

HEAD INJURY IN CONNECTICUT: A FACT SHEET – 2021 UPDATE

INJURY AND VIOLENCE SURVEILLANCE UNIT - OCTOBER 2022

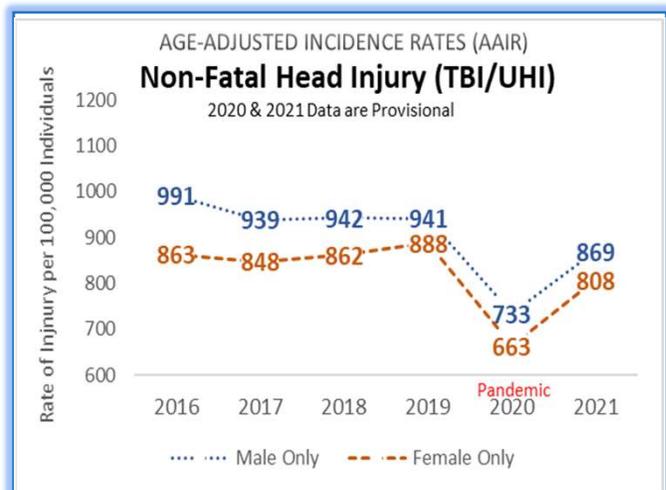
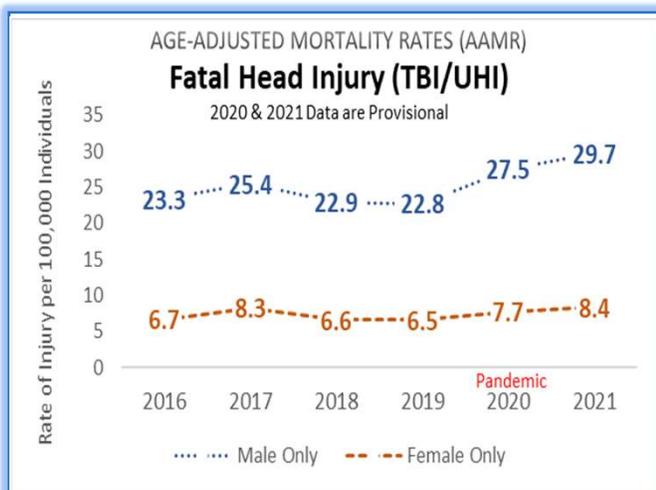
What We Know About Head Injury In Connecticut:

For the purpose of this fact sheet, head injury includes the categories of Traumatic Brain Injury (TBI) and other Unspecified Head Injuries (UHI) and is most frequently defined as injury to the skull. Concussion is a short loss of normal brain function in response to a head injury and is included in this category.

It is too soon to tell how the pandemic years of 2020 and 2021 may have contributed to changes in current trends for injuries of the head. We do know the total number of injury records reported by Connecticut hospitals dropped 24% from 2019 to 2020. We know that speed-related crashes were on the rise during the pandemic, a potential factor for increasing head injury in Connecticut. We also know that social distancing practices caused the cancelation of many sports-related activities, a potential factor for decreasing head injuries in Connecticut. Further analysis may be beneficial to understand the causes of pandemic-related head injuries.

Key Points:

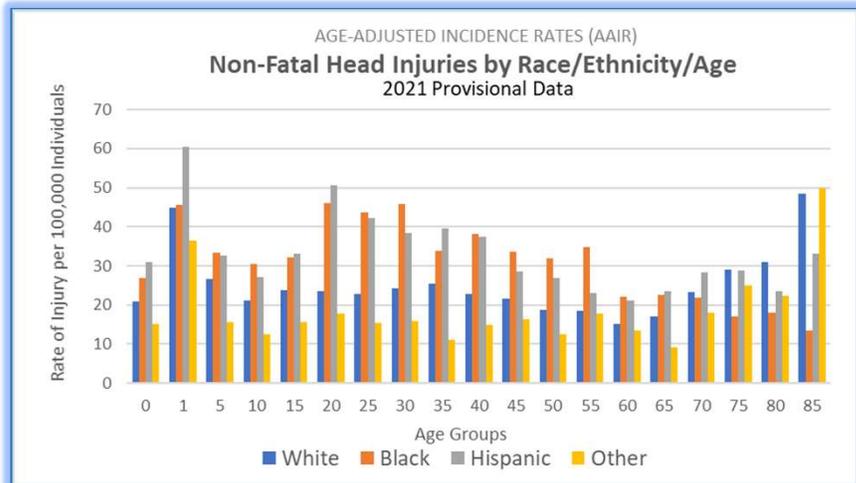
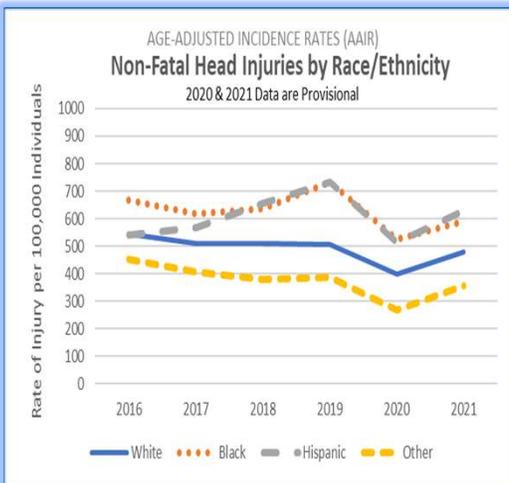
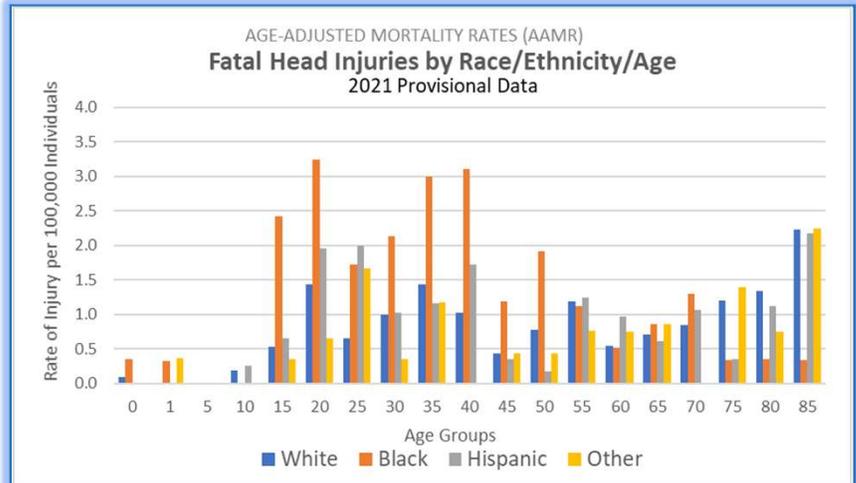
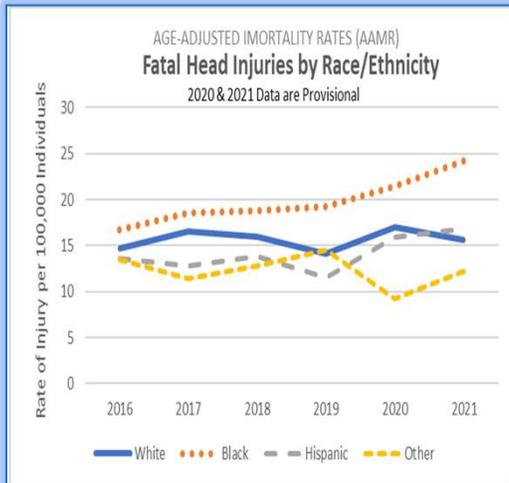
- Common causes of head injury include unintentional falls, transportation crashes, sports-related activities, and interpersonal violence.
- In Connecticut during 2021, over 25,300 head injuries were treated by emergency department staff.
- An additional 2,545 people with head injuries were admitted to Connecticut hospitals for extended care.
- Another 750 individuals in Connecticut died from their head injury.
- The burden of risk for head injury is higher for males than for females and the burden of risk is typically higher for Blacks in all age categories than for their counterparts.
- The rate at which Blacks are dying from head injury has been steadily increasing since 2016.



Data Sources: Fatalities reported from CT Vital Records data and Non-Fatalities reported from Connecticut Hospital Discharge data

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How can you prevent head injury:

- Never drive under the influence of drugs or alcohol.
- Always wear your safety restraints when driving.
- Use age- and size-appropriate car seats and booster seats that are properly installed.
- Make sure to use proper technique when engaging in sporting activities.
- Wear the appropriate helmet for your activity and be sure it fits correctly.
- Use gates at the top and bottom of stairs to prevent serious falls in infants and toddlers.
- Use non-skid rugs and carpets to prevent slips and falls.
- Install handrails and safety bars to prevent falling.

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