A traumatic brain injury (TBI) is caused by a blow or jolt to the head or a penetrating head injury that disrupts the normal function of the brain.

**Leading Causes of TBI:**
- Falls (28%)
- Motor vehicle-traffic crashes (20%)
- Struck by/against events (19%)
- Assaults (11%)

### More Helpful Resources

- **Neurology Channel**

- **National Center for Injury Prevention and Control**

- **National Institute of Neurological Disorders and Stroke**

- **Traumatic Brain Injury**

The leading cause of deaths and disabilities in our youth
How serious is a TBI?

A TBI can be mild, moderate, or severe, depending on the extent of the damage to the brain. A mild TBI may cause a person to lose consciousness for a few minutes. Other symptoms include headache, confusion, lightheadedness, dizziness, blurred vision, or tired eyes. A moderate TBI results in many of the same symptoms as well as repeated vomiting or nausea, convulsions or seizures, slurred speech, weakness, or numbness in the extremities. A severe TBI can result in epilepsy, Alzheimer’s disease, Parkinson’s disease, Mental Retardation, other profound disabilities, or even death.

The Facts of TBI

- 1.4 million people sustain a TBI each year in the United States
- TBI occurs twice as often as men as in women
- Individuals at higher risk are those between the ages 15 to 24, as well as age 75 and older

How to prevent from getting a TBI:

- Wear a seat belt every time you drive or ride in a vehicle
- Never drive while under the influence of alcohol or drugs
- Wear a helmet while bike riding, on a motorcycle, playing contact sports, etc.
- Use hand rails
- Put non-slip pads in the bottom of your bath tub
- Use safety gates with children

Nearly half (42.6%) of all children’s injuries occur in roads, 34.3% occur at home, and 6.6% occur in recreation areas.

The cost of traumatic brain injuries in the United States is estimated at $48.3 billion annually.