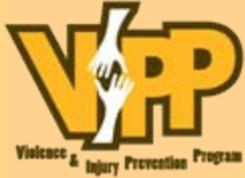




Brain Injury Association of Utah Conference 2009

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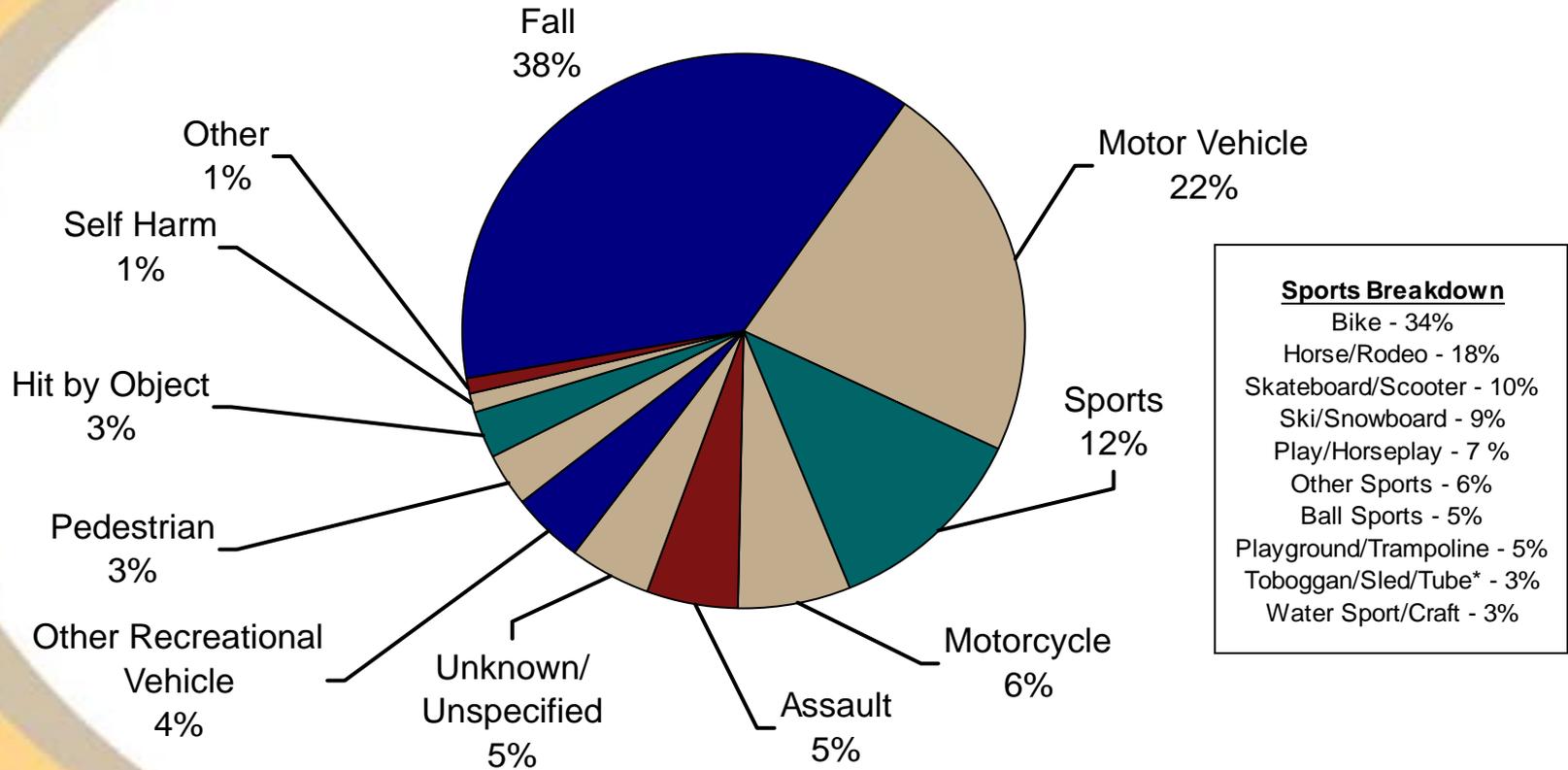


Traumatic Brain Injury in Utah

- Cost \$73 million per year for hospital inpatient stay charges
- Fall related injuries had the highest TBI rate (3.23 per 10,000 pop.)
- Motor Vehicle related injuries had the second highest TBI rate (1.93 per 10,000 pop.)
- On average, TBI inpatient hospital charges were \$16,000 per case
 - The average charges for a TBI related motor vehicle crash were \$19,400

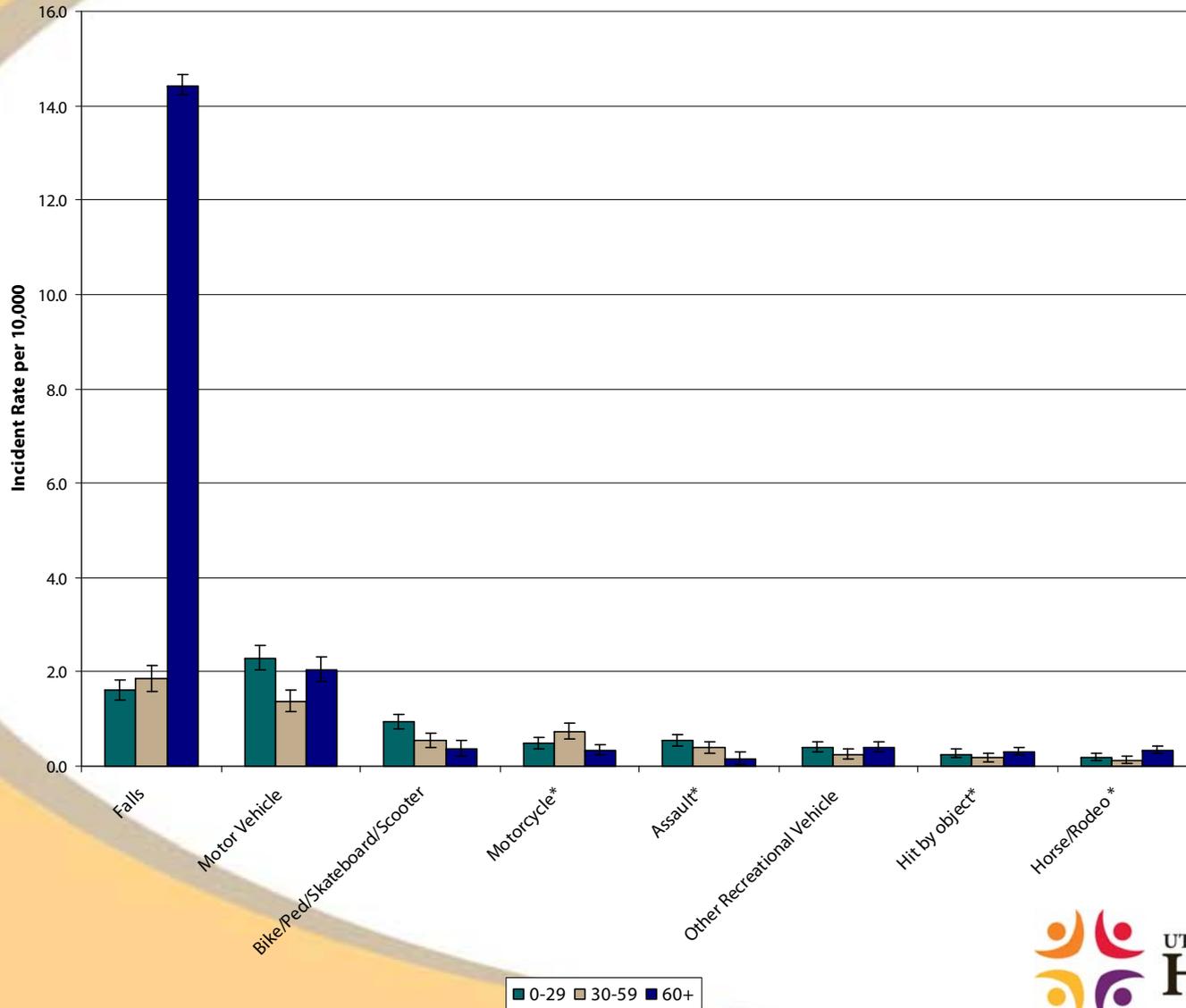


Causes of TBI in Utah

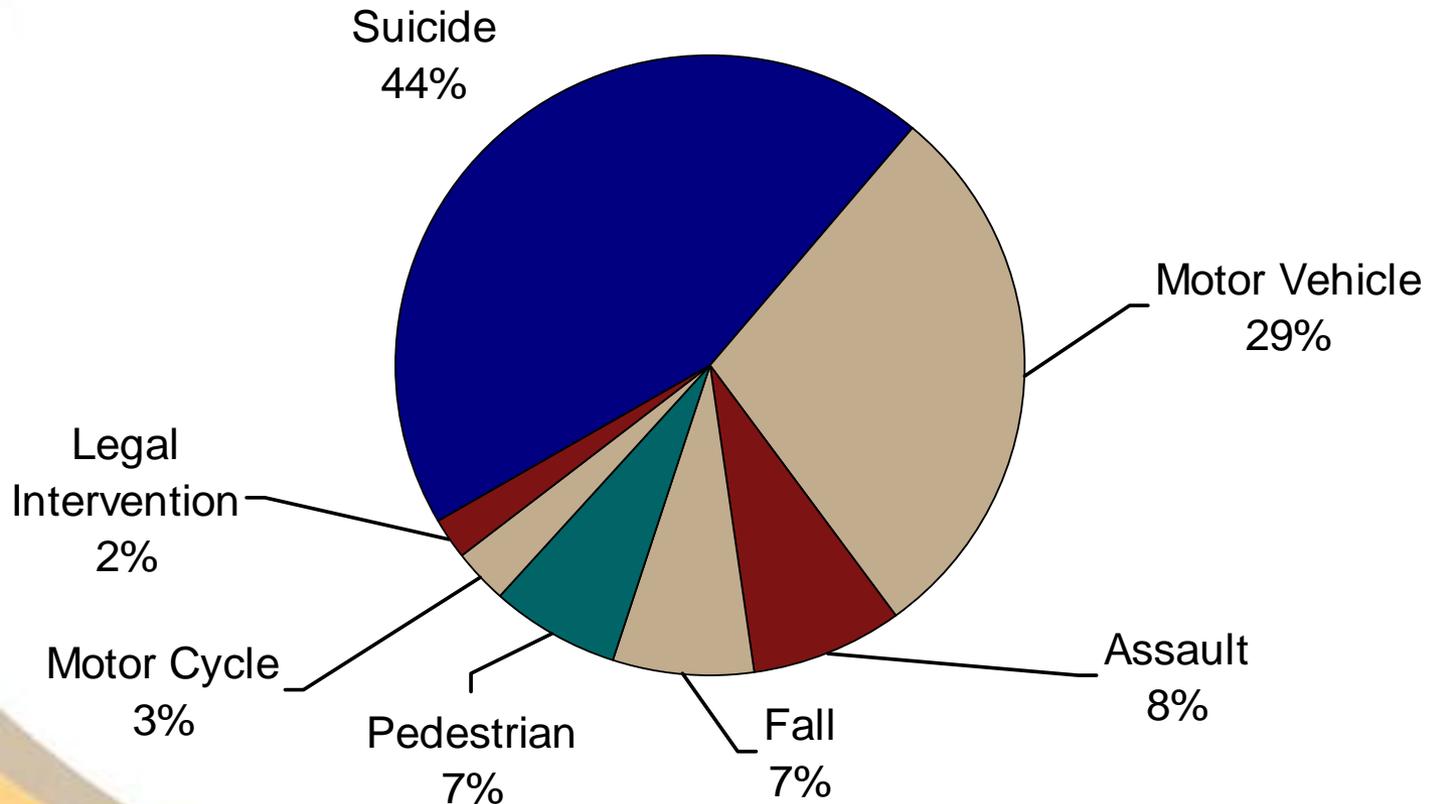




Top Causes of TBI in Utah

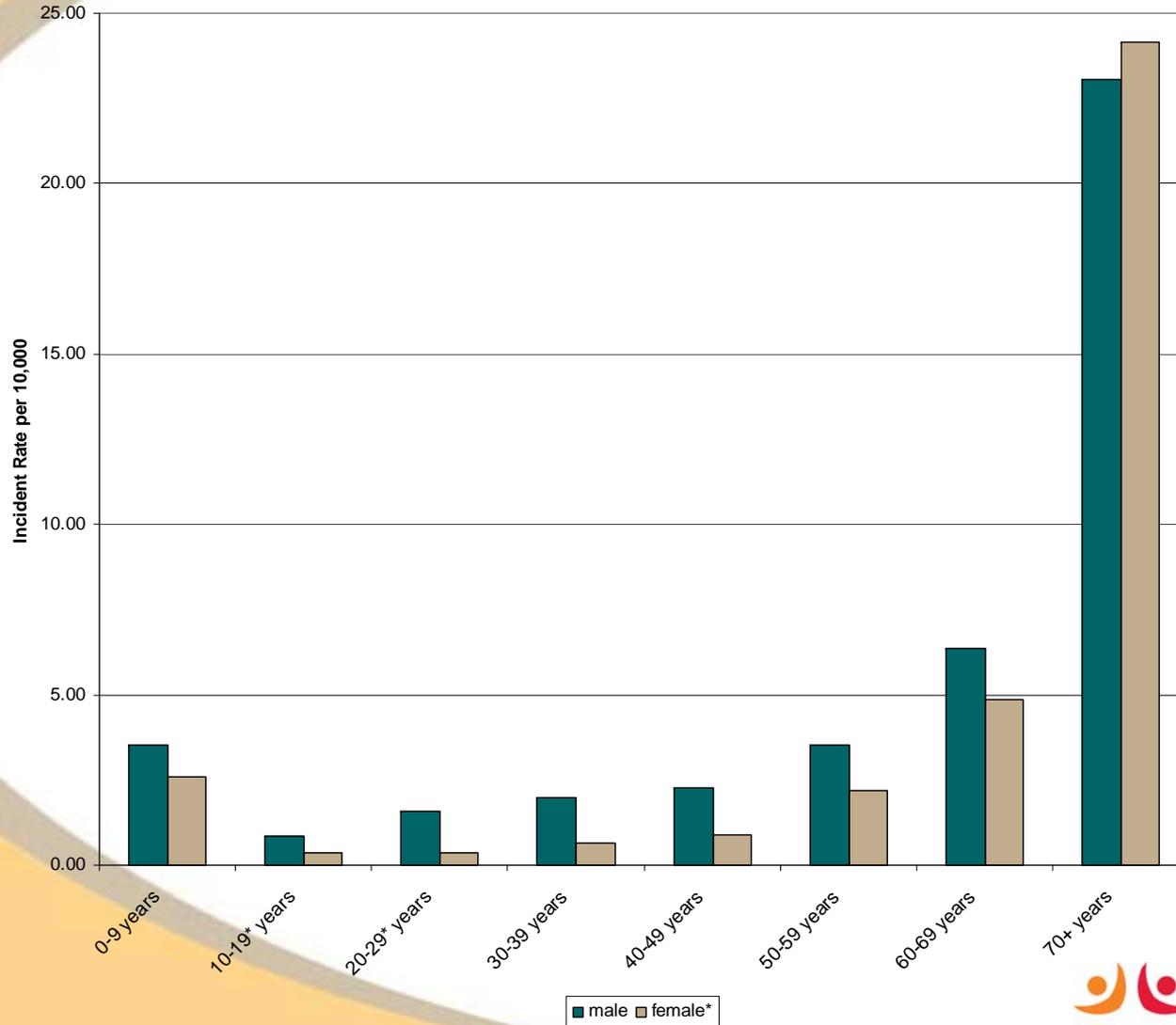


Causes of TBI Death in Utah





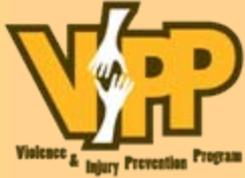
Fall-related TBI in Utah





Falls 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
 - Be screened for osteoporosis
 - Begin a strengthening/exercise program
 - Use a cane or walker to help with balance



Falls 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

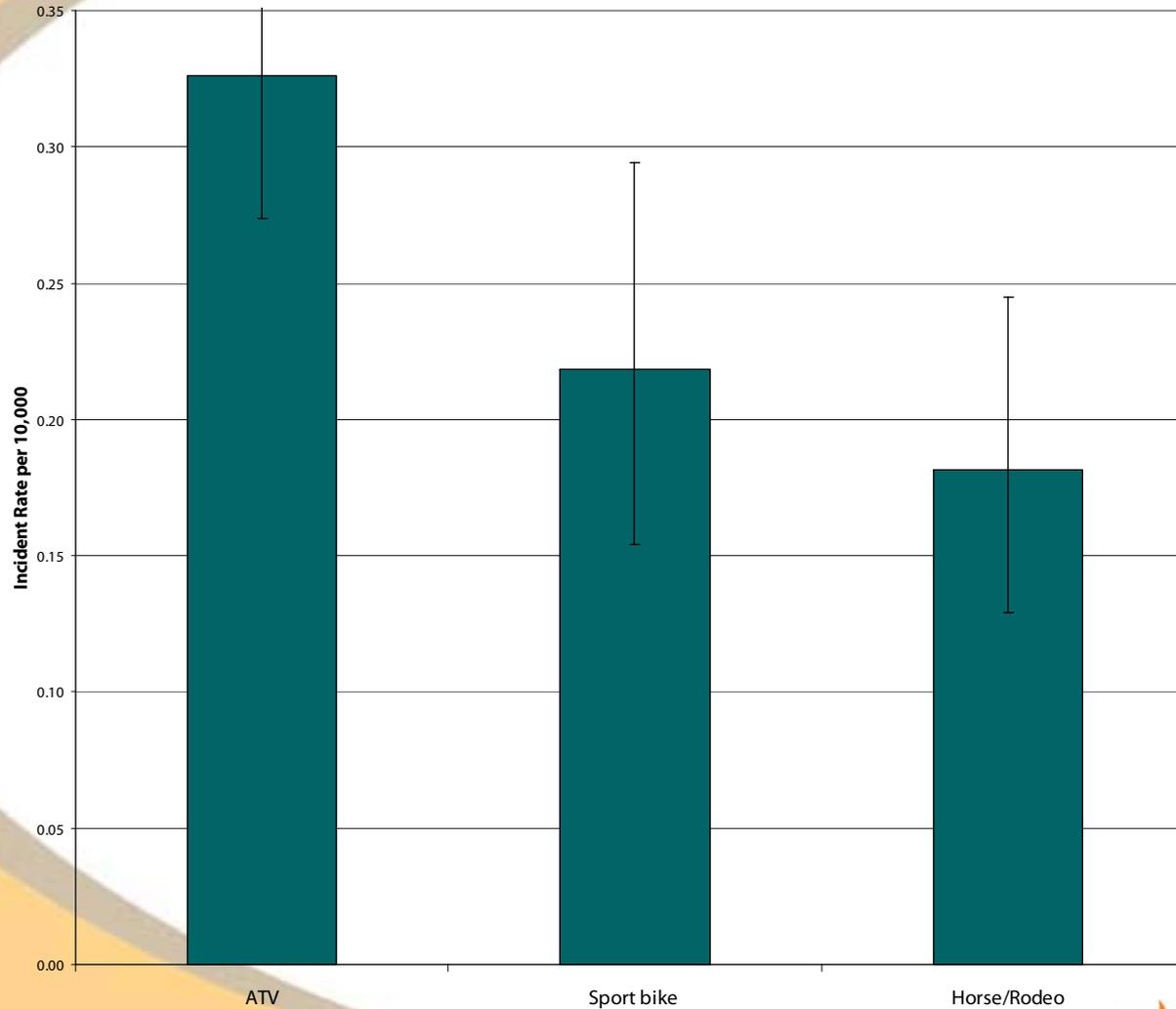


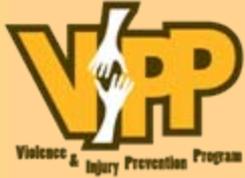
Falls Prevention

- **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 wood, tile or other smooth surfaces
 - Avoid shoes with heels
 - Replace old or poorly-fitting shoes



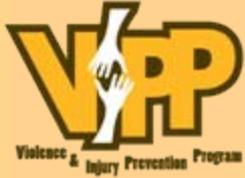
Sports-related TBI in Utah





Sports-related TBI Prevention

- **Skiing & Snowboarding**
 - Wear a helmet for protection during falls and collisions
 - 42.9% of cases were not wearing a helmet
 - Choose slopes that match ability
 - Recognize signs of tiring and take a break
 - Avoid icy slopes and conditions. These can increase speed and decrease control



Sports-related TBI Prevention

- **Bicycling**

- Wear a helmet for protection. It should sit level on your head and the straps should be snug
- 36.4% of cases were not wearing a helmet
- Wearing a bike helmet can reduce the risk of head and brain injuries by 85-88%
- Obey all traffic signs, signals and markings. To get 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 TBI Prevention

- **Horseback Riding**

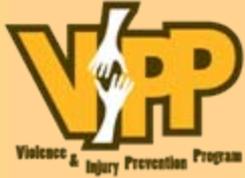
- Wear an approved helmet when riding. Helmets should fit snugly and the strap must touch the rider's jaw or chin.
- 87.5% of cases were not wearing a helmet
- Wear boots or shoes with that cover the heel. When using stirrups, wear shoes that have a heel.
- Avoid being tied to a horse. Don't wrap the lead rope or reins around your hand or wrist.



Sports-related TBI Prevention

- **Skateboards & Scooters**

- Wear a properly fitted helmet as well as wrist guards, elbow and knee pads and appropriate shoes.
- 84.2% of cases were not wearing a helmet
- Master the basics first. Learn turning and slowing techniques and how to stop properly before attempting more difficult maneuvers.
- Learn to fall on the fleshy parts of your body rather than your arms. Try to relax and roll when you fall.
- Ride on sidewalks or paved off-road paths away from traffic and observe pedestrian courtesy rules.

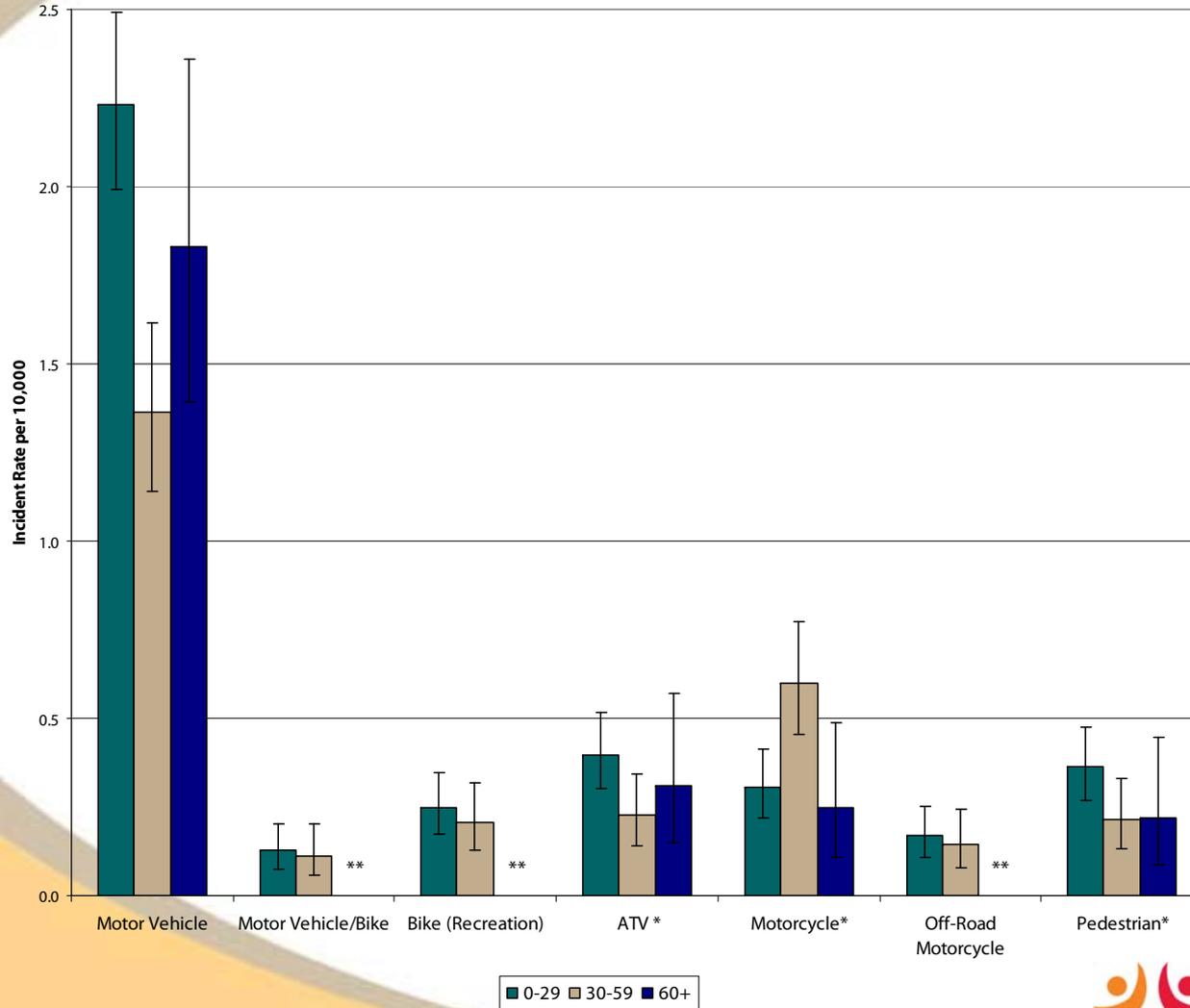


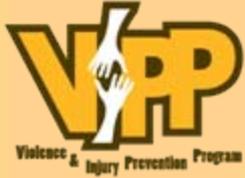
Transportation-related TBI Prevention

- **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 while drunk, drugged or drowsy



Transportation-related TBI Prevention

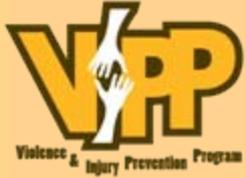




Transportation-related TBI Prevention

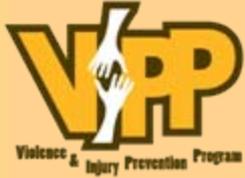
- **Motorcycles**

- Wear a properly fitted and fastened helmet when riding
- 56.7% of traffic cases were not wearing helmets
- 38.1% of off-road cases were not wearing helmets
- Wear other 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



Transportation-related TBI Prevention

- **All Terrain Vehicles (ATVs)**
 - Always wear a helmet designed and tested for ATV use
 - 85.2% 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



Contact

- Utah Department of Health, Violence and Injury Prevention Program
 - E-mail: vipp@utah.gov
 - Phone: 801-538-6141
 - Website: www.health.utah.gov/vipp