

PROTECT YOUR HEAD. PROTECT YOUR BRAIN.

Falls, motor vehicle crashes, assaults, and sports injuries can all result in head injury. Hurting your head can also cause an injury to your brain. A traumatic brain injury, or TBI, is an injury that affects how the brain works. It may be caused by a bump, blow, jolt, or penetrating injury to the head.¹



In 2017, there were over 200,000 hospitalizations for TBI, which cost 74% more than non-TBI hospital stays.²



Men are three times more likely to die from a TBI than women.³



Adults age 75 and older are more likely to die from a TBI compared to all other age groups.³



Certain professions may have a higher risk of TBI, such as athletes, construction workers, military members, and police and law enforcement.⁴



Severe changes in thinking skills, a characteristic of dementia, may develop years after an injury took place and the person appears to have recovered from its immediate effects.⁵



Repeated TBIs increase your risk for dementia.⁵



References

¹ National Institute of Neurological Disorders and Stroke. Traumatic Brain Injury (TBI). Last reviewed on February 7, 2023. Accessed on November 7, 2023. <https://www.ninds.nih.gov/health-information/disorders/traumatic-brain-injury-tbi>

² Statistical Brief #255. Healthcare Cost and Utilization Project (HCUP). March 2020. Agency for Healthcare Research and Quality, Rockville, MD. www.hcup-us.ahrq.gov/reports/statbriefs/sb255-Traumatic-Brain-Injury-Hospitalizations-ED-Visits-2017.jsp

³ Centers for Disease Control and Prevention. National Center for Health Statistics: Mortality Data on CDC WONDER. Accessed April 2023. <https://wonder.cdc.gov/mcd.html>

⁴ Cleveland Clinic. Traumatic Brain Injury. my.clevelandclinic.org/health/diseases/8874-traumatic-brain-injury. Last reviewed on January 11, 2021. Accessed on May 18, 2023.

⁵ Alzheimer's Association. Traumatic Brain Injury. alz.org/alzheimers-dementia/what-is-dementia/related_conditions/traumatic-brain-injury. Accessed on May 18, 2023.

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Funding Disclaimer:

The Integrating Alzheimer’s Messages into Chronic Disease Programs project is supported by the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$500,000 with 100 percent funded by CDC/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by CDC/HHS, or the U.S. Government.

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