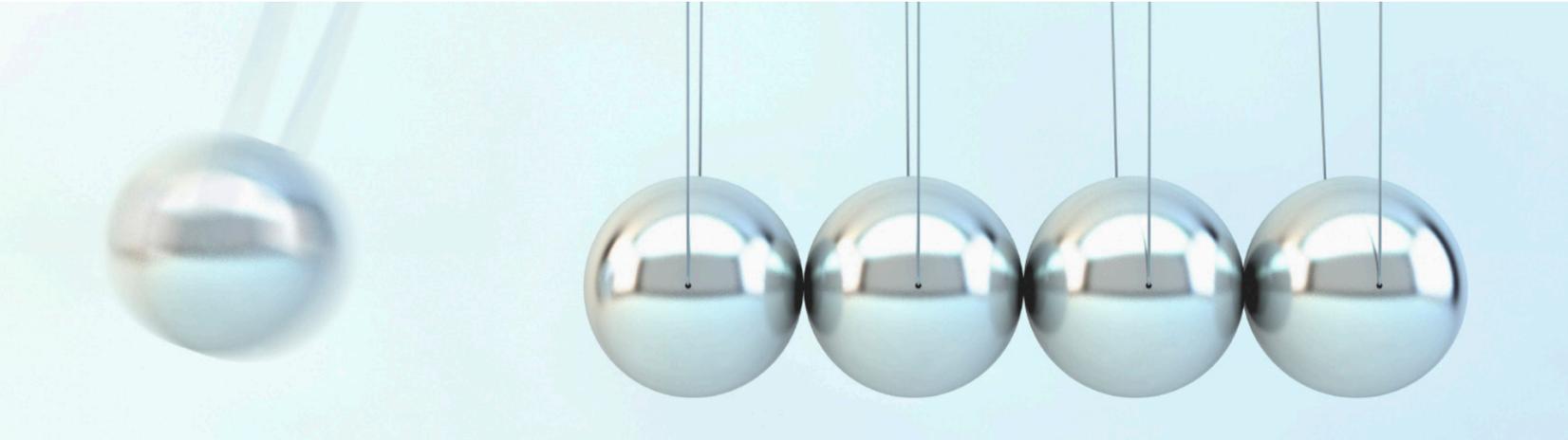


AN ESTIMATED **75%-90%** OF THE **1.4** MILLION TRAUMATIC BRAIN INJURY (TBI)-RELATED DEATHS, HOSPITALIZATIONS, AND EMERGENCY DEPARTMENT VISITS THAT OCCUR EACH YEAR ARE CONCUSSIONS OR OTHER FORMS OF MTBI (MILD TRAUMATIC BRAIN INJURY).

CONCUSSION AND MILD TRAUMATIC BRAIN INJURIES



Approximately **3.8** MILLION sports and recreation-related traumatic brain injuries (TBIs) occur in the United States each year.

33% of all sports concussions happen at practice

47% of all reported sports concussions occur during high school football

90% of most diagnosed concussions do not involve a loss of consciousness

- Duration of symptoms is highly variable and may last from **several minutes to days, weeks, months, or even longer in some cases.** Research shows that recovery time may be longer for children and adolescents
- Symptoms or deficits that continue beyond **three months** may be a sign of post-concussion syndrome
- **1 in 5 high school athletes** will sustain a sports concussion during the season
- **4 to 5 million concussions occur annually**, with rising numbers among middle school athletes
- An estimated **5.3 million Americans** live with a traumatic brain injury-related disability



THOSE WITH A HISTORY OF CONCUSSION ARE AT AN **85% INCREASED RISK** OF SUSTAINING A SUBSEQUENT CONCUSSION.

For more information on concussions, visit premierhealth.com/concussion

SOURCES: Center for Disease Control and Prevention and the HEADS UP Resource Center

