

Traumatic Brain Injuries in Utah 2008 BIAU Poster Session

Presented by:

Violence & Injury Prevention Program

Utah Department of Health

October 9-10, 2008

TBI in Utah

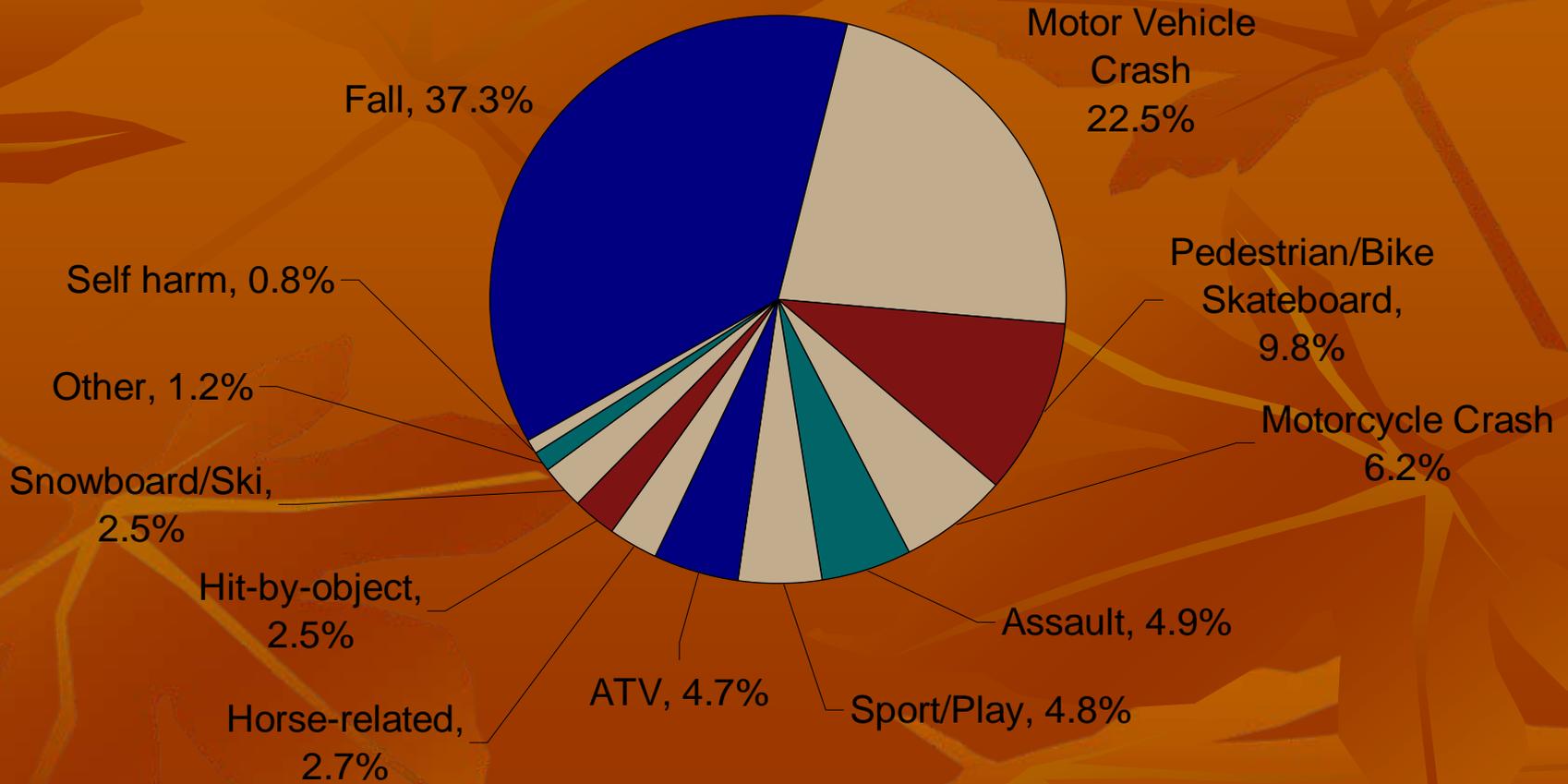
- Cost \$74 million per year for hospital inpatient stay charges
- Fall related injuries had the highest TBI rate (3.57 per 10,000 population)
- Motor Vehicle related injuries had the second highest TBI rate (2.16 per 10,000 population)
- On average, inpatient hospital charges for TBI were \$29,300 per case
- The average length of stay for TBI was 4.3 days

*Information Provided by the Utah Department of Health
Violence and Injury Prevention Program, Traumatic Brain Injury Project*



Utah TBI 2006

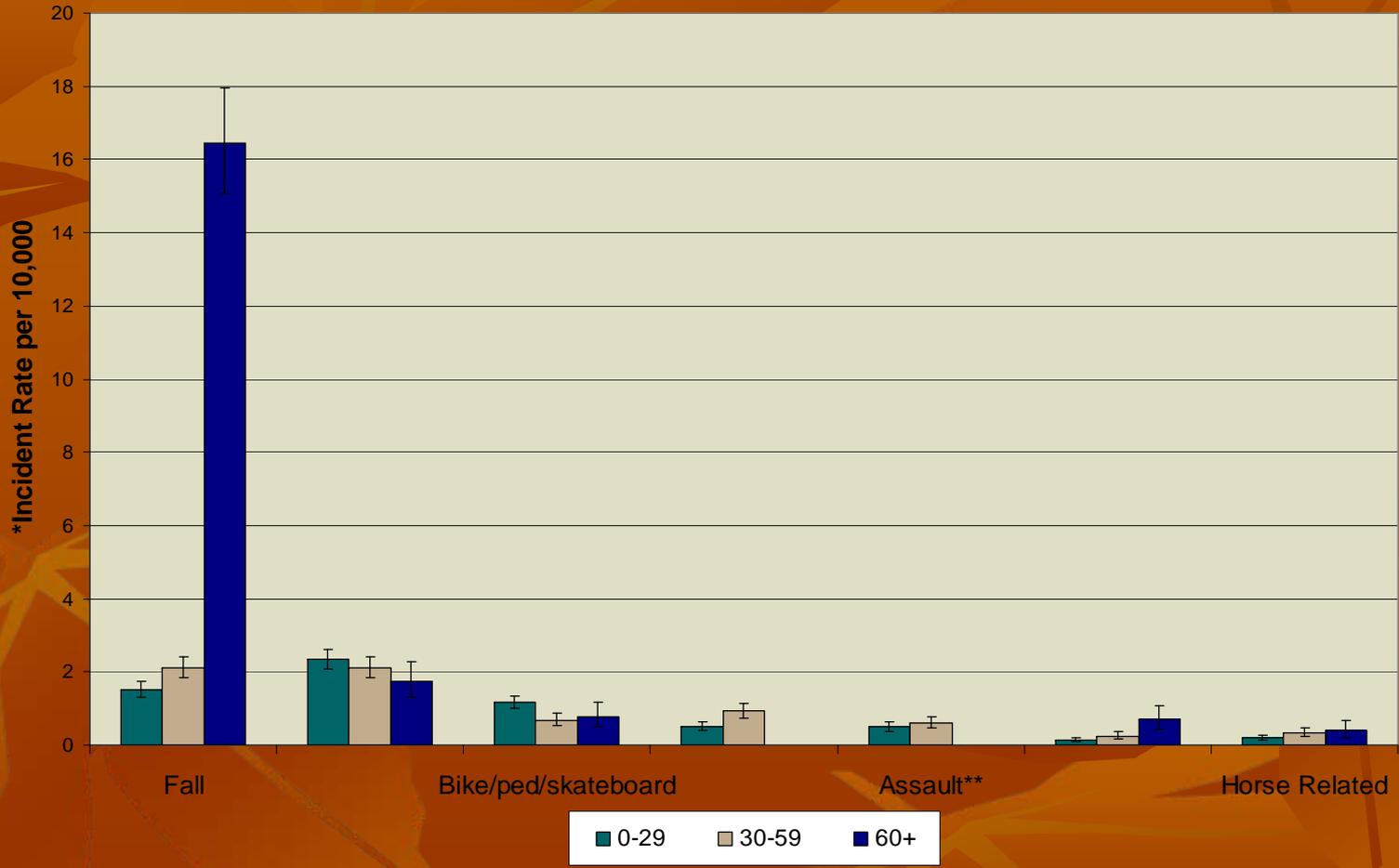
Cause of Injury



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Leading Causes by Age Group



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Utah TBI 2000-2006

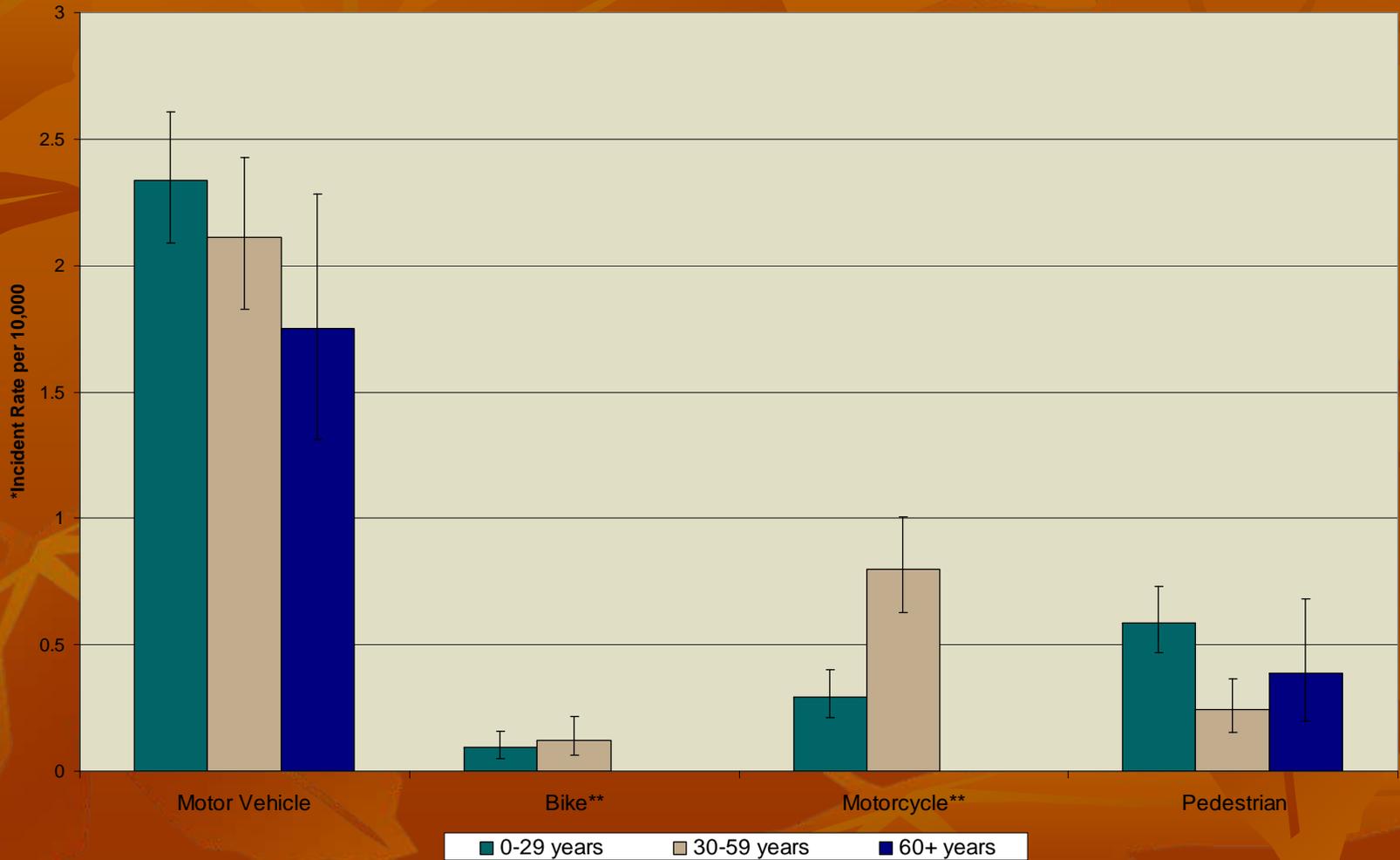
Age-Adjusted Rates Over Time



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Transportation Related Injuries



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Motor Vehicles

- Always wear a seatbelt
- Children should ride in the backseat until age 12
- Put all children in the correct car seat for their age, height and weight
- Be aware of sidewalks, crosswalks and driveways and always watch out for pedestrians
- Watch for bicycles in traffic, they are smaller and harder to see
- Don't drive any vehicle drunk, drugged or drowsy

Motorcycles

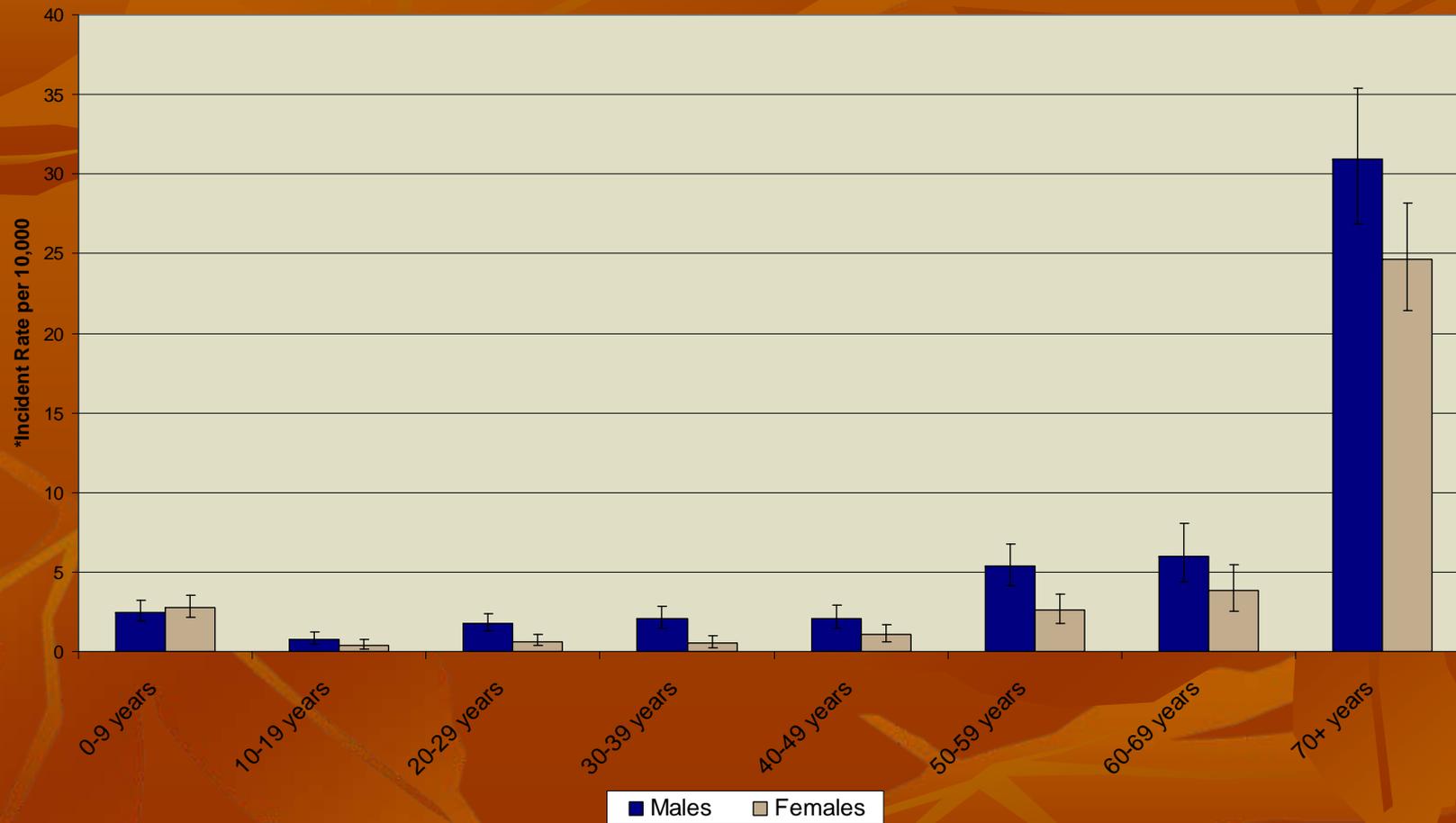
- Wear a properly fitted and fastened helmet when riding
 - 63% of traffic cases were not wearing helmets
 - 16% of motocross cases were not wearing helmets
- Wear appropriate protective gear (boots, gloves, jackets, etc.)
- Choose a lane position that maximizes your safety and ability to be seen
- Approach intersections with caution. Never assume that other drivers will see you and yield

All Terrain Vehicles (ATVs)

- Always wear a helmet designed and tested for ATV use
 - 69% of cases were not wearing helmets
- Use the buddy system, never travel alone
- ATVs are designed for one person, never take a passenger
- Friends, don't let friends drive drunk

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Fall Related Injuries by Age Group



Fall Prevention

- **Work with family and health care providers to assess risks for falls**
 - Have annual medical and eye exams
 - Review medications for possible side effects and interactions
 - Begin a strengthening/exercise program

Fall Prevention

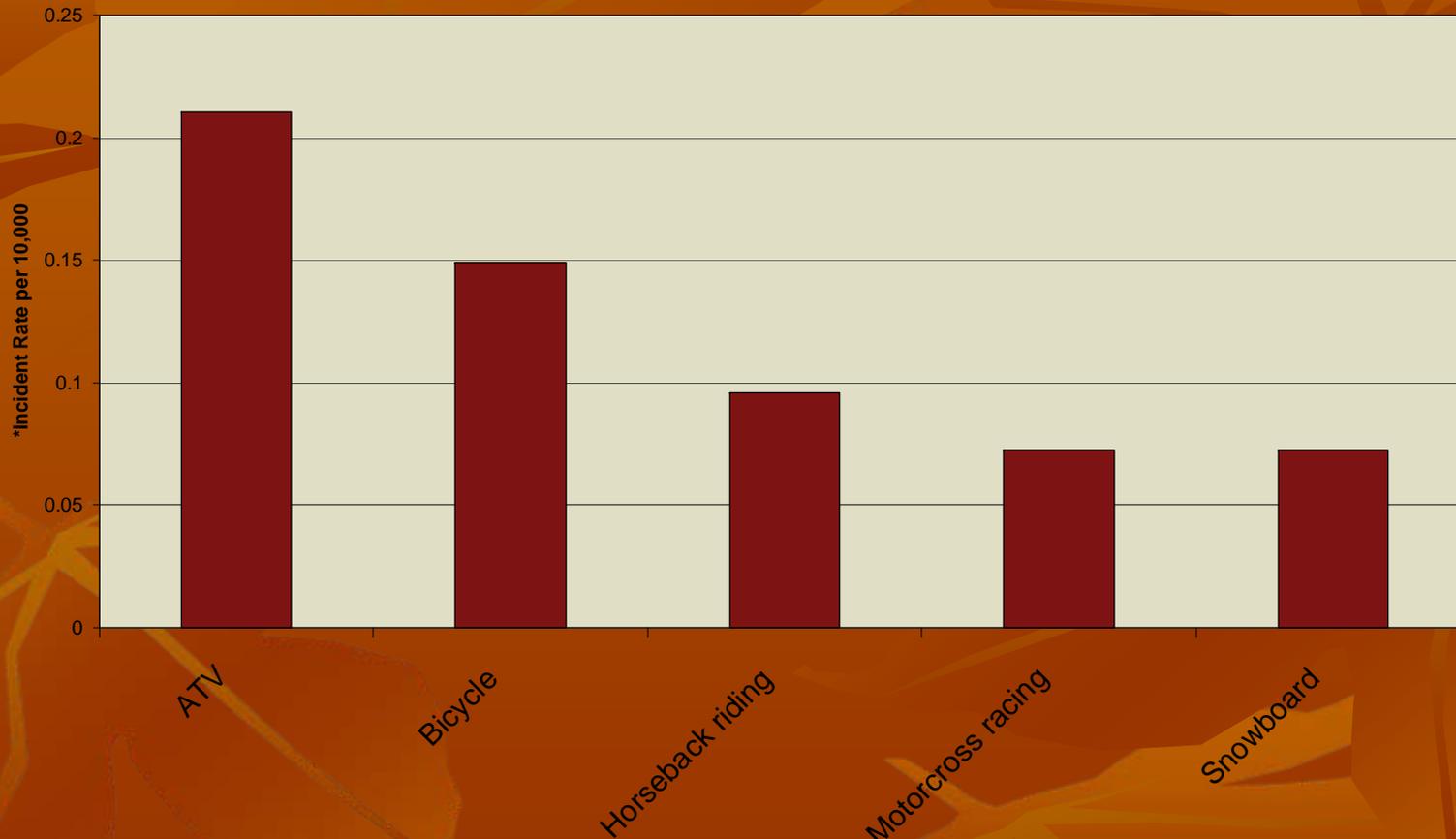
- **Check the home for hazards and correct problems as necessary**
 - Unstable furniture
 - Loose throw rugs
 - Slippery bathroom surfaces
 - Loose or missing stair railings
 - Poor lighting
 - Clutter
 - Electrical cords in walkways
 - Lack of grab bars near toilets and in tubs/showers

Fall Prevention

- **Be very selective when choosing footwear**
 - Flat shoes with sturdy, non-slip soles and good ankle support are best
 - Slippers are too unstable and should not be worn
 - Wearing socks without shoes is dangerous, especially on smooth surfaces
 - Avoid shoes with heels
 - Replace old or poorly-fitting shoes

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Sports Related Injuries



Sports-Related Prevention

Skiing & Snowboarding

- Wear a helmet for protection during falls and collisions
 - 63% of cases were not wearing a helmet
- Choose slopes that match ability
- Recognize signs of tiring and know when to stop
- Avoid icy slopes and conditions that increase speed and decrease control

Sports-Related Prevention

Bicycling

- Wear a helmet for protection. It should sit level on your head and the straps should be snug
 - 67% of cases were not wearing a helmet
- Obey all traffic signs, signals and markings. If you want the respect of motorists, you must show respect for the traffic laws
- Ride predictably in a straight line, don't swerve in and out of parked or stopped cars

Sports-Related Prevention

Horseback Riding

- Wear an approved helmet when riding. Helmets should fit snugly and the strap must touch the rider's jaw or chin
 - 100% of cases were not wearing a helmet
- Wear boots or shoes with a heel that covers the heel when using stirrups
- Avoid being tied to a horse. Don't wrap the lead rope or reins around your hand or wrist.

Contact

For more TBI related information please visit
VIIPP at ...

<http://health.utah.gov/vipp>



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