

Traumatic Brain Injury (TBI): Pediatric Causes and Prevention Strategies



TBI is an injury caused by a blow, jolt, or penetrating object that disrupts normal functioning of the brain.

CDC reports that more than **2.8 million** U.S. people sustain a TBI each year; of those, more than **55,000** die and more than **280,000** are hospitalized.¹

TBI can be **mild to severe**.



Severe TBI can lead to permanent disability and even death.

75% of brain injuries are mild (not life-threatening). Concussion is a type of mild TBI.²

All types of TBI can seriously affect a child's daily life.



Brain injury can cause problems with speaking or understanding, movement or mobility, thinking or memory, and personality or mood.

Causes

The **leading causes of TBI in the United States** are¹

Falls



About half of brain injuries in children are caused by falls from objects like stairs and bicycles.

Unintentional blunt trauma



28% of brain injuries in children are caused by being hit in the head with an object, like a baseball or soccer ball.

Motor vehicle crashes



Car accidents are the **#1** cause of TBI-related death in children older than age 5.

Homicide



Homicide is the **#1** cause of TBI-related death in children age 4 and younger.

Prevention Strategies

Take the following actions to **reduce the risk of TBI in children**.



Use a child safety seat or a seat belt when the child is in a motor vehicle.



Make sure the child wears a helmet when riding a bicycle, skateboarding, and playing sports like hockey and football.



Install window guards and stair safety gates at home.



Avoid shaking your baby. Learn how to prevent shaken baby syndrome.³

NICHHD supports research to better understand and find safe and effective treatment options for TBI. To learn more, visit: <https://www.nichd.nih.gov/health/topics/tbi>.

¹ Centers for Disease Control and Prevention. (2010). TBI: Get the Facts.

² Centers for Disease Control and Prevention, National Center for Injury Prevention and Control. (2003). Report to Congress on mild traumatic brain injury in the United States: Steps to prevent a serious public health problem.

³ National Institute of Neurological Disorders and Stroke. (2010). Shaken Baby Syndrome Information Page.



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Tbi Guide How The Brain Works

Albert A Gayle



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