

## Sports Related Head Injuries



UTAH DEPARTMENT OF  
**HEALTH**

In 2008 Utah Emergency Department (ED) visits:<sup>1</sup>

- 694 visits were for head injuries as a result of organized or recreational sports activities for all ages with 534 (77%) being males.
- 429 of the total visits resulted in a diagnosis of a concussion with 151 (35%) being males ages 15-19.
- 55% of the concussions diagnosed in ages 15-19 were residents living on the Wasatch Front.
- ED charges, as a result of head injuries for all ages, totaled \$473,189. Of this total \$207,680 was for concussions predominantly in males for ages 15-19. This does not include hospitalization costs.
- The number of people, including adolescents, with a head injury who may be seen in a physicians office or who receive no care is unknown.

**According to the Utah High School Athletic Association:**

- For the 2008-2009 school year there were 25,005 high school students participating in organized football, baseball, softball, soccer, and basketball.

**According to the Center for Disease Control & Prevention:**

- A concussion is a type of traumatic brain injury, or TBI, caused by a bump, blow, or jolt to the head that can change the way your brain normally works.
- TBI is a contributing factor to a third (30.5%) of all injury-related deaths in the United States.<sup>2</sup>
- 75% of TBIs that occur each year are concussions or other forms of mild TBI.<sup>3</sup>
- All concussions are serious and even "getting your bell rung," or what seems to be mild bump or blow to the head can be serious. Most concussions occur without loss of consciousness.
- Recognition and proper response to concussions when they first occur can help prevent further injury or even death.
- Older adolescents, ages 15-19 are among the groups most likely to sustain a TBI.

**Resources:**

- CDC has developed the *Heads Up: Concussion in High School Sports* initiative and materials to help with recognizing the need for athletes to be seen by a medical professional. [http://www.cdc.gov/concussion/HeadsUp/high\\_school.html](http://www.cdc.gov/concussion/HeadsUp/high_school.html)
- In 2009 Oregon enacted concussion legislation that ensures coaches (instructor or trainer of a school athletic team) receive annual training to learn how to recognize the symptoms of a concussion and how to seek proper medical treatment for a person suspected of having a concussion. The new requirement went into effect in the ~~2010~~-2010 school year.

**References:**

1. Utah Emergency Department Encounter Database, Bureau of Emergency Medical Services, UDOH
2. Faul M, Xu L, Wald MM, Coronado VG. Traumatic brain injury in the United States: emergency department visits, hospitalizations, and deaths. Atlanta (GA): Centers for Disease Control and Prevention, National Center for Injury Prevention and Control; 2010.
3. Centers for Disease Control and Prevention (CDC), National Center for Injury Prevention and Control. Report to Congress on mild traumatic brain injury in the United States: steps to prevent a serious public health problem. Atlanta (GA): Centers for Disease Control and Prevention; 2003.