

The background of the slide is a solid brown color with a pattern of stylized, overlapping autumn leaves in various shades of brown and tan. The leaves are scattered across the entire page, creating a textured, seasonal feel.

Traumatic Brain Injuries in Utah

2007 BIAU Poster Session

Presented by:

**Violence & Injury Prevention Program
Utah Department of Health
October 18-19, 2007**

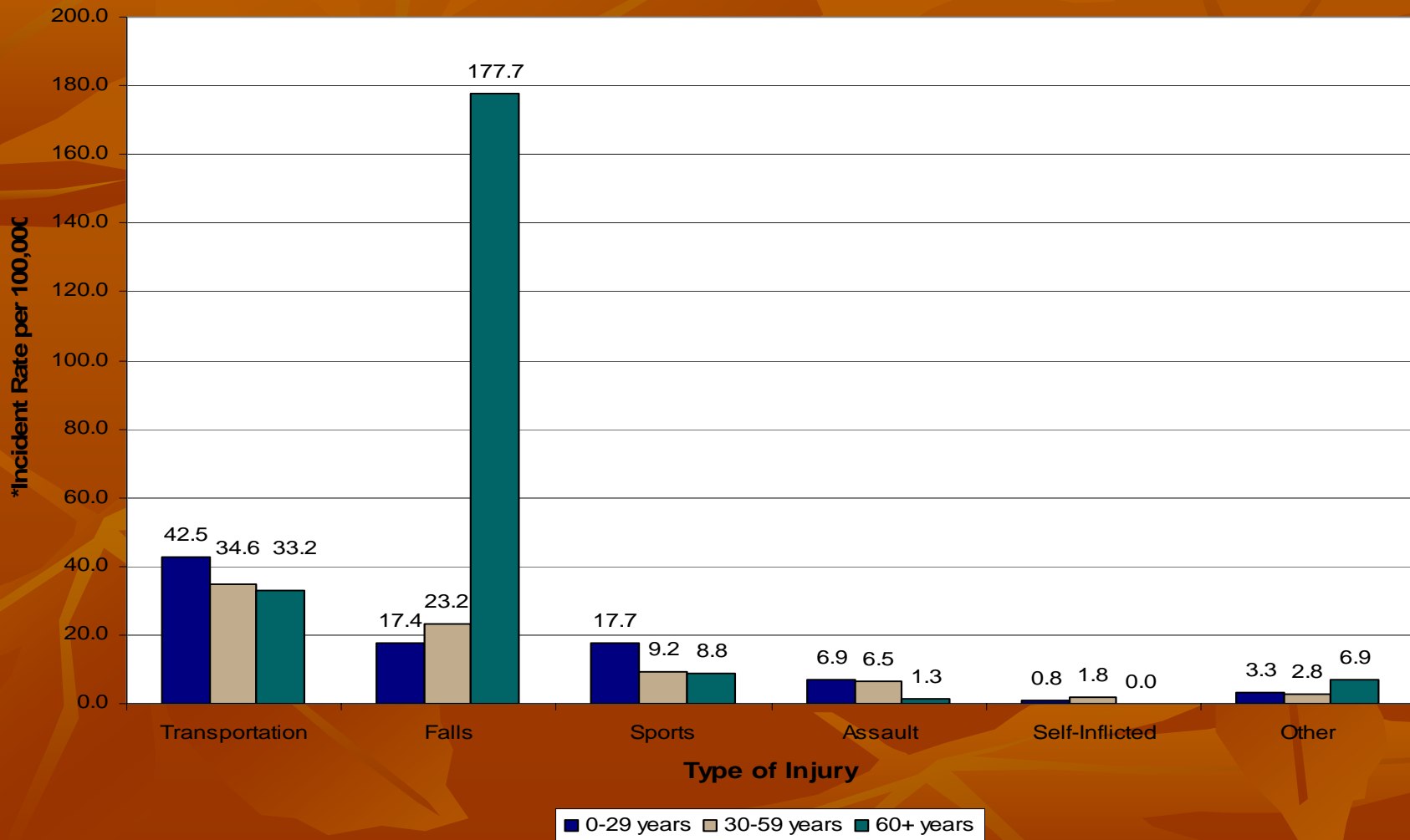
TBI in Utah

- Cost \$63,000,000 per year for inpatient hospital charges
- Fall related injuries had the highest TBI rate (46.3 per 100,000 population)
- Motor Vehicle related injuries had the second highest TBI rate (27.4 per 100,000 population)
- On average, inpatient hospital charges for TBI were \$25,000 per case



Utah TBI 2005

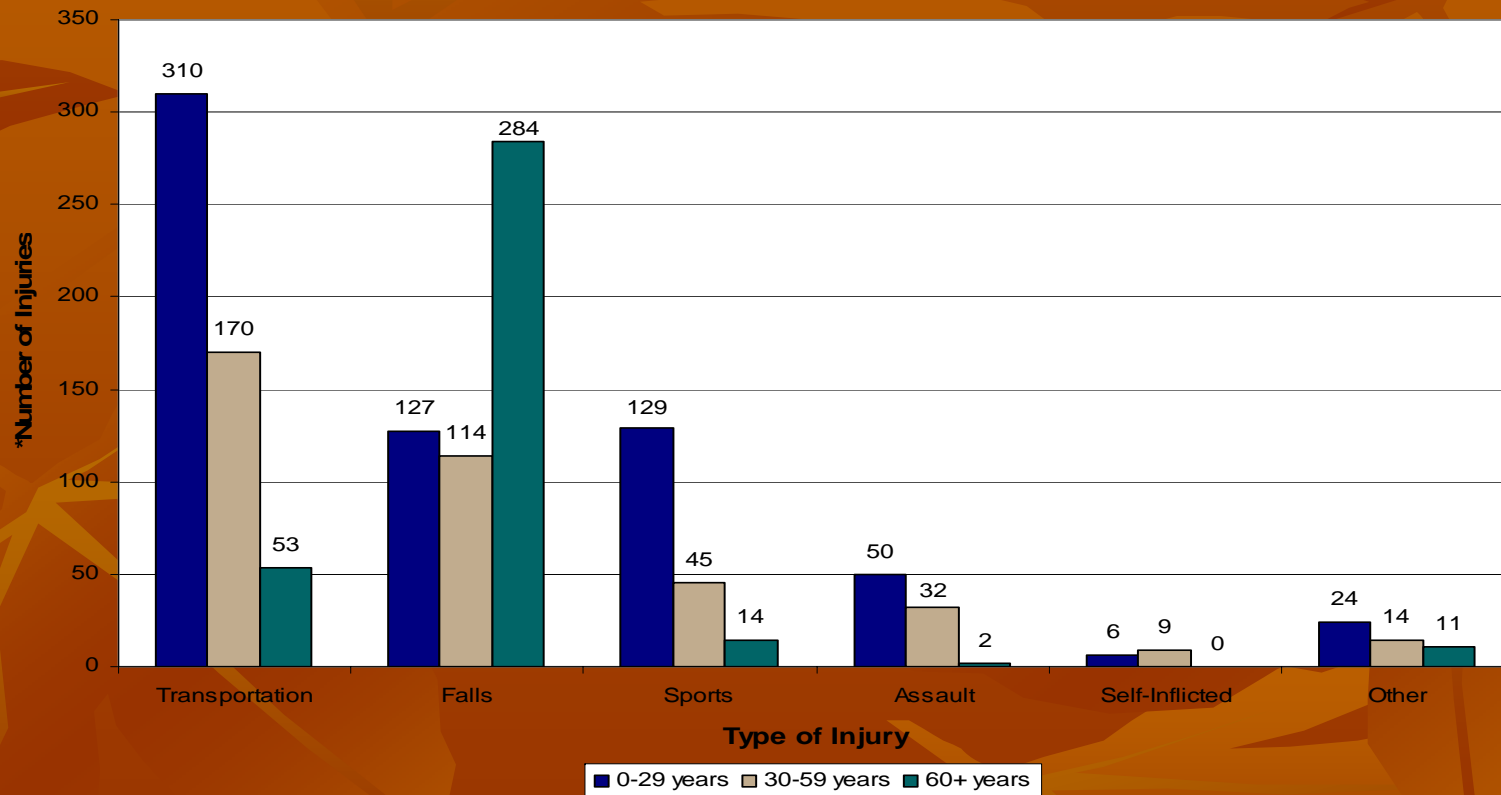
Cause of Injury



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Utah TBI 2005

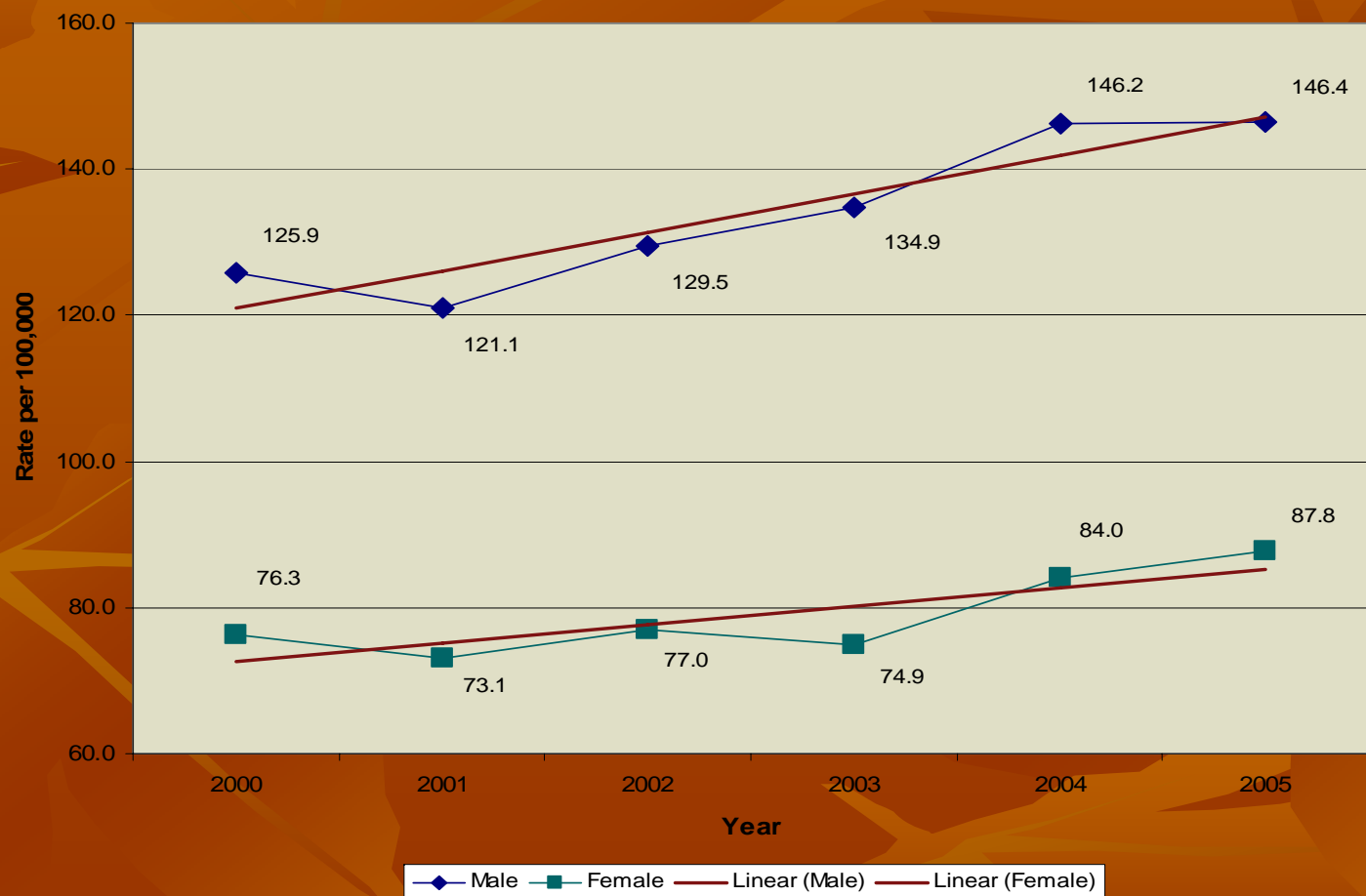
Cause of Injury



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Utah TBI 2000-2005

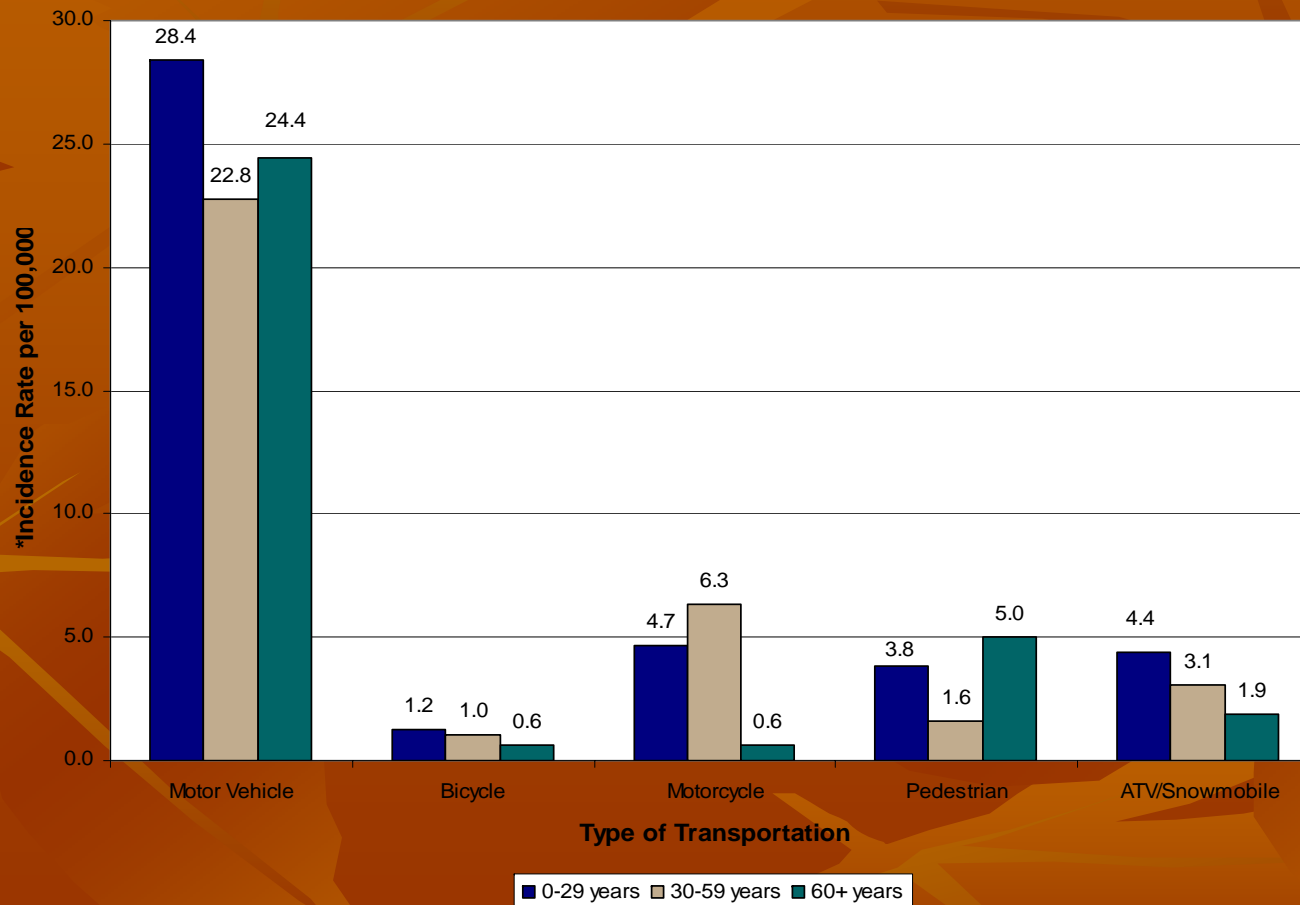
Age-Adjusted Rates Over Time



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Transportation Related Injuries



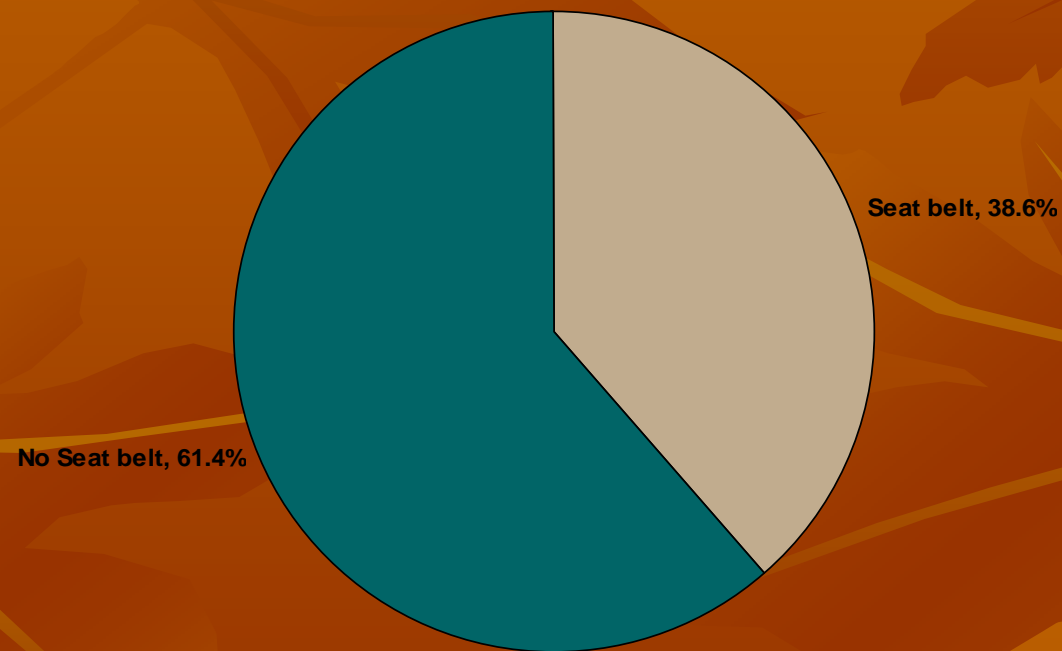
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Motor Vehicles & Motorcycles

- Always wear a seatbelt
- Wear a properly fitted and fastened helmet when riding motorcycles and bicycles
- Don't drive any vehicle drunk, drugged or drowsy
- Use sidewalks and crosswalks if available when walking
- Children should ride in the backseat until age 12
- Put all children in the correct car seat for their age, height and weight

Utah TBI 2005

Seatbelt Use in Motor Vehicle Related Injuries



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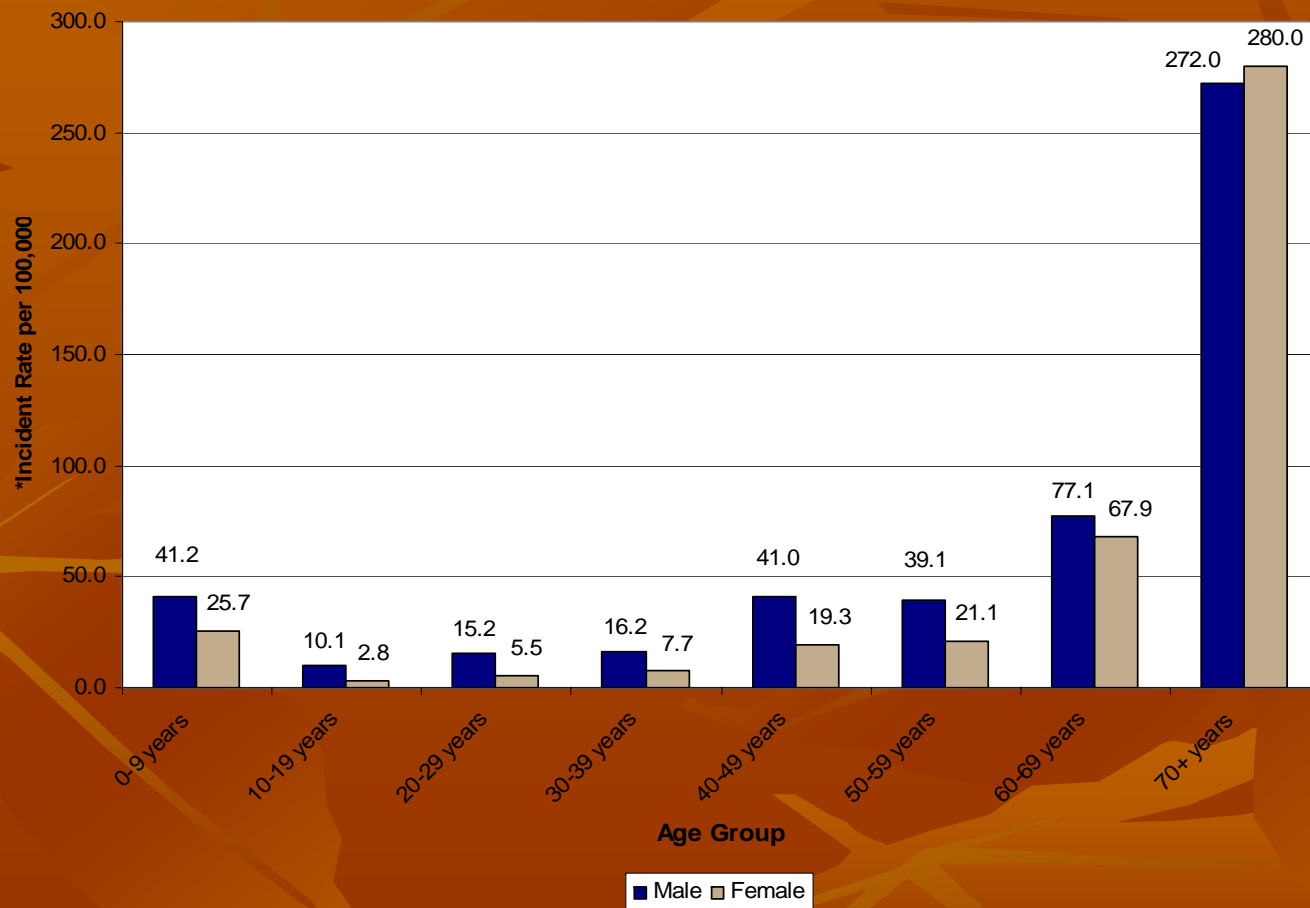
ATVs & Snowmobiles

- Always wear a helmet designed and tested for ATV and snowmobile use
- 81% of cases were not wearing helmets
- Use the buddy system, never ride alone
- Avoid riding ATVs on paved roads
- ATVs are designed for one person, never take a passenger
- Use 4-wheeled, not 3 wheeled ATVs for better stability
- Stay on groomed, marked trails away from roads and pedestrians
- Refuse to ride with a driver who has been drinking



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Fall Related Injuries



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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

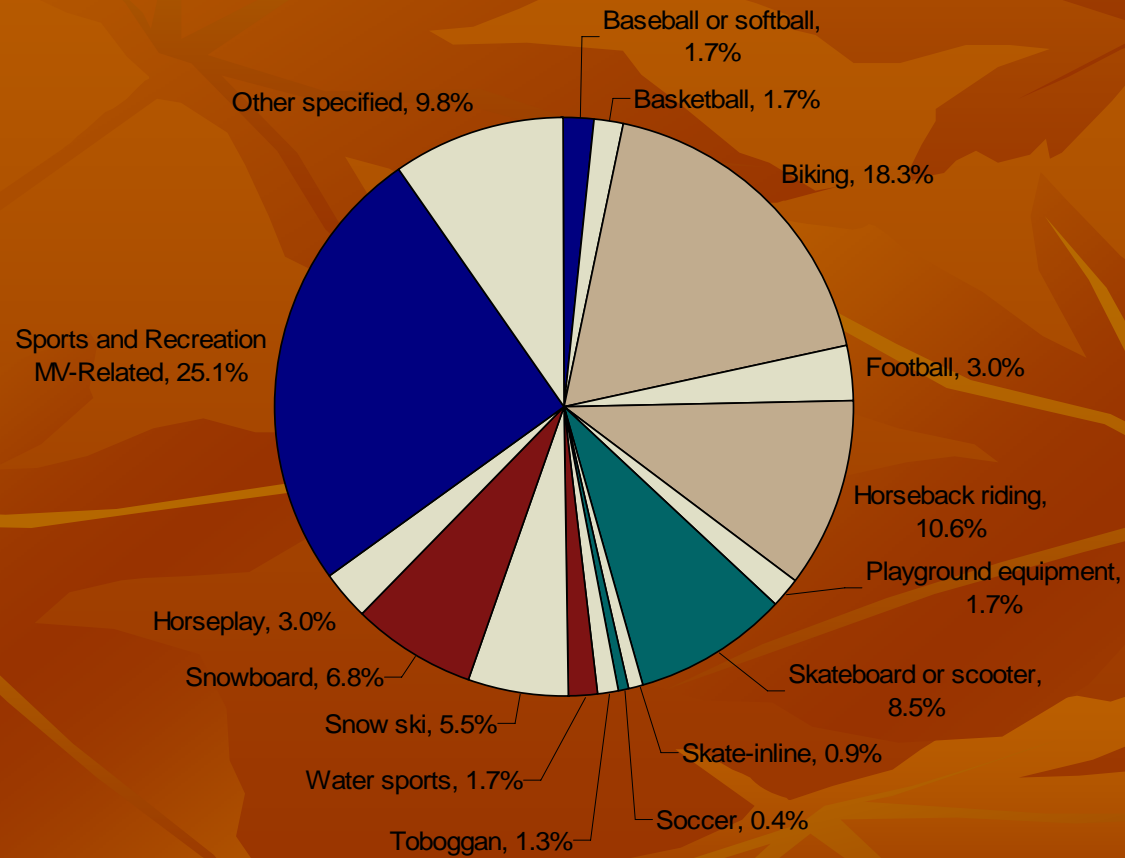
Fall Prevention

- **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



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Sports-Related Prevention

Skiing & Snowboarding

- Wear a helmet for protection during falls and collisions
- 88% 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

Rollerblading & Skateboarding

- Wear a helmet for protection
- 100% of cases were not wearing a helmet
- Wear protective guards for wrists, elbows and knees
- Avoid skating in traffic areas
- Skate only during daylight



Sports-Related Prevention

Football, Soccer & Baseball

- Always wear a helmet and protective equipment when playing football
- 42% of cases were not wearing a helmet
- Play football with kids of similar size and weight
- Wear baseball helmets that fit properly
- Slide feet first, not head first
- Use the body and extremities, not the head, to hit the soccer ball
- Use synthetic non-absorbent soccer balls in wet playing conditions



Contact

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

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



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