

Traumatic brain injuries (TBI) are injuries to the head that disrupt normal brain function. These injuries can include bumps, blows, jolts, penetrating injuries (e.g., gunshot wounds), or blast injuries to the head.

TBIs are a major cause of death and disability in Utah, but public knowledge about them is limited, highlighting a gap in awareness and education.

73% of Utahns report being less than “knowledgeable” about TBIs, indicating a need for better education.

36% of respondents report experiencing a suspected TBI at some point in their lifetime.

Falls, sports-related events, and motor vehicle crashes were the most common events attributed to the most severe head injuries sustained by survey respondents.



Falls 26%

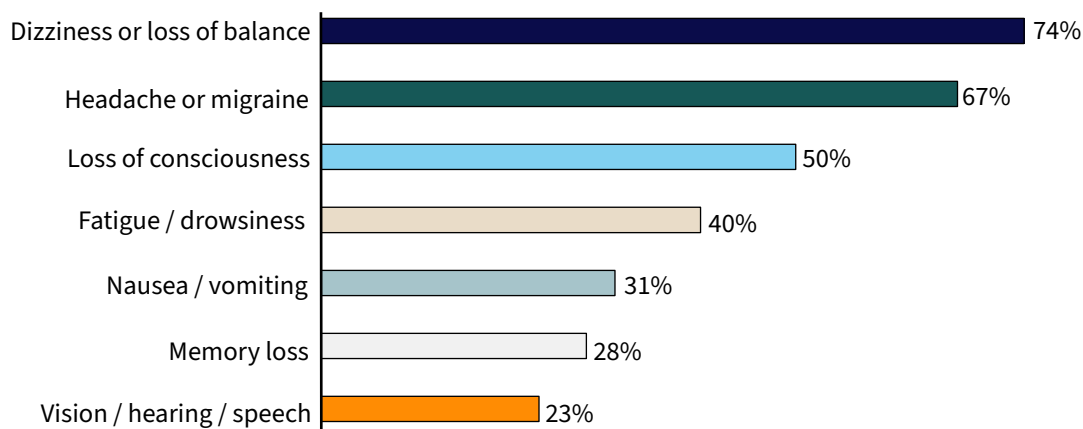


Sports-related 26%

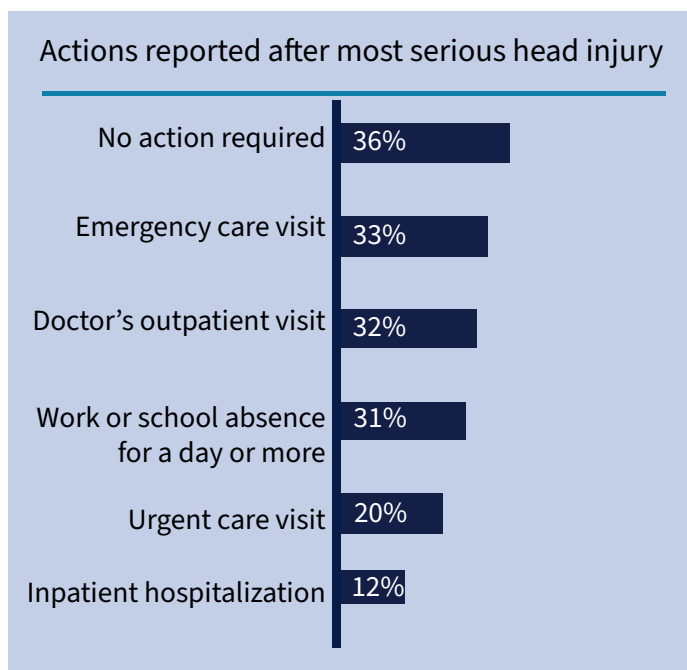


Motor vehicle crash 16%

Reported symptoms experienced (by percentage) after most serious head injury



People who have a TBI might have felt dazed, confused, or lost consciousness when the injury happened. A variety of other symptoms and long-term complications can result from a TBI, as well. Even a concussion can have lasting health impacts.



If you have questions about TBI or are looking for TBI resources, contact the DHHS Violence and Injury Prevention Program at tbi@utah.gov.

TBI prevention tips:

When operating a motorized vehicle:

- Install car seats appropriately.
- Wear a seatbelt any time you're in a vehicle.
- Never drive under the influence of alcohol or drugs.
- Avoid texting or distracted driving.

Falls prevention



Make living and play spaces safer for children. This might include:

- Putting guards on windows so young children don't fall out.
- Putting safety gates at the top and bottom of stairs near young children.
- Following playground safety tips.

Playground safety



Always wear appropriate headgear for the activity. Activities requiring headgear might include:

- Batting or running bases in baseball/softball
- Biking, e-biking, or riding e-scooters
- Horseback riding
- Motorcycling or riding ATVs
- Playing contact sports
- Skateboarding or skating
- Skiing or snowboarding
- Snowmobiling

References

1. 2023 Utah Behavioral Risk Factor Surveillance System (BRFSS) survey
2. CDC "[Traumatic Brain Injury and Concussion](#)" website
3. CDC "[Preventing TBI](#)" website