



# Concussion In Sports - What You Need To Know

## Tracking the Impact of Traumatic Brain Injuries

An estimated 1.7 million deaths, hospitalizations, and emergency department visits related to traumatic brain injury (TBI) occur in the United States each year, according to a report released today by the Centers for Disease Control and Prevention.

The report, [“Traumatic Brain Injury in the United States: Emergency Department Visits, Hospitalizations, and Deaths,”](#) is based on data from 2002-2006 and identifies the leading causes of TBI and incidence by age, race, and gender.

There were 52,000 deaths and 275,000 hospitalizations annually, the report said. Almost 1.4 million, or 80 percent, of the people who sustained a TBI were treated and released from an emergency department.

According to the report, TBIs contribute to nearly a third or 30.5 percent of injury-related deaths in the United States.

The report also said:

- Children from birth to 4 years of age, older adolescents aged 15 to 19 years, and adults aged 65 years and older are most likely to sustain a TBI.
- Falls are the leading cause of TBI (35.2 percent). Rates are highest for children from birth to 4 years and for adults aged 75 years and older.
- Among all age groups, road traffic injury is the second leading cause of TBI (17.3 percent) and results in the largest percentage of TBI-related deaths (31.8 percent).
- In every age group, TBI rates are higher for males than for females.

“This report not only presents TBI numbers, it helps to show the impact of this injury nationwide. These data can help to impact the lives of millions of Americans as they serve as building blocks that guide TBI prevention strategies. They also help to identify research and education priorities and support the need for services among individuals at risk or living with a TBI,” states Richard C. Hunt, MD, FACEP, director of CDC’s Division for Injury Response.

## Educational Outreach

CDC is working to translate science into educational and outreach initiatives to help increase awareness and improve prevention, recognition, and response to TBIs.

Below is a list of CDC’s recently released TBI resources:

- **Updated Blue Book:** [Traumatic Brain Injury in the United States: Emergency Department Visits, Hospitalizations, and Deaths](#)
- **Update Purple Book:** [Facts About Concussion and Brain Injury: Where to get Help](#)
- **Concussion Podcasts:**
  - **Taking Care After A Concussion:**  
<http://www2c.cdc.gov/podcasts/player.asp?f=858435>
  - **Know the Facts: Understand Concussion:**  
<http://www2c.cdc.gov/podcasts/player.asp?f=858436>
  - **What You Need to Know About Concussion:**  
<http://www2c.cdc.gov/podcasts/player.asp?f=858437>



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## More to come on CDC's "Heads Up"!

CDC and American College of Emergency Physicians (ACEP) have developed a new national education campaign, "Heads Up to Clinicians," to disseminate updated mild TBI clinical diagnosis and management guidelines to emergency department physicians, hospitals, residency programs, medical schools, and accrediting organizations.

The focus of all of CDC's "Heads Up" initiatives are to improve prevention, recognition, and management of TBIs through getting key information to emergency departments, doctors offices, playing fields, homes, and classrooms and schools nationwide.

For a full list of resources and to learn more, please visit [www.cdc.gov/TraumaticBrainInjury](http://www.cdc.gov/TraumaticBrainInjury).