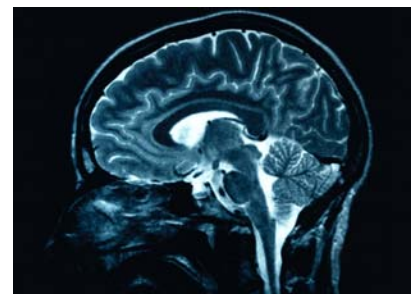


Traumatic Brain Injury-Related Mortality Arizona, 2004-2008



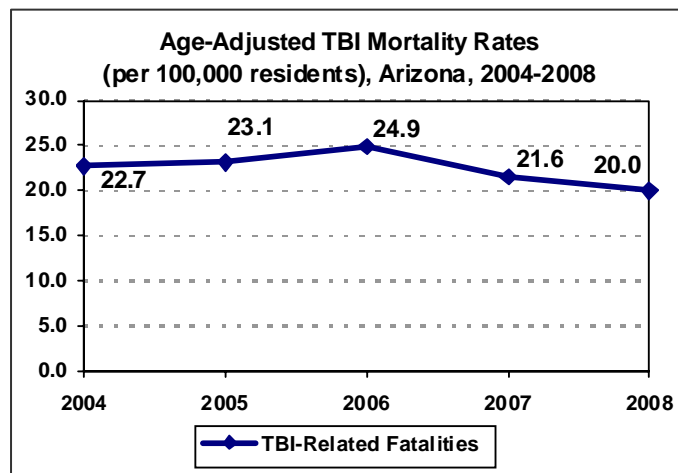
Magnitude of the problem:

Traumatic brain injuries (TBI) are a public health problem impacting the lives of thousands of Arizona residents each year. Between 2004 and 2008, the age-adjusted death rate for TBI-related injuries among Arizonans decreased from 22.7 deaths per 100,000 residents to 20.0 deaths per 100,000 residents. **This represents a 12 percent decrease in the rate of deaths over five years.**

Among the 6,968 TBI-related fatalities between 2004 and 2008, 74% were among males (n=5,140) and 26% were among females (n=1,826). 12% of deaths occurred among children 19 years and younger (n=818), and 29% of deaths were among adults 65 years and older (n=2,986).

Who is affected by traumatic brain injuries:

- Adults over 85 years of age had the highest rates of TBI mortality in 2008 (132.5 deaths per 100,000 residents). In this age group, 72% of TBI deaths resulted from unintentional falls.
- In 2008, American Indians had the highest age-adjusted mortality rate due to TBI (30.5 deaths per 100,000 residents). Among all race/ethnicity groups, the age-adjusted mortality rate was 20.0 deaths per 100,000 residents.
- Between 2004 and 2008, 51% of TBI-related deaths were unintentional, 33% were suicides, and 12% of deaths were homicides.
- Firearms were the most common cause of TBI-related fatalities, and accounted for 43% of the deaths between 2004 and 2008, including a large percentage of deaths by suicide.
- Motor-vehicle traffic crashes and falls were the 2nd and 3rd most common causes of TBI-related fatalities between 2004 and 2008. **Though the age-adjusted fall-related mortality rates increased by 20% over five years, the age-adjusted TBI mortality rate for motor-vehicle traffic crashes decreased by 32%.**



What can be done to reduce the risk of traumatic brain injuries?

Traumatic brain injuries are preventable:

- Wear a seatbelt every time you drive or ride in a motor vehicle.
- Wear a helmet when riding a bike, ATV, motorcycle, horse, or skates.
- Store firearms unloaded in a secure location.
 - If someone may be suicidal, remove firearms from the home.
- Prevent fall-related injuries in the home:
 - Use non-skid rugs and mats throughout the home.
 - Install handrails and grab bars in bathrooms.
 - Improve lighting throughout the home.
- Prevent fall-related injuries among children:
 - Use safety gates to prevent children from falling on stairs.
 - Make sure playground surfaces have shock-absorbing materials.
- Prevent fall-related injuries among older adults:
 - Have vision checked annually.
 - Maintain a regular physical activity program to improve strength and balance.
 - Have a healthcare provider review medications for potential interactions.



For more information, visit the Arizona Governor's Council on Spinal and Head Injuries

<http://www.azheadspine.org>

2004-2008 Arizona mortality data with ICD-10 codes S01, S02.1, S02.3, S02.7, S02.8, S02.9, S06, S07.0, S07.1, S07.8, S07.9, S09.7, S09.8, S09.9, T01.0, T02.0, T04.0, T06.0, T90.1, T90.2, T90.4, T90.5, T90.8, or T90.9 listed on the death certificate were included in this fact sheet.

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Leadership for a Healthy Arizona