



## World Drowning Prevention Day

**For Prelims:** World Drowning Prevention Day

**For Mains:** Drowning vulnerability of children to drowning in India, Effective interventions to prevent drowning

[Source: TH](#)

### Why in News?

Recently, the **alarming number of drowning incidents in India**, with a significant proportion involving children, has brought attention to the urgent need for preventive measures.

- As World Drowning Prevention Day, is approaching **it is essential to address this preventable cause of death and raise awareness** about safety measures that can help curb these tragedies.

### What is World Drowning Prevention Day?

- World Drowning Prevention Day is a global event that is held **annually on 25 July** to remember **lives lost due to drowning** and to **increase knowledge on safety in and around water**.
- World Drowning Prevention Day was **declared in April 2021** by the [United Nations General Assembly resolution](#), which invited the [World Health Organization \(WHO\)](#) to coordinate actions within the **UN system on drowning prevention**.
- This day is important because drowning is a major public health problem that **has caused over 2.5 million deaths in the last decade, mostly in low- and middle-income countries**.
- The human, social and economic toll of drowning is intolerably high and entirely preventable.
  - The implementation of evidence-based, low-cost drowning prevention interventions can drastically reduce the risk of drowning.

### What are the Statistics of Incidents associated with Drowning?

- The latest **WHO Global Health Estimates** indicate that **almost 236 000 people lost their lives to drowning in 2019**.
  - Just over **50% of these deaths occur among those aged under 30 years**, and drowning is the **sixth leading cause of death worldwide for children aged 5-14 years**.
  - Highest drowning rates occur **among children aged 1-4 years**, followed by children **aged 5-9 years globally**.
- Drowning is the **3rd leading cause of unintentional injury death worldwide**, accounting for **7% of all injury-related deaths**.
- **Boys are at higher risk of drowning than girls**.
- **Rural areas have higher drowning rates** than urban areas.

- Limited access to **safe water increases vulnerability to drowning.**
- According to the [National Crime Records Bureau](#), **there were 36,362 drowning deaths reported in 2021 in India**, with children being particularly vulnerable.

## What are the Causes and Risk Factors of Drowning?

- Drowning is defined as the process of **experiencing respiratory impairment from submersion or immersion in liquid.**
- Drowning can result from various causes, **such as floods, storms, boat accidents, lack of supervision, unsafe water sources, or recreational activities.**
- The main risk factors for drowning include **age, gender, location, access to water, swimming ability, alcohol use, and lack of awareness.**
- **Lack of swimming skills and water safety knowledge** contributes to drowning risk.
- Alcohol use impairs judgment and **increases the likelihood of drowning.**
- Lack of awareness about drowning prevention measures reduces protective actions.

## What are Some of the Effective Interventions to Prevent Drowning?

- Install **barriers around water bodies (pools, wells, ponds)** to control access.
- Provide **safe areas away from water for children and adults.**
- **Teach swimming and water safety skills**, especially those **who live near water or engage in water-related activities.**
- Training bystanders in safe rescue and resuscitation techniques, such as **Cardiopulmonary resuscitation (CPR) or mouth-to-mouth breathing.**
- Enforce **safe boating and shipping regulations**, including wearing life jackets and proper maintenance.
- Improve **flood risk management with flood-resistant infrastructure** and early warning systems.

## What Are Government Initiatives to Tackle Drowning Deaths?

- **India:**
  - The Indian government **established an expert committee to draft the Drowning Prevention Framework of India.**
  - The **Ministry of Health and Family Welfare** introduced a '**National Emergency Life Support**' provider course manual, covering drowning prevention in February 2022.
- **Global:**
  - **Global Alliance for Drowning Prevention** was established during the [76th World Health Assembly meeting](#).
  - Aims to **address global public health concerns related to drowning** by 2029.
  - World Health Organization to coordinate **action and prepare a global status report on drowning.**