Concussions in Utah Schools

2019 Fact Sheet

UTAH DEPARTMENT OF HEALTH
Violence & Injury Prevention Program

14 students suffer a concussion every week at school.*

Students[1]

59%
of concussions happen among male students.

37%
of concussions happened during lunch recess or PE class.

Schools[2]

72%
of schools require training about concussions for their staff.

66%
of Utah schools require coaches or athletic trainers to receive concussion materials.

Utah law states[3]

All organized amateur sports must have a concussion policy signed by and given to parents.

If a concussion is suspected, the child can't play or return until cleared by a medical professional.

Recognize a Concussion

The injured student may:

- Appear dazed or stunned
- Seem confused
- Lose memory of just before or after the injury
- Have balance, coordination or gait problems
- Show a change in personality
- Respond slowly to questions
- Lose consciousness for any length of time

The injured student may experience:

- Headaches
- Fatigue
- Nausea or vomiting
- Double vision, blurry vison
- Sensitivity to light and noise
- Feeling "sluggish" or "foggy"
- Poor recall and concentration

References

1. Utah Department of Health. Student Injury Reporting System. sir.health.utah.gov/.
2. Utah Department of Health. School Profiles Survey, 2018.
3. House Bill 204 - Protection of Athletes with Head Injuries. Utah State Legislature, 2011. le.utah.gov/~2011/bills/static/HB0204.html.

* NOTE: During the 2016-2019 school years, there were 1,521 doctor diagnosed concussions that were reported to the Utah Department of Health Student Injury Reporting System.

To learn more visit health.utah.gov/vipp/kids/traumatic-brain-injury