



Brain Injury  
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## Brain Injury

**An Estimated 5.3 Million Americans - a little more than 2 percent of the U.S. population - currently live with disabilities resulting from traumatic brain injury.<sup>1</sup>**



**Every 21 Seconds, One Person in the U.S. Sustains a Traumatic Brain Injury**

### Traumatic brain injury (TBI) Definition:

An insult to the brain, not of degenerative or congenital nature caused by an external physical force that may produce a diminished or altered state of consciousness, which results in an impairment of cognitive abilities or physical functioning. It can also result in the disturbance of behavioral or emotional functioning.

### Acquired brain injury (ABI) Definition:

Injury to the brain which is not hereditary, congenital or degenerative that has occurred after birth. (Includes anoxia, aneurysms, infections to the brain and stroke.)

- 1.5 Million Americans sustain a traumatic brain injury each year<sup>1</sup>
- Each year, 80,000 Americans experience the onset of long-term disability following TBI.<sup>1</sup>
- More than 50,000 people die every year as a result of TBI.<sup>1</sup>
- The risk of TBI is highest among adolescents, young adults and those older than 75.<sup>2</sup>
- After one brain injury, the risk for a second injury is three times greater; after the second injury, the risk for a third injury is eight times greater.<sup>3</sup>

### The Cost of Brain Injury



The cost of traumatic brain injury in the United States is estimated to be \$48.3 billion annually. Hospitalization accounts for \$31.7 billion, and fatal brain injuries cost the nation \$16.6 billion each year.<sup>4</sup>

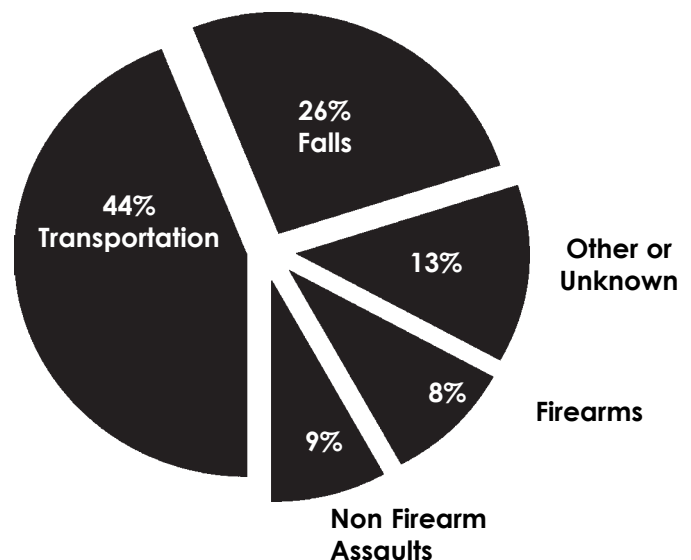
*Creating a better future through brain injury prevention, research, education and advocacy*

# Percentage of TBI Causes<sup>5</sup>

1995-1996 -14 States\*

\* Rhode Island, New York, Maryland, South Carolina, Minnesota, Louisiana, Nebraska, Oklahoma, Utah, Alaska and California (Sacramento County Only)

**Vehicle Crashes** are the **leading cause** of brain injury. **Falls** are the **second leading cause**, and the leading cause of brain injury in the elderly.



## The Consequences of Brain Injury

### Cognitive Consequences Can Include:

- Short-term memory loss; long-term memory loss
- Slowed ability to process information
- Trouble concentrating or paying attention for periods of time
- Difficulty keeping up with a conversation; other communication difficulties such as word finding problems
- Spatial disorientation
- Organizational problems and impaired judgement
- Unable to do more than one thing at a time
- A lack of initiating activities, or once started, difficulty in completing tasks without reminders

### Physical Consequences Can Include:

- Seizures of all types
- Muscle spasticity
- Double vision or low vision, even blindness
- Loss of smell or taste
- Speech impairments such as slow or slurred speech
- Headaches or migraines
- Fatigue, increased need for sleep
- Balance problems

### Emotional Consequences Can Include:

- Increased anxiety
- Depression and mood swings
- Impulsive behavior
- More easily agitated
- Egocentric behaviors; difficulty seeing how behaviors can affect others

### Sources:

1. Centers for Disease Control. "Traumatic Brain Injury in the United States: A Report to Congress." www: Centers for Disease Control, (January 16, 2001) <http://www.cdc.gov/ncipc/pub-res/tbicongress.htm>.
2. Analysis by the CDC National Center for Injury Prevention and Control, using data obtained from state health departments in Alaska, Arizona, California, Colorado, Louisiana, Maryland, Missouri, New York, Oklahoma, Rhode Island, South Carolina and Utah.
3. Annegers JF, Garbow JD, Kurtland LT et al. The Incidence, Causes and Secular Trends of Head Trauma in Olstead County, Minnesota 1935- 1974. Neurology. 1980; 30:912-919.
4. Lewin -ICF. The Cost of Disorders of the Brain Washington, DC: The National Foundation for the Brain, 1992.
5. Personal Communications with Dr. David Thurman, CDC - National Center for Injury Prevention and Control, June 29, 1999.