

Traumatic Brain Injury (TBI) in Kids: Causes and Prevention Strategies



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

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.

1.7 million people in the United States sustain a TBI each year; of those, **50,000 die** and more than **250,000 are hospitalized**.

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 are

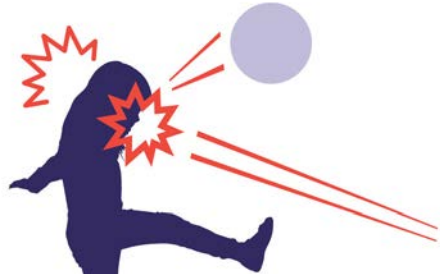
Falls



55%

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

Unintentional blunt trauma



24%

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.

Assault



Assault (e.g., physical abuse) 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.

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



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