

TRAUMATIC HEAD INJURY IN CONNECTICUT: A FACT SHEET – 2023 UPDATE

INJURY AND VIOLENCE SURVEILLANCE UNIT – OCTOBER 2024

What We Know About Head Injury In Connecticut:

For this fact sheet, head injury includes the categories of Traumatic Brain Injury (TBI), Concussion, and Unspecified Head Injuries (UHI) most frequently defined as injury to the skull.

TBI refers to a brain injury that is caused by an outside force¹. TBI can be caused by a forceful bump, blow, or jolt to the head or body, or from an object entering the brain. Not all blows or jolts to the head result in TBI.

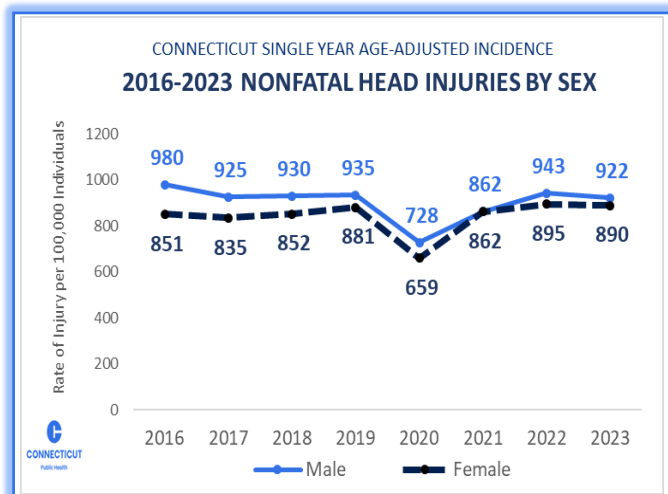
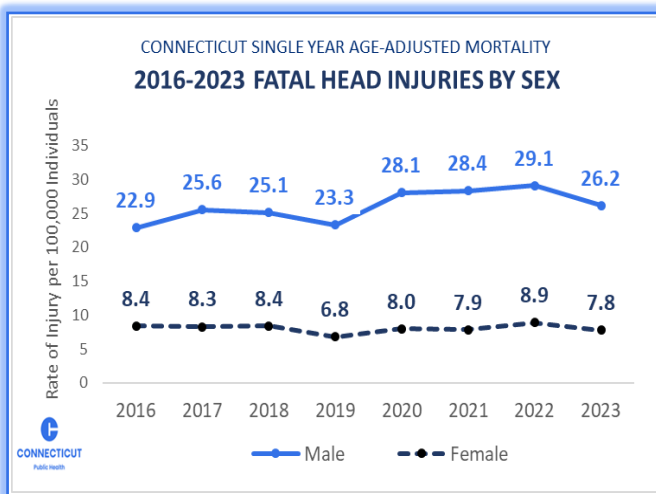
Concussion is a mild traumatic brain injury (MTBI) that affects brain function and can cause headaches, confusion, memory problems and other symptoms².

Common causes of head injury include unintentional falls, transportation crashes, sports-related activities, and interpersonal violence.

Age-adjusted rates for fatal and nonfatal head injury indicate the non-Hispanic black race between 15 and 50 years of age carries the highest burden of risk for a fatal head injury, while non-Hispanic white race carries the highest burden of risk in the population 80 years and older.

Key Points:

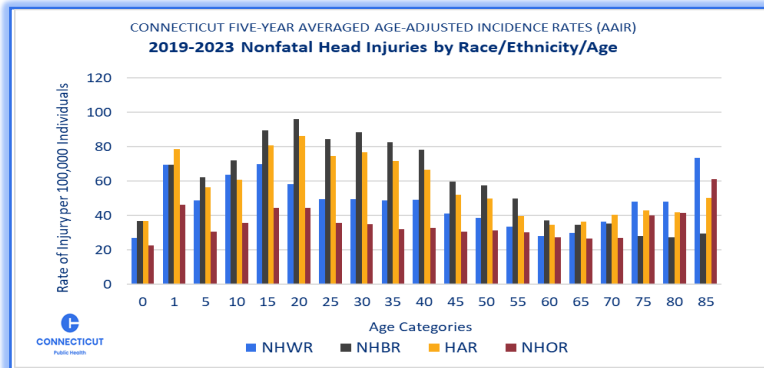
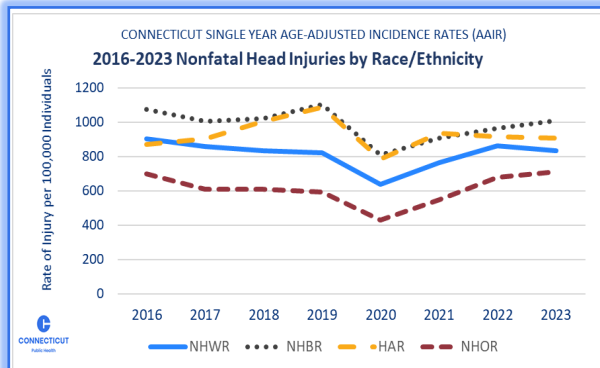
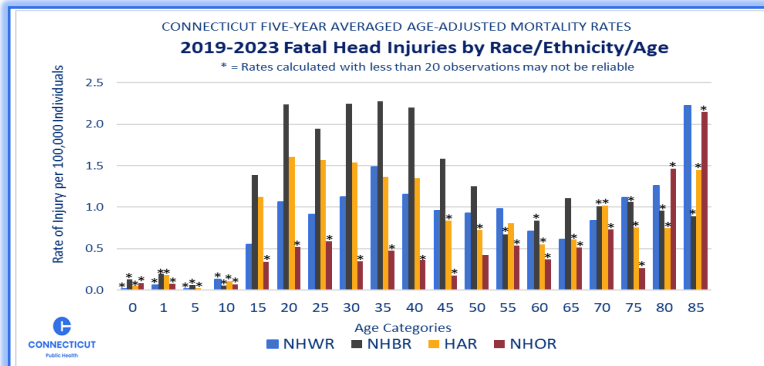
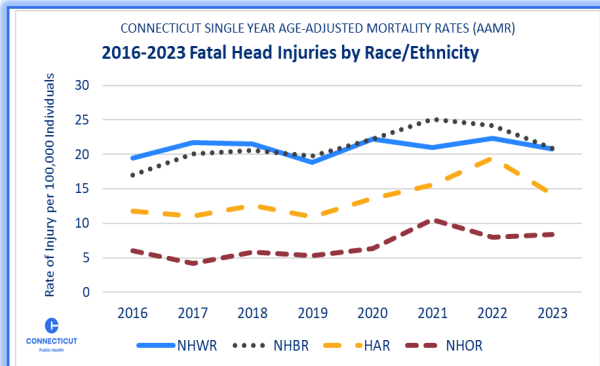
- In 2023, 31,338 Connecticut residents were treated in the emergency department for head injuries, another 2,689 were admitted to the hospital for care, and an additional 676 died from a head injury³.
- Connecticut hospitals billed over \$525.8 million for treating head injuries; \$235.3 million for emergency department treat and release cases and \$290.8 million for hospital admissions.
- 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 non-Hispanic Blacks are dying from head injury has been decreasing since 2021, but the change is not significant.



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

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NWHR=non-Hispanic White Race, **NHBR**=non-Hispanic Black Race, **HAR**=Hispanic All Races, **NHOR**=non-Hispanic Other Races
Data Sources: Fatalities reported from CT Vital Records data and Non-Fatalities reported from Connecticut Hospital Discharge data

How you can 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.

Resources

The Brain Injury Alliance of Connecticut <https://biact.org>

References

- 1 <https://www.ninds.nih.gov/health-information/disorders/traumatic-brain-injury-tbi>
- 2 <https://www.mayoclinic.org/diseases-conditions/concussion/symptoms-causes/syc-20355594>
- 3 Death data from the Connecticut State Vital Records Office and Hospital Discharge data from the Connecticut Hospital Association

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www.ct.gov/dph/injuryprevention