



Minnesota Facts on Traumatic Brain Injury 2007

A **traumatic brain injury (TBI)** is caused by a blow or jolt to the head or a penetrating head injury that disrupts the normal function of the brain. Not all blows or jolts to the head result in a TBI.

The severity of a TBI may range from "mild," i.e., a brief change in mental status or consciousness, to "severe," i.e., an extended period of unconsciousness or amnesia after the injury.

"Traumatic brain injury is the most misunderstood, misdiagnosed, underfunded public health problem our nation faces." Susan Connors, president of the Brain Injury Association of America.

More than 10,000 Minnesotans Sustain Traumatic Brain Injury Each Year

Nonfatal

- 7,742 emergency department (ED) visits
- 5,022 nonfatal hospitalizations

Fatal

- 852 total deaths

Most susceptible to TBI

- Males have twice as much risk as females
- Ages 0-4, 15-19 and 65+
- Adults 75+ have the highest rates of TBI-related hospitalization and death.

Leading Causes

Overall

1. Falls (unintentional)
2. Motor vehicle traffic
3. Sports & recreation
4. Assaults

By age group

- 0-4: Falls/assaults
- 15-29: Motor vehicle traffic/Sports & recreation
- 65+: Unintentional falls

Trends

Increasing rates

- ED-treated TBI
- Nonfatal hospitalized TBI
- Unintentional fall-related TBI

Decreasing rates

- TBI case fatality
- TBI motor vehicle traffic-related

Steady rate

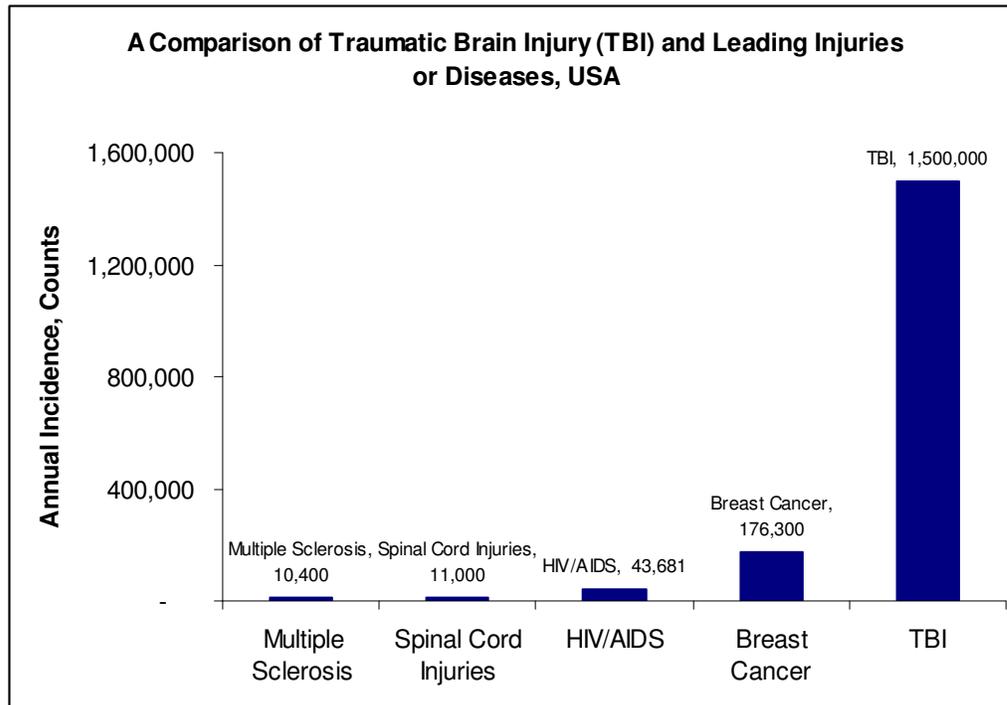
- TBI death rate

Data source: Minnesota Department of Health. Web: www.health.state.mn.us/injury/topic/tbi/index.cfm

Long-term Outcomes

- TBI can cause a wide range of functional changes affecting thinking, sensation, language, or emotions.
- 100,000 Minnesotans live with TBI-related disabilities.
- 83% of offenders entering MN prison system have a history of TBI.

National Data



- 1.5 million Americans sustain a TBI each year; 50,000 die from the injury.
- Americans are five times more likely to sustain a TBI than multiple sclerosis, spinal cord injury, HIV/AIDS and breast cancer combined. (Brain Injury Association of America, 2006.)
- African Americans have the highest TBI death rate; TBI hospitalization rates are highest among African Americans and American Indians/Alaska Natives.
- At least 5.3 million Americans currently have long-term/lifelong need for help to perform activities of daily living as a result of a TBI.
- Direct medical costs and indirect costs such as lost productivity from TBI totaled an estimated \$60 billion in the United States in 2000.

Data source: CDC, Atlanta. Web: www.cdc.gov/ncipc/tbi/TBI.htm

Prevention Tips

1. Always wear a helmet, regardless of age, when bicycling, skateboarding, snowboarding or using scooters.
2. Do not leave infants/children unattended on elevated surfaces such as changing tables, counters, or sofas.
3. For older adults, decrease fall risk through regular physical activities and tai chi exercise that strengthen legs and improve balance.
4. Avoid driving while sleep deprived or distracted (e.g., cell phone usage).
5. Use seat belts for "every body, every seat, every time."