



INJURY SPOTLIGHT

Concussions/Traumatic Brain Injuries (TBIs)

The U-M Injury Center produces regular injury topic spotlights that include information about a Center member working on the topic, links to local and national resources, and an "Issues and Solutions" sheet.

Concussions/TBI Prevention

During February, the U-M Injury Center is focusing on the prevention of concussion/traumatic brain injuries and fatalities during winter sports.

Head injury is the leading cause of fatality, hospital admission, and serious injury for skiers and snowboarders. According to a recent study conducted by the National Ski Areas Association (NSAA), the two age groups least likely to wear helmets during the 2013/14 ski season were skiers and snowboarders age 18 to 24 and 25 to 34, 62% and 66% respectively.

U.S. Statistics

- During the 2013-14 ski season, there were 9.6 million active skiers and snowboarders.
- Based on 56.5 million visits to resorts, skiers/snowboarders suffered catastrophic injuries (e.g., paralysis, broken neck, or serious head injury) at a rate of 0.92 injuries per one million visits.
- More than half of those that suffered a catastrophic injury in 2013/14 were not helmeted.

February Issues & Solutions Sheet

Our [Issues and Solutions series](#) provides information on priority injury topics, paired with evidenced-based prevention programs that practitioners can implement.

See this month's Issues & Solutions sheet on a **helmet loaner program for ski and snowboarders** to learn more about one evidence-based concussion/TBI prevention program.

[Click here](#) & see email attachment

Member Highlight

Steven Broglio, PhD, ATC



Dr. Broglio is an associate professor in the School of Kinesiology at the University of Michigan and Director of the Neurosport Research Laboratory. He is currently leading a prospective, multi-institution, longitudinal research study looking at concussions among NCAA student-athletes. This landmark study will provide important insight into the risks, treatment and management of concussions.

[Click here to view his full member highlight.](#)

State & National Resources: Concussion/TBI Prevention

Michigan

- [Michigan Neurosport](#) – a University of Michigan program of experts in the neurological care of athletes with a special emphasis on concussion. This program provides treatment to patients, conducts research, and provides education to parents, coaches, athletes, and healthcare providers.

National

- [Centers for Disease Control and Prevention's \(CDC\) Heads Up: Concussion Initiative](#)—Free tools for youth and high school sports coaches, parents, athletes, and health care professionals that provide information on preventing, recognizing, and responding to a concussion.
- [Children's Safety Network—Interactive Maps: State Law Concerning Sport-Related Concussions among Youth.](#) View the components of each state's concussion law.
- [Children's Safety Network—Traumatic Brain Injury \(TBI\) Resource Guide 2013.](#) This guide provides information and links to data, research and publications, information on policy and legislation, prevention strategies, tools for program planning, and a list of national organizations that address TBI.
- [Innovative Practices in Traumatic Brain Injury Prevention.](#) Guide to promote the best practices in the prevention, assessment and management of TBI.
- [Brain Injury Association of America \(BIAA\)](#) —Nonprofit organization dedicated to advancing brain injury prevention, research, treatment and education.

U-M Injury Center Contact Information

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