

CONCUSSION INJURY IN CONNECTICUT: A FACT SHEET – 2023 UPDATE

INJURY AND VIOLENCE SURVEILLANCE UNIT • OCTOBER 2024

What We Know About Concussion In Connecticut:

Concussion is a mild traumatic brain injury that affects brain function caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth¹. This sudden movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging brain cells².

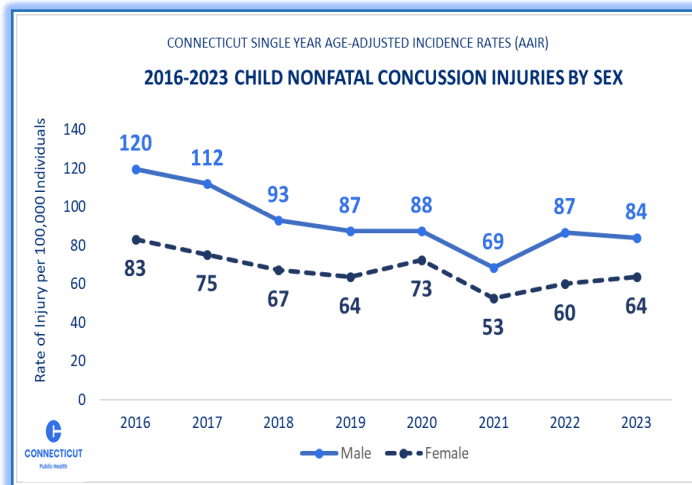
Concussions are common and they can affect people of all ages. Effects are often short term and can include headaches and trouble with concentration, memory, balance, mood and sleep. A severe concussion can cause impaired consciousness for several hours or longer and could result in lasting effects.

Repeated concussions may cause a serious neurological condition called *chronic traumatic encephalopathy (CTE)*, which can cause persistent pain, mood and personality changes, as well as difficulty functioning in daily life.

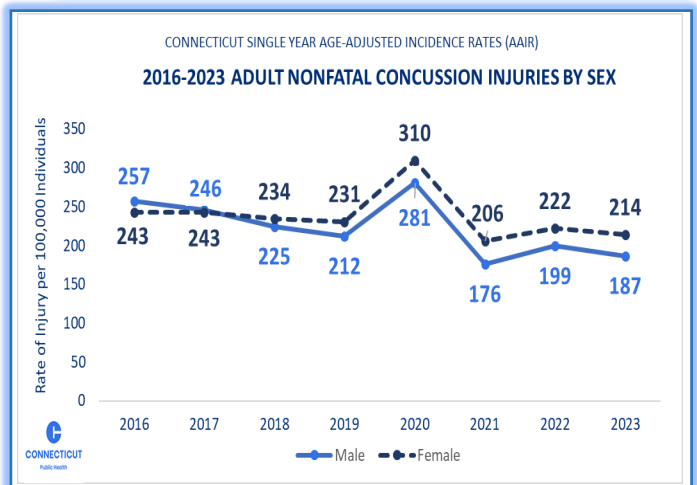
Though rare, *second impact syndrome* is experiencing a second concussion before symptoms of a first concussion go away and could lead to rapid brain swelling that results in death.

Key Points:

- In 2023, **6,672** Connecticut residents were treated in the emergency department for concussion and another **113** were admitted to the hospital for care. Unlike other types of traumatic brain injuries, fatal concussions are rare.
- Connecticut hospitals billed nearly \$342 million for treating concussion victims; \$270 million for emergency department treat and release cases and \$71.9 million for hospital admissions.
- The concussion rates in children under 18 years of age have decrease since 30% 2016.
- Except for an anomaly in 2020, concussion rates are also declining in adults. However, females now show a higher burden of risk than males.
- Understanding the various causes of concussion may help explain difference seen in concussion rates compared by age, sex, race, and ethnicity.



Data Source: Connecticut Hospital Discharge Data

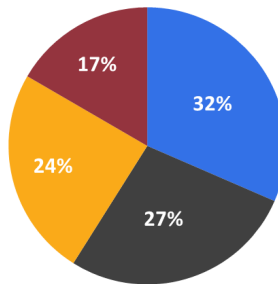


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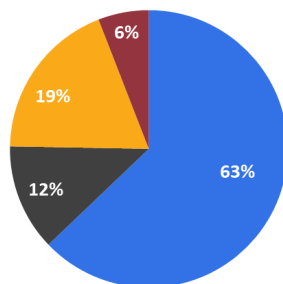
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Percent of
Child Concussions



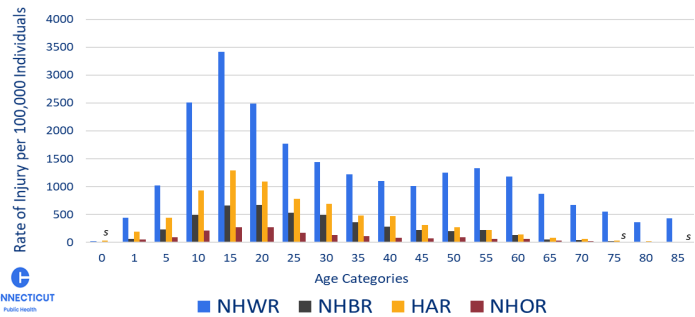
■ NHWR ■ NHBR ■ HAR ■ NHOR

Percent of
Adult Concussions

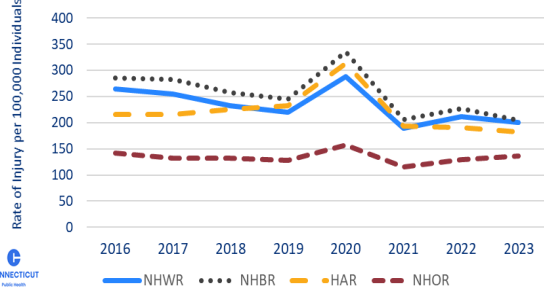


■ NHWR ■ NHBR ■ HAR ■ NHOR

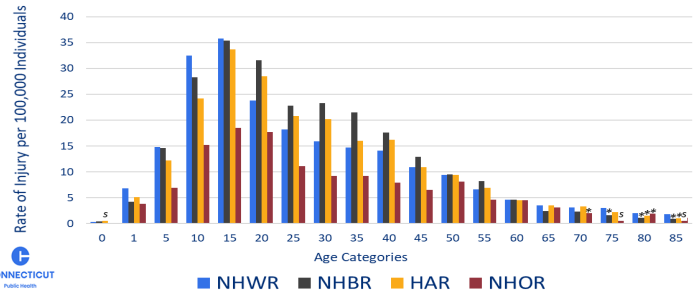
CONNECTICUT FIVE-YEAR AVERAGED COUNTS
2019-2023 Nonfatal Concussion Injuries by Race/Ethnicity/Age



CONNECTICUT SINGLE YEAR AGE-ADJUSTED INCIDENCE RATES (AAIR)
2016-2023 Nonfatal Concussion Injuries by Race/Ethnicity



CONNECTICUT FIVE-YEAR AVERAGED AGE-ADJUSTED INCIDENCE
2019-2023 Nonfatal Concussion Injuries by Race/Ethnicity/Age



Data Source: Connecticut Hospital Discharge Data

NHWR=non-Hispanic white race, NHBR=non-Hispanic black race, HAR=Hispanic (all races), NHOR=non-Hispanic other races

Seek Medical Attention if you Suspect Symptoms of Concussion

Signs and Symptoms of Concussion:

Concussion signs and symptoms may not show up right away—they may take hours or days to appear or be noticed. Spotting a possible concussion may be harder in young children and some children with disabilities because they may not be able to communicate or express how they feel. Symptoms of concussion may include the following:

Physical

- Bothered by light or noise
- Dizziness or balance problems
- Feeling tired, no energy
- Headaches
- Nausea or vomiting (early on)
- Vision problems
- Thinking and remembering

Social - Emotional

- Anxiety or nervousness
- Irritability or easily angered
- Feeling more emotional
- Sadness
- Change in sleeping patterns

Thinking- Remembering

- Attention or concentration problems
- Feeling slowed down
- Foggy or groggy
- Problems with short- or long-term memory
- Trouble thinking clearly

References

- 1 <https://www.cdc.gov/heads-up/about/index.html>
- 2 Giza CC, Hovda DA. The new neurometabolic cascade of concussion. Neurosurgery. 2014;75(suppl_4):S24-S33.