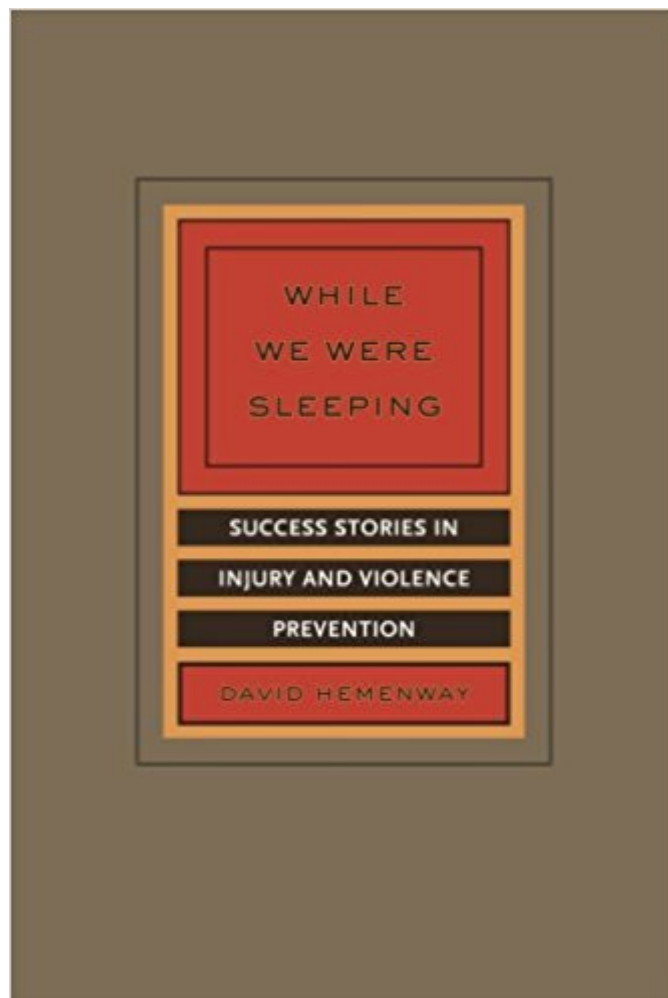




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# While We Were Sleeping: Success Stories In Injury And Violence Prevention



## Synopsis

Public health has made our lives safer—but it often works behind the scenes, without our knowledge, that is, "while we are sleeping." This book powerfully illuminates how public health works with more than sixty success stories drawn from the area of injury and violence prevention. It also profiles dozens of individuals who have made important contributions to safety and health in a range of social arenas. Highlighting examples from the United States as well as from other countries, *While We Were Sleeping* will inform a wide audience of readers about what public health actually does and at the same time inspire a new generation to make the world a safer place.

## Book Information

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## Customer Reviews

“Faculty teaching courses in injury prevention will find this a useful addition to their syllabi. . . It also may help inspire the next generation of researchers and practitioners.” (Injury Prevention 2009-10-18)

“This book is well written and shows that public health covers a lot of areas.” (Annals Of Emergency Medicine 2010-07-12)

“While We Were Sleeping brings the stories of injury prevention alive. The stories link research to successful advocacy for change and highlight the need to translate data; to put a face on it; in order to make change. These are stories of creativity, courage, and commitment.”—Linda C. Degutis, DrPH, MSN, Yale University

“While we were sleeping,’ things were happening; good things; that most of us were not aware of. Injuries of almost all kinds, to children, teenagers, elderly, disabled, and ordinary folks were being drastically reduced. David Hemenway documents this progress, some of it in the nineteenth century,

most of it in our lifetimes, with analysis of what brought it about and, in some cases, who the heroes were. It's exhilarating to read—instructive and exhaustively documented by an author who has devoted a career to this kind of analysis." —Thomas C. Schelling, 2005 Nobel Laureate in Economics, Harvard University "I wish I had written this book. It is astute, inspiring, full of fascinating ideas, and it shows precisely how success in public health is achieved. David Hemenway has given us a story of heroic grit and remarkable achievement—indeed, a whole compendium of reasons for optimism about what people and society can do." —Atul Gawande, author of *Better: A Surgeon's Notes on Performance*

My daily commute sometimes includes driving behind a car with this bumper sticker: Make Good Choices. David Hemenway's book shows how creating a safer world requires just that. The catch is that those good choices don't come without a fight. This book tells the story of those successful fights and the fascinating and brave people who had a great idea and then just... didn't give up. I learned why the Metro stations in Washington, DC, have always seemed so peaceful, and I got a new perspective on how revolutionary the seat belts in my family's 1965 Volvo station wagon were. This book is fun to read. It will make you see the world in a new light. You will start to see injury prevention interventions everywhere you look. And as a consequence you will imagine the faces of the people saved by the foresight and hard work of the creative hearty people that David Hemenway salutes. Feel helpless about the oil spill? Wondering if we're on the road to ruin? Read this book.

It is so hard to think about the things that didn't happen - the lives that weren't lost because cars and roads are safer, or because NY required landlords to install window guards in tall buildings. Hemenway's book mixes the stories of the inventions that protect us with stories of the unsung heroes who developed and championed them. Surprisingly enough, the book was a page-turner: well-written, and filled with short stories and anecdotes that explain so many anecdotes of everyday life.

Very interesting book to read for anyone interested in trauma, injury prevention or public health. The book is easy to read and filled with very entertaining stories about injury prevention. It certainly helps to understand all the major advancements in the field of injury prevention during the last century.

Excellent collection of real-life success stories from the history of public health research and applications, written by a renowned expert in the field. Also very readable style, pleasurable for both professional and non-academic readers alike. Read this and learn what works!

Love this book - uplifting stories of successes in public health! Public health is supposed to be all about statistics, but this book brings out the soul of the subject and puts names and faces to many of the public health policies that we now take for granted.

As a public health/injury prevention person, who frequently tries to explain my own motivation and inspire others to get into this work, this book is invaluable. It is very readable and very quotable. I have already recommended it and quoted from it in presentations - always with attribution. A must read for anyone in the field.

While We Were Sleeping is one of those books that delivers far more than it promises, and it continues to surprise all the way through. It's more than a history of injury and violence prevention, it's a history of nearly every useful item in our houses and our lives. Hemenway writes in an accessible storytelling style that matches Malcolm Gladwell on his best days. And because Hemenway has dedicated his life to the subject, the details in his stories resonate more deeply than Gladwell's, as Gladwell sometimes seems as if he's just passing through. From helicopter fires to building the Golden Gate Bridge to avalanche transceivers to Benjamin Franklin's lightning rod, and about 56 more fascinating entries, Hemenway tells us in concise yet richly entertaining passages just how the most important things in our lives became the way they are. Whether you're a history buff, an engineering geek, or just someone who loves an inspiring, well-told tale, this book is hard to put down. A fascinating read.

I loved this book. Hemenway does a wonderful job of categorizing and summarizing success stories in injury and violence prevention in a easy-to-digest and organized format. This book should have been included as part of my Master of Public Health curriculum! I learned so much from Hemenway; his exhaustive research of this topic goes above and beyond. This book isn't just for the Public Health professional, it is just an overall fantastic read for anyone. I would highly recommend this book. Not only is it informative, but incredibly motivating and inspiring. This will certainly be a reference that I will keep as well as share!

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