



Traumatic Brain Injury in the United States

Public Health Professionals



Public health professionals can inform prevention strategies, and identify research and education priorities to help protect people from a traumatic brain injury (TBI) and its potentially devastating effects.

A TBI is caused by a bump, blow, or jolt to the head that disrupts how the brain works. The severity of a TBI may range from mild to severe. A TBI may lead to trouble with memory, sleep, movement, sensation (e.g., vision or hearing), or emotions (e.g., personality changes, depression).

TBIs affect the lives of Americans nationwide.

From 2007–2013, data show:



TBI-related emergency department visits increased by more than half.

53% ↑



TBI-related hospitalizations increased.

5% ↑

Brain injuries among adults age 65+ contributed to these increases. Among older adults:



Emergency department visits more than doubled.

112% ↑



Hospitalizations and deaths went up by more than a quarter.

34% ↑





Common causes of TBI



Falls

Falls account for almost half (47%) of all TBI-related emergency department visits, hospitalizations, and deaths.



Being struck by or against an object

Over two-thirds (70%) of concussions among high school athletes result from colliding with another athlete.*



Motor vehicle crashes

Motor vehicle crashes are the leading cause of death for U.S. teens. Six teens aged 16 to 19 die every day from motor vehicle injuries.

Take action to prevent TBI

There is not a one-size-fits-all approach to protecting Americans from a TBI. Prevention efforts should be tailored to fit the needs of those at increased risk.

CDC has examples of prevention efforts you can use in your community.

STEADI (Stopping Elderly Accidents, Deaths, and Injuries) is a toolkit to help healthcare providers incorporate fall risk assessment and individualized fall interventions (e.g., exercise for strength and balance, medication management, and feet and vision checks) into their practice.

STEADI
Stopping Elderly
Accidents, Deaths & Injuries
www.cdc.gov/steady

HEADS UP educational materials are designed to support individuals (such as coaches and healthcare providers) and organizations (such as schools and sports programs) with their concussion and other TBI safety efforts.


CDC HEADS UP
SAFE BRAIN. STRONGER FUTURE.
www.cdc.gov/HEADSUP

Parents Are the Key materials help parents, pediatricians, and communities keep teen drivers safe on the road. Parents Are The Key includes evidence-based strategies, and can be customized with an organization's logo.



<https://www.cdc.gov/parentsarethekey/>



*McIlvain N, Fields S, Comstock RD. Epidemiology of Concussions Among United States High School Athletes in 20 Sports. *Amer J Sports Med*, April 2012, 40(4):747-755