



Brain Injury Association of Utah Conference 2011

Presented by:
Cristy L. Sneddon, RHIT
Data Abstraction Coordinator
csneddon@utah.gov



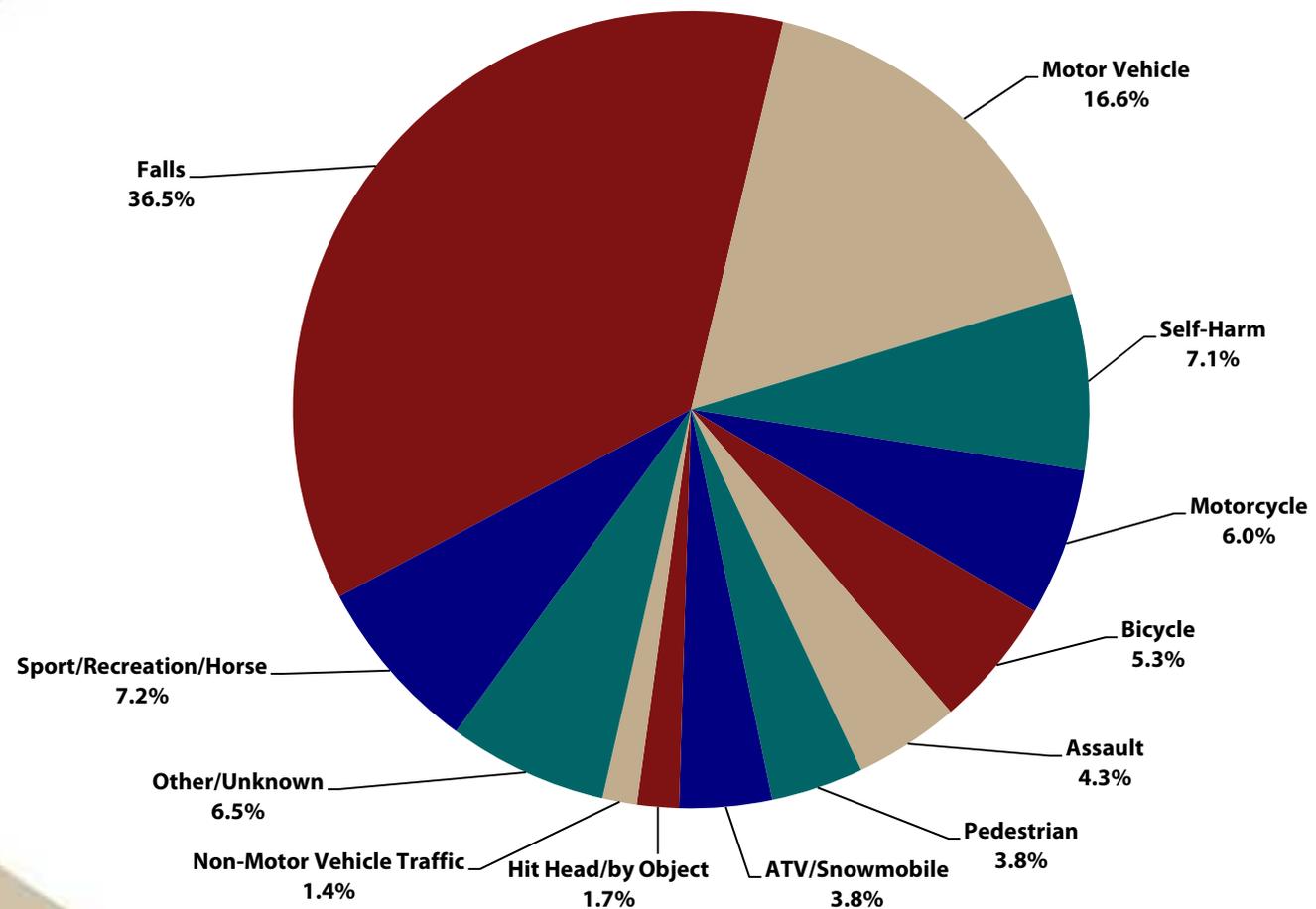


Traumatic Brain Injury in Utah

- Cost \$91 million in 2009 for hospital inpatient stay charges
- 36.5% of all TBI hospitalizations & deaths were due to falls (3.54 per 10,000 population)
- Utahns ages 60 and over had the highest rate of fall-related TBI hospitalizations & deaths (14.8 per 10,000 population)
- 16.6% of all TBI hospitalizations & deaths were due to Motor Vehicles incidents (1.61 per 10,000 population)
- The median TBI inpatient hospital charge was \$19,000
 - The median charge for motorcycle related TBI hospitalization was over \$30,547; an increase of \$6,000 from 2008



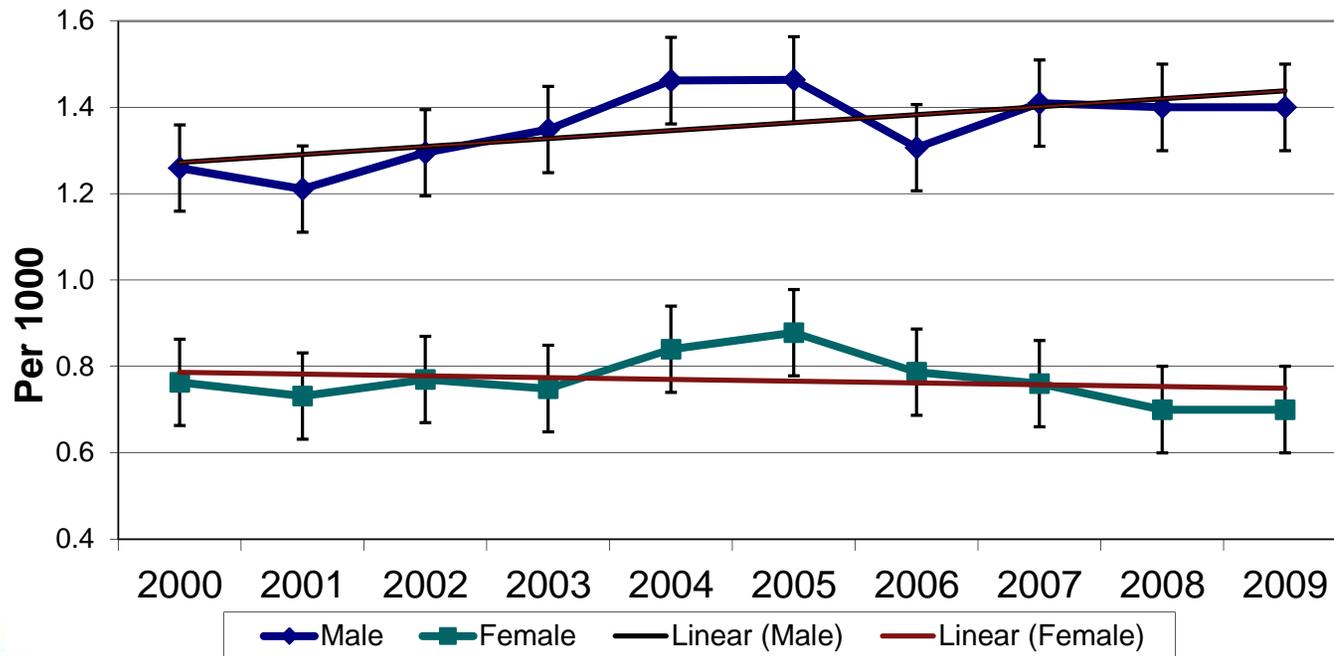
Causes of TBI in Utah, 2009





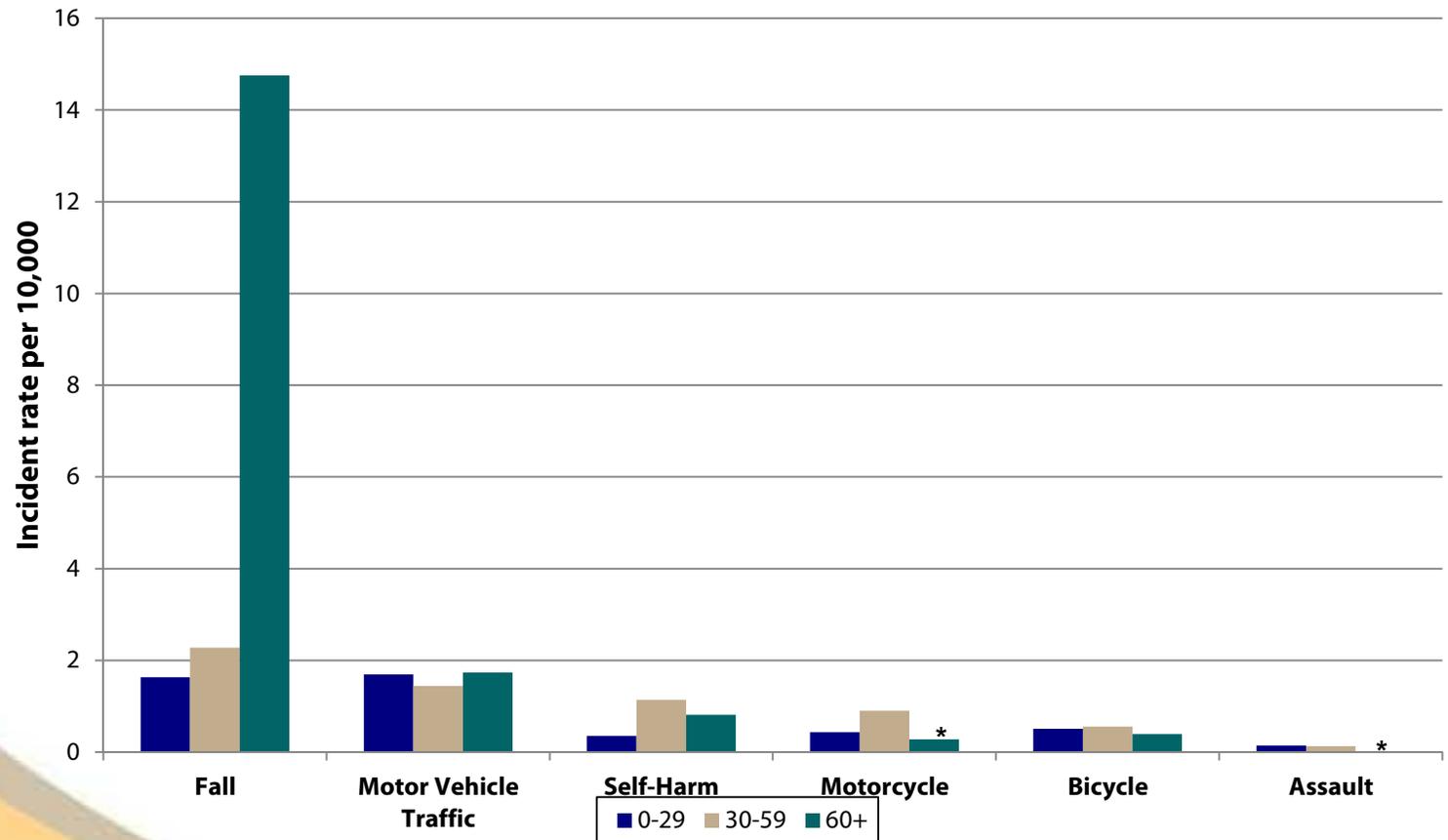
Utah TBI 2000-2009

Age Adjusted Rates Over Time



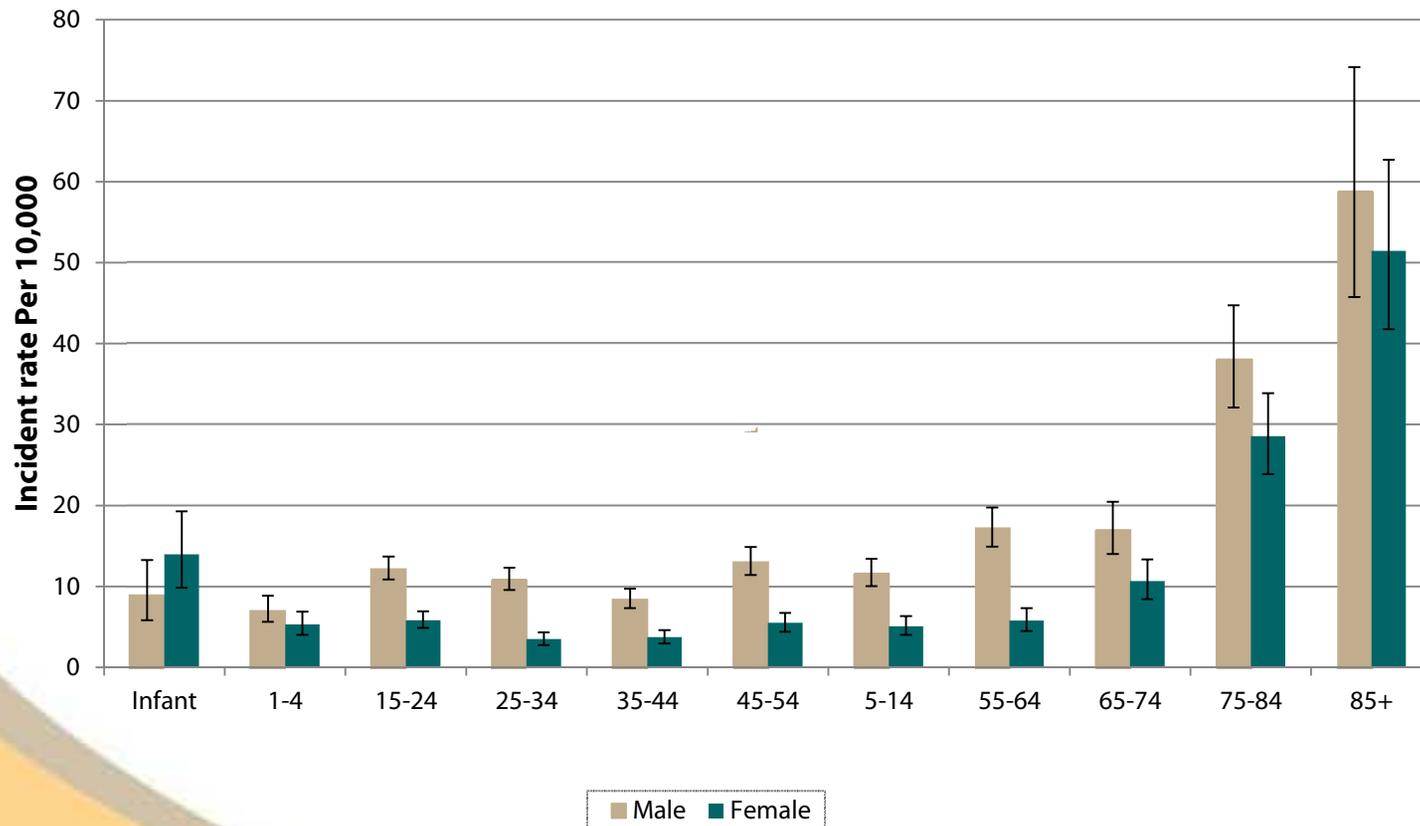


Utah TBI 2009 Hospitalization and Death Leading Causes by Age Group



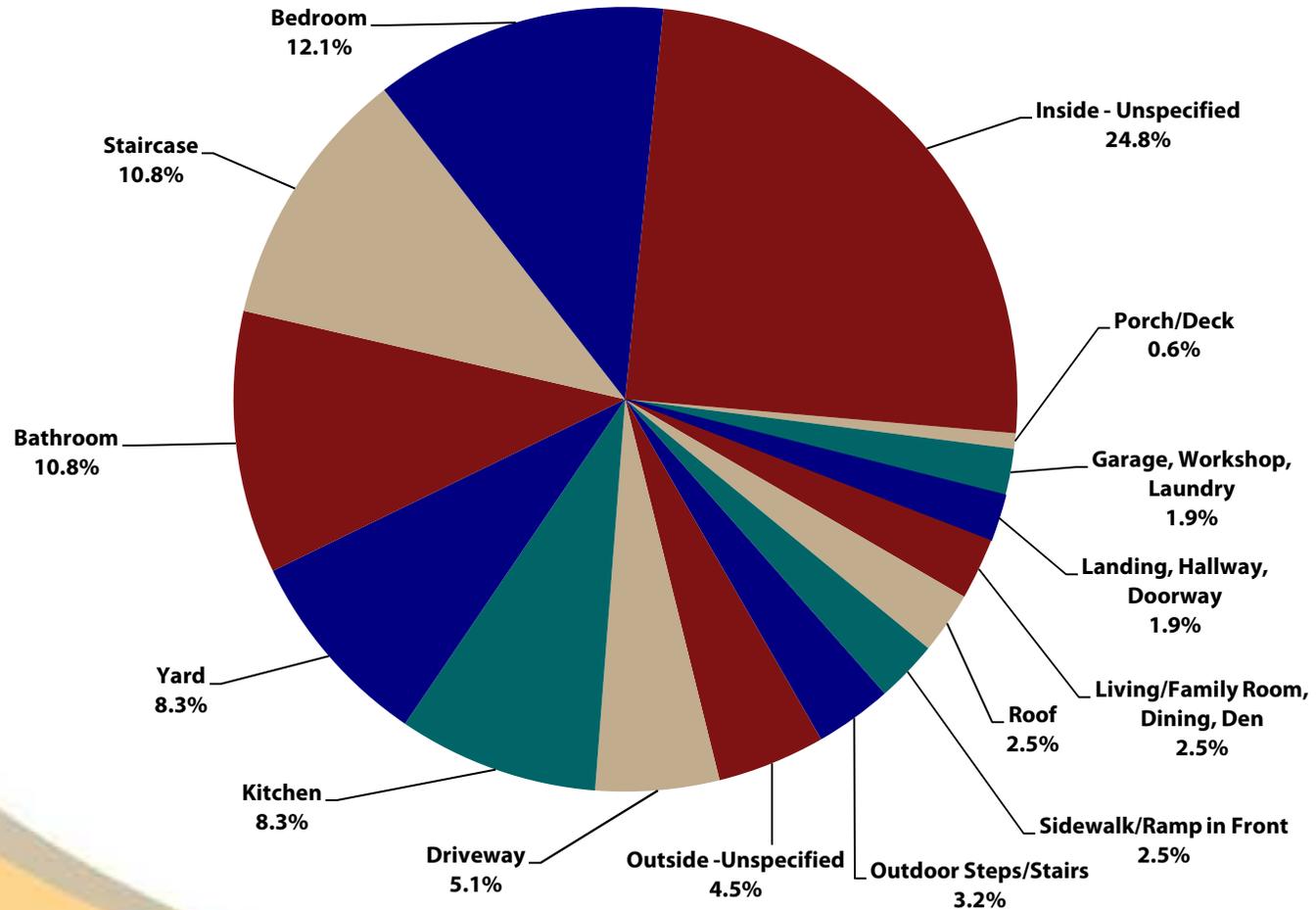


Utah TBI 2009 Hospitalization and Death Rates by Age and Sex





Utah TBI 2009 Location of Falls in Private Homes





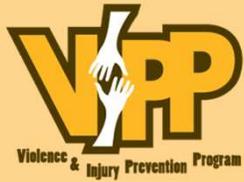
Falls Prevention

- **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

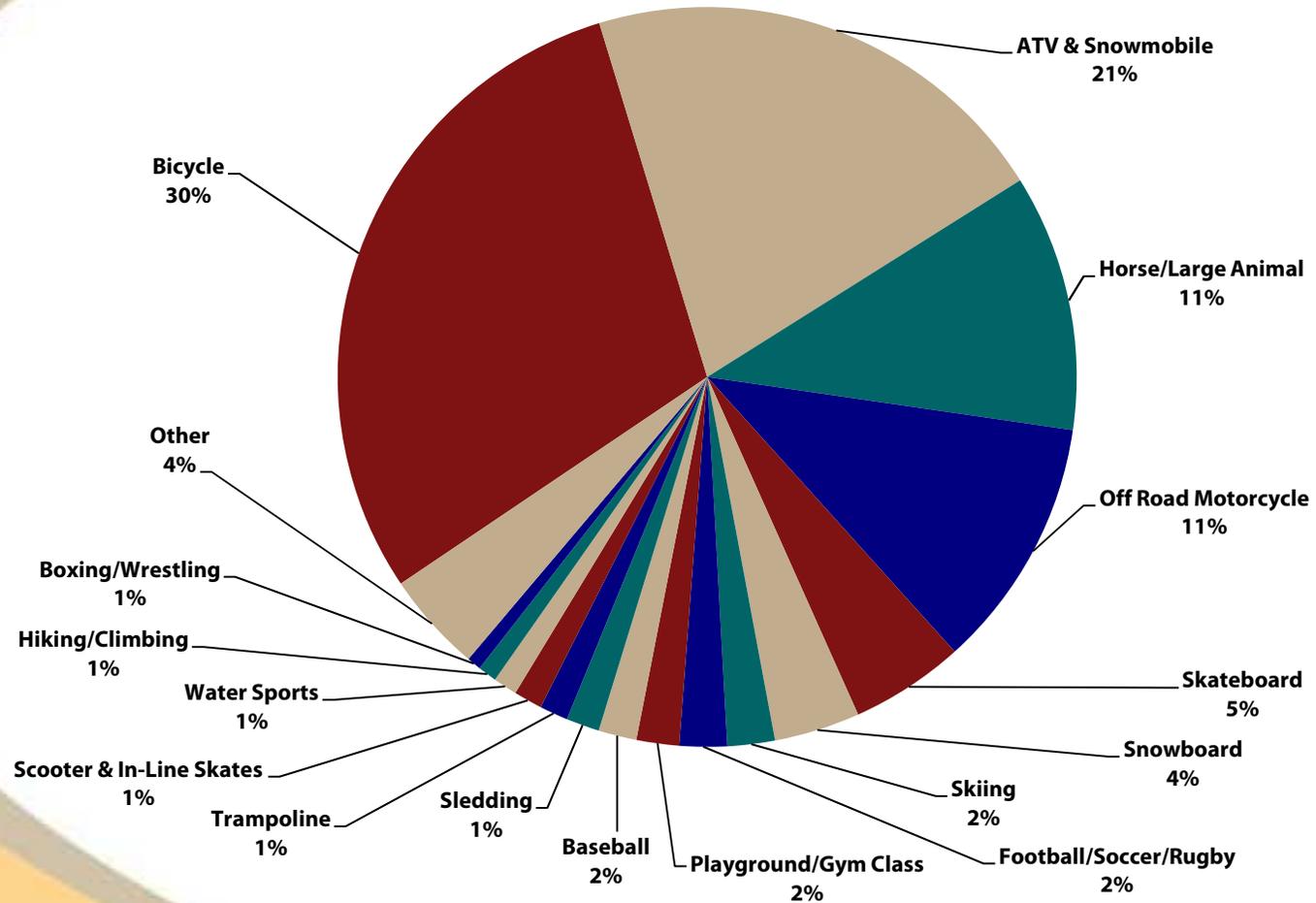


Falls Prevention

- **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

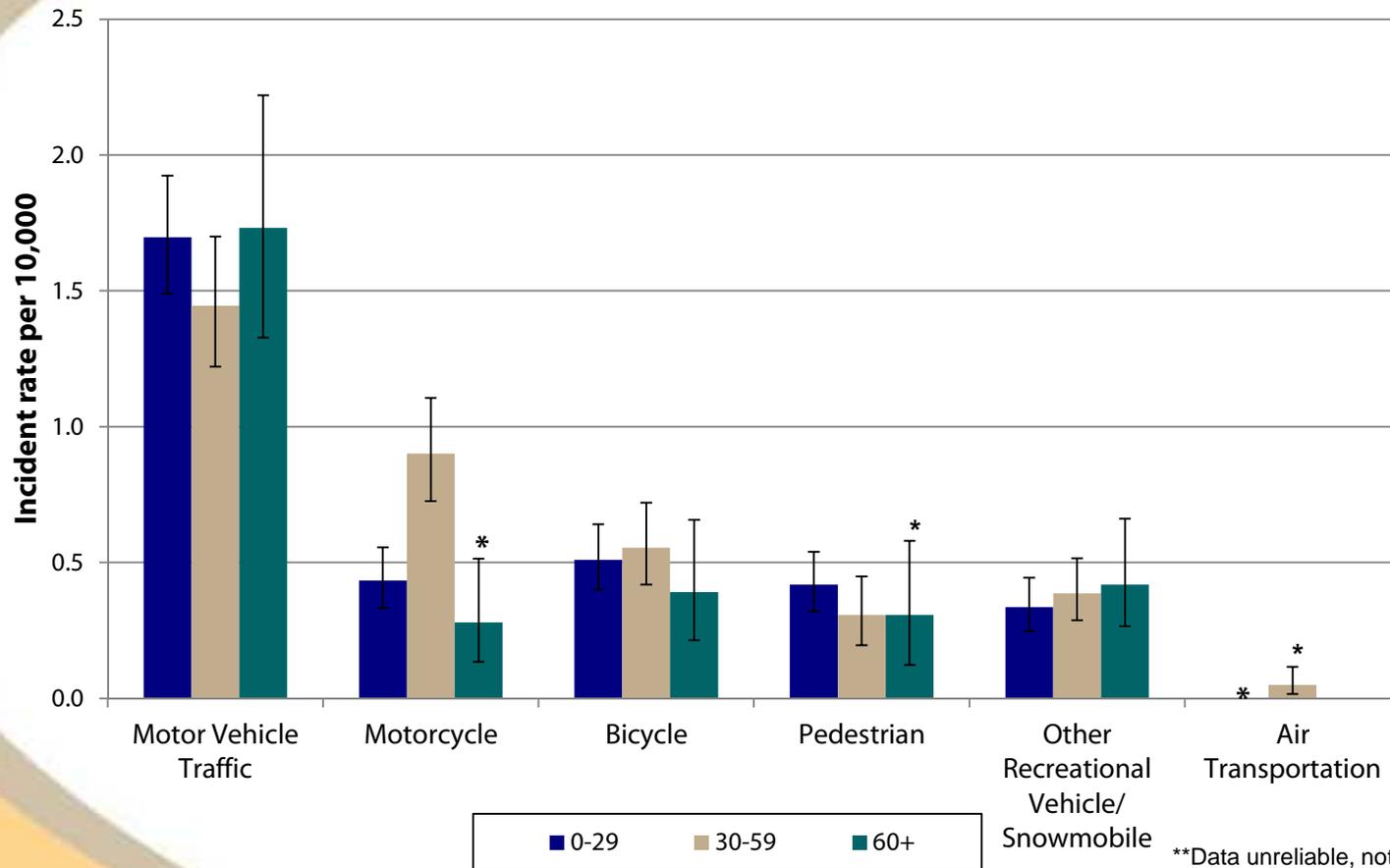


Utah TBI 2009 Hospitalization and Death Sports Related Injuries





Utah TBI 2009 Hospitalization and Death Transportation Related Injuries



**Data unreliable, not included due to small numbers





Transportation-related TBI Prevention

- **Motor Vehicles**

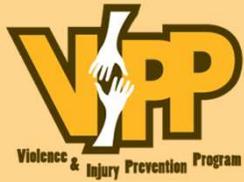
- Always wear a seatbelt
- Children should ride in the backseat until age 12
- Put all children in the correct car seat for their age, height and weight
- Be aware of sidewalks, crosswalks and driveways and always watch out for pedestrians
- Watch for bicycles in traffic, they are smaller and harder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



Transportation-related TBI Prevention

- **Motorcycles**

- Wear a properly fitted and fastened helmet when riding
- 49.3% of traffic cases were not wearing helmets
- 21.9% 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



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