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.

February Issues & Solutions Sheet

Our Issues and Solutions series provides information on priority injury topics, paired with evidence-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.

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.

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.
- Brain Injury Association of America (BIAA)—Nonprofit organization dedicated to advancing brain injury prevention, research, treatment and education.