



CERTIFIED ATHLETIC TRAINERS **SAVE LIVES!**

HEAD INJURIES:

- **The incidence of sports-related concussions is increasing!***
 - **2 million** brain injuries are suffered by youth athletes every year
 - Concussion rate in high schools has increased 15.5% over the last 11 years
- **We are just beginning to learn about the long-term negative effects:**
 - Football players with a history of concussion are **7.7 times more likely** to suffer memory loss
 - Chronic Traumatic Encephalopathy (CTE), which degenerates portions of the brain in a similar way as Alzheimer's disease, is being found in the brains of former football players
- **We aren't doing all we can do to help...**
 - Up to **85%** of all sports-related concussions go **undiagnosed**[~]
 - **41%** of athletes with concussions **return to play too soon**^y
 - Only **42%** of high schools nationwide have an AT on staff. The % is even lower in New York[^]
- **If present, Certified Athletic Trainers can help!**
 - Certified Athletic Trainers are listed as one of the healthcare providers integral to the assessment and management of head injuries in the newly passed Concussion Act in New York
 - "Having a Certified Athletic Trainer may have changed his outcome", Superintendent Beverly Reep stated following the death of a high school football player from head injury. (2012 CNN Documentary "Big Hits, Broken Dreams")

DEHYDRATION & HEAT ILLNESS:

- **The annual death rate for heat stroke has risen to 2.8 deaths per year in high school sports***
- **6 high school football players and 1 coach died in the summer of 2011 from heat stroke***
- **"Deaths from heat stroke are 100% preventable. I sit with families and tell them if they'd had an Athletic Trainer, their child's life would have been saved" Doug Casa (lead researcher at University of Connecticut's Korey Stringer Institute)**

Sources:

* cdc.org, ~ acsm.org, ^y American Academy of Neurology, [^]nata.org