policy Platform

What cities need to prevent violence before it occurs
Policy Platform Principles

- **Local**: Solutions should be locally driven
- **Prevention**: Universal prevention before violence has occurred
- **Strategy**: Comprehensive approaches that ensure sustainability
- **Multi-Sectoral**: No sector alone can prevent violence
- **Impact**: Resources should be prioritized in areas most impacted by violence
- **Culture**: Initiatives to prevent violence must take into account culture and values.
- **Sustainability**: Investment in prevention requires long-term commitment

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UNITY Policy Platform

- Street outreach and interruption strategies.
- Universal, school-based violence prevention.
- Promote mental health and address substance abuse.
- Reduce young children’s exposure to violence.
- Community building.

- Strategies prioritized locally: quality early care and education; positive social and emotional development; parenting skills; quality after-school and out of school programming; youth leadership; conflict resolution; social connections in neighborhoods; economic development, including youth employment; mentoring; family support services; and successful reentry.

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Investments in Prevention Pay Off

High/Scope Perry Preschool Program

- A cost benefit-analysis shows a return of $16.14 per dollar invested.
- Participants had significantly fewer arrests for violent crime, drug felonies and violent misdemeanors and served significantly fewer months in prison than non-participants.
Investments in Prevention Pay Off

- Saves unnecessary criminal justice and medical costs, reduces costs of treating injury and trauma among first responders.

- Multi-sector collaboration promotes efficiencies within local, state and federal agencies, reducing duplication of efforts, leveraging existing resources, and allowing for the alignment of resources.

- Reducing violence is the single most effective way to stimulate economic development in affected communities.

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Addressing the Intersection: Preventing Violence and Promoting Healthy Eating and Active Living
Reducing Health Care Costs through Prevention

ISSUE REPORT

Prevention for a Healthier America:
INVESTMENTS IN DISEASE PREVENTION YIELD SIGNIFICANT SAVINGS, STRONGER COMMUNITIES

JULY 2008
Prevention Institute, Prevention Endowment

For more information: 510.444.7738
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Prevention Institute
The California Endowment

Trust for America's Health
www.healthieramericans.org
Return on Investment with Prevention

Savings at 5 years

$5.60

Return on Investment

$1 Investment

$16 Billion Annual Savings In 5 Years

Multiplier Effect

INVESTMENT: Primary prevention of a disease, injury or condition

IMPROVED HEALTH: reduction in prevalence and/or severity of target condition

SAVINGS: increased attendance and productivity

SAVINGS: reductions in health care expenditures related to target condition

IMPROVED HEALTH: reduction in prevalence and/or severity of associated conditions

SAVINGS: reductions in health care expenditures related to associated conditions

SAVINGS: increased attendance and productivity
What Is Needed?

A Comprehensive Public Health Approach to Preventing Violence.

A Public Health Approach to Violence Prevention:

- Population-based
- Works to *increase* protective factors
- Attempts to *reduce* risks
- Has a focus on *prevention*

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“We know after years, decades of experiencing violence, looking at violence, what the outcomes and implications of violence are. But we also know that there are programs and processes and definitions that we need to put in place to decrease, to eliminate youth violence, because it is preventable.”

- Natoya Walker, Chief of Public Affairs, Office of the Mayor, Cleveland, Ohio
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