

INDIAN HEALTH SERVICE

TRAUMATIC BRAIN INJURY





Traumatic Brain Injury

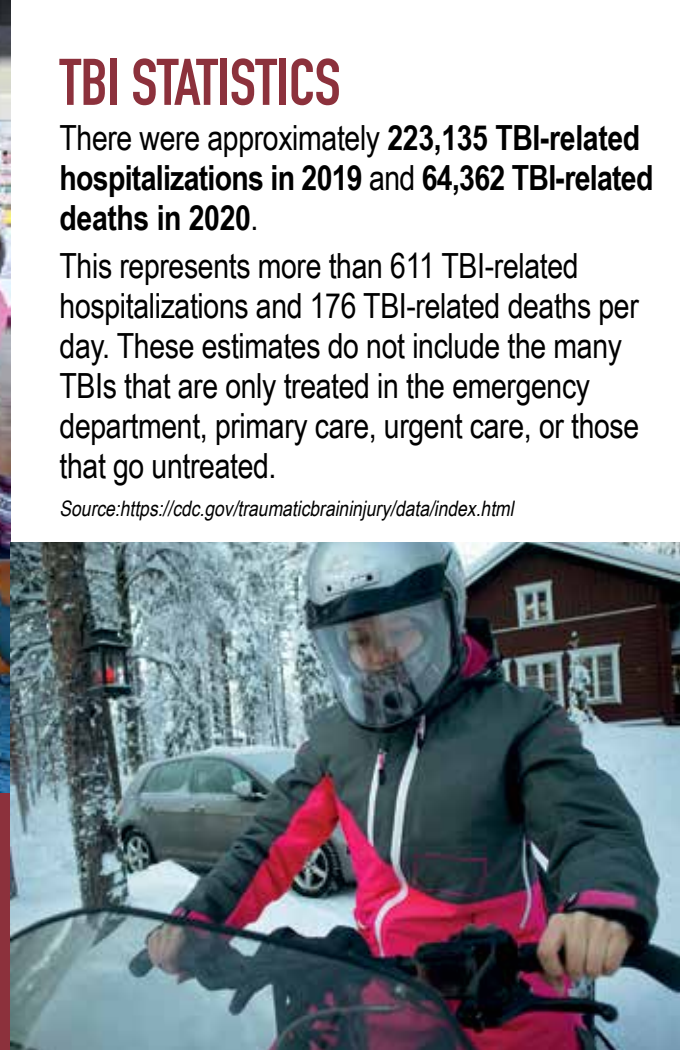
A traumatic brain injury (TBI) can be caused by a forceful bump, blow, or jolt to the head or body, or from an object that pierces the skull and enters the brain. Not all blows or jolts to the head result in a TBI.

Some types of TBI can cause temporary or short-term problems with normal brain function, including problems with how the person thinks, understands, moves, communicates, and acts. **More serious TBI can lead to severe and permanent disability, and even death.**

Some injuries are considered primary, meaning the damage is immediate. Other outcomes of TBI can be secondary, meaning they can occur gradually over the course of hours, days, or appear weeks later.

Source:

<https://ninds.nih.gov/health-information/disorders/traumatic-brain-injury-tbi>



TBI STATISTICS

There were approximately **223,135 TBI-related hospitalizations in 2019** and **64,362 TBI-related deaths in 2020**.

This represents more than 611 TBI-related hospitalizations and 176 TBI-related deaths per day. These estimates do not include the many TBIs that are only treated in the emergency department, primary care, urgent care, or those that go untreated.

Source: <https://cdc.gov/traumaticbraininjury/data/index.html>

TRAUMATIC BRAIN INJURY (TBI) PREVENTION

Buckle Up Every Ride – Wear a seat belt every time you drive – or ride – in a motor vehicle. Never drive while under the influence of alcohol or drugs.

Wear a helmet, or appropriate headgear, when you or your children:

- Ride a bike, motorcycle, snowmobile, scooter or ATV;
- Play a contact sport, such as football or ice hockey;
- Use in-line skates or ride a skateboard;
- Bat and run bases in baseball or softball;
- Ride a horse; or
- Ski or snowboard.

Make living and play areas safer for children by installing safety gates at the top and bottom of stairs, installing window guards on second floor windows and make sure your child's playground has soft material under it such as mulch or sand.

Prevent Older Adult Falls

Talk to your doctor to evaluate your risk for falling, and talk with them about specific things you can do to reduce your risk for a fall.

Ask your doctor or pharmacist to review your medicines to see if any might make you dizzy or sleepy. This review should include prescription medicines, over-the counter medicines, herbal supplements, and vitamins.

Have your eyes checked at least once a year, and be sure to update your eyeglasses if needed.

Do strength and balance exercises to make your legs stronger and improve your balance.

Make your home safer.

Source: <https://www.cdc.gov/traumaticbraininjury/prevention.html>

Thousands of AI/AN children and adults are seen each year in emergency departments for TBI and the numbers increased between 2005 and 2014.

Studies over the last few decades consistently find that **AI/AN persons have higher rates of TBI** than do other racial/ethnic groups.

Individuals aged **18 to 34 years and 75 years and older** had the highest rates of TBI-related emergency department visits.

Source: <https://ncbi.nlm.nih.gov/pmc/articles/PMC7483258/>

IHS INJURY PREVENTION

Our Mission

Raise the health status of American Indians and Alaska Natives to the highest possible level by decreasing the incidence of severe injuries and death to the lowest possible level and increasing the ability of tribes to address their injury problems.

About IHS Injury Prevention

We are the lead IHS program to address the injury disparities in AI/AN communities. Our widely-recognized program works with tribes and partners to reduce the disproportionate impact of injuries on Indian people.



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For more information about the dangers of traumatic brain injury, visit our website at www.ihs.gov/injuryprevention/ or scan the QR code.

