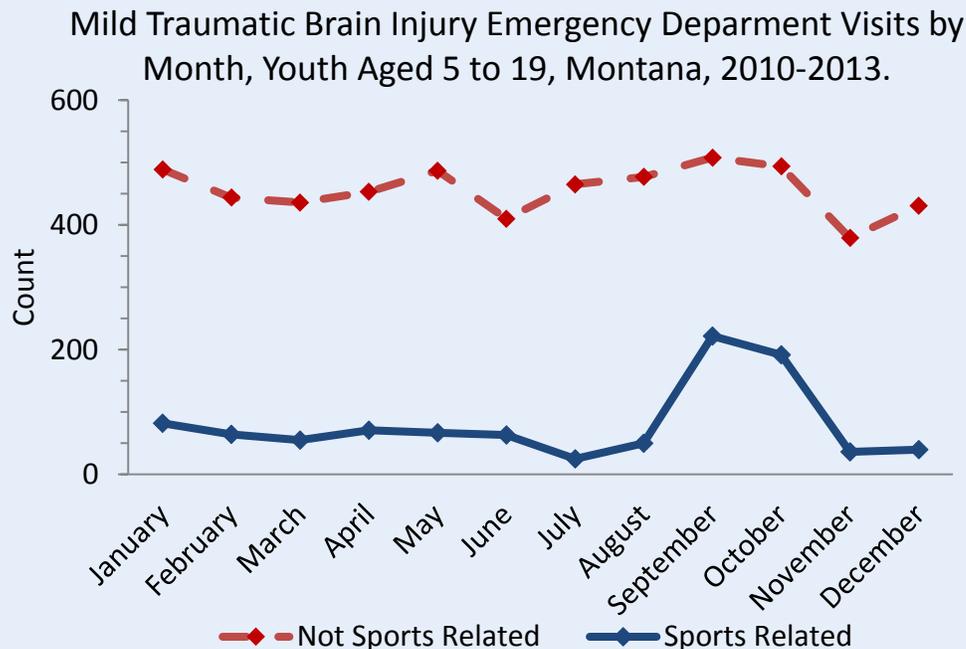


## Seasonality of Sports-Related Concussions and other Mild Traumatic Brain Injuries in Montana School Aged Youth



Among youth aged 5 to 19, there were about 1,610 concussions and other mild traumatic brain injuries (mTBIs) treated in emergency departments each year from 2010 to 2013. At least 15% of these are sports related.

The monthly rate of sports related mTBIs doubles in September and October. 43% of sports-related mTBIs occurred in these two months. There was little variation by month in mTBIs that occurred outside of sports.

Students playing fall sports may be particularly prone to concussions. All student athletes should exercise caution both to prevent concussions and when returning to play following a concussion.

**Data Source:** Montana Hospital Discharge Data System, provided by the Montana Hospital Association

**Definition:** An mTBI was any ED visit with a primary or secondary diagnosis of mTBI as specified by an ICD-9-CM code. An mTBI was classified as sports related if it was listed with an E-code E917.0, E917.5, or E886.

### CONTACT

Luke Baertlein  
Epidemiologist  
406-444-4592  
LBaertlein@MT.gov

### RESOURCES

- Montana Injury Prevention Program: <http://www.dphhs.mt.gov/publichealth/EMSTS/prevention>
- Montana Brain Injury Alliance: <http://biamt.org/>
- U.S. CDC Heads Up Campaign: <http://www.cdc.gov/headsup/>