

# Weekly Wellness Tip

## Domestic Violence

Domestic violence is the willful intimidation, physical assault, battery, sexual assault, and/or other abusive behavior perpetrated by an intimate partner against another. It is an epidemic affecting individuals in every community, regardless of age, economic status, race, religion, nationality, or educational background. Violence is often accompanied by emotionally abusive and controlling behavior, and is therefore part of a systematic pattern of dominance and control. Domestic violence results in physical injury, psychological trauma, and sometimes death. The consequences of domestic violence can cross generations and truly last a lifetime.

### Did you Know?

- Both men and women can be victims of domestic violence.
- One in every four women will experience domestic violence in her lifetime.
- An estimated 1.3 million women are victims of physical assault by an intimate partner each year.
- Females who are 20 – 24 years of age are at the greatest risk of intimate partner violence.
- 15% of all domestic abuse victims are male.
- Most cases of domestic violence are never reported to the police.
- There are 16,800 homicides and \$2.2 million (medically treated) injuries due to intimate partner violence annually.
- Less than one-fifth of victims reporting an injury from an intimate partner violence sought medical treatment following the injury.
- Witnessing violence between one's parents or caretakers is the strongest risk factor of transmitting violent behavior from one generation to the next.

Source: LifeWorks

## Domestic Violence Resources

Do you want to talk to someone about the possibility of being a victim of domestic violence? Call:

- **Care24** (UnitedHealthcare members)  
888.887.4114  
Provides confidential counseling and guidance 24/7. Phone calls are unlimited.
- **LifeWorks** (all TeamHealth employees)  
800.854.1446  
Provides confidential counseling and guidance 24/7. Phone calls are unlimited.
- **National Domestic Violence Hotline**  
800.799.SAFE (800.799.7233)  
[www.ndvh.org](http://www.ndvh.org)  
Provides information on finding shelters, housing, counseling, and legal assistance in your area. The NDVH also provides local resources for those who commit domestic violence.
- **National Center on Domestic and Sexual Violence**  
[www.ncdsv.org](http://www.ncdsv.org)  
Provides 24-hour access to information, resources, and research regarding sexual assault.
- **National Coalition Against Domestic Violence**  
[www.ncadv.org](http://www.ncadv.org)  
Provides 24-hour access to information, resources, and research regarding domestic violence.