

# Living With Brain Injury

## Facts About Traumatic Brain Injury

### ***What is a traumatic brain injury (TBI)?***

A blow or jolt to the head can result in a TBI, which can disrupt the function of the brain.<sup>1</sup>

- ♦ Concussions, also called "closed-head injuries," are a type of TBI.<sup>1</sup>
- ♦ About 75% of TBIs that occur each year are concussions or other kinds of mild TBI.<sup>2</sup>

### ***How many people have TBI?***

Each year in the United States, an estimated

- ♦ 1.4 million people sustain a TBI,<sup>3</sup> and
- ♦ 80,000 to 90,000 people experience the onset of long-term disability associated with a TBI.<sup>4</sup>

Among children ages 0 to 14 years, TBI results in an estimated

- ♦ 37,000 hospitalizations, and
- ♦ 435,000 emergency department visits.<sup>3</sup>

### ***What causes TBI?***

The leading causes of TBI are

- ♦ Falls,
- ♦ Motor vehicle-traffic, and
- ♦ Assaults.<sup>3</sup>

### ***Who is at highest risk for TBI?***

- ♦ Males are about twice as likely as females to sustain a TBI.<sup>5</sup>
- ♦ People ages 15 to 24 and those over age 75 are the two age groups at highest risk for TBI.<sup>4</sup>
- ♦ African Americans have the highest death rate from TBI.<sup>4</sup>

### ***What are the costs of TBI?***

Direct medical costs and indirect costs (such as lost productivity) of TBI totaled an estimated \$56.3 billion in the United States in 1995.<sup>6</sup>

**For more information about brain injury, contact:**

**The Brain Injury Association of America**

- ♦ Call 1-800-444-6443 for information in English or Spanish.
- ♦ Visit the website at [www.biausa.org](http://www.biausa.org).

**The Centers for Disease Control and Prevention (CDC)**

- ♦ View the website fact sheet about traumatic brain injury at [www.cdc.gov/ncipc/factsheets/tbi.htm](http://www.cdc.gov/ncipc/factsheets/tbi.htm).
- ♦ Order a free brochure, Facts about Concussion and Brain Injury, (in English and Spanish) online at [www.cdc.gov/ncipc/tbi/default.htm](http://www.cdc.gov/ncipc/tbi/default.htm).

**Sources**

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3. Langlois JA, Rutland-Brown W, Thomas KE. *Traumatic Brain Injury in the United States: Emergency Department Visits, Hospitalizations, and Deaths*. Atlanta (GA): Centers for Disease Control and Prevention, National Center for Injury Prevention and Control; 2004. Available from URL: [http://www.cdc.gov/ncipc/pub-res/TBI\\_in\\_US\\_04/TBI\\_ED.htm](http://www.cdc.gov/ncipc/pub-res/TBI_in_US_04/TBI_ED.htm)
4. Thurman D, Alverson C, Dunn K, Guerrero J, Sniezek J. Traumatic brain injury in the United States: a public health perspective. *J Head Trauma Rehabil* 1999;14(6):602-15.
5. Centers for Disease Control and Prevention (CDC). Traumatic Brain Injury - Colorado, Missouri, Oklahoma, and Utah, 1990-1993. *MMWR* 1997; 46(01):8-11.
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