

# Sports, Recreation, and Exercise

Sports, recreation, and exercise (SRE) activities include organized and unorganized sports; exercise; and recreational activities at home and outdoors.

## What We Know

- Approximately 11,000 persons receive treatment in U.S. emergency departments (EDs) each day for injuries sustained during SRE activities.
- One of every six ED visits for an injury results from participation in sports or recreation.
- Children 15 years of age or younger account for approximately 45 percent of SRE-related ED visits.
- About 45 percent of playground-related injuries are severe—fractures, internal injuries, concussions, dislocations, and amputations.
- Drowning was the second leading cause of injury death among children ages 1–14 years, and accounted for 3,579 deaths among all ages in 2006.

*A \$10 bicycle helmet generates an estimated \$570 in benefits to society.*



Focus Areas	What We Want to Know	How This Research Will Help
Establish Effective Strategies	How can we speed up adoption of effective strategies to prevent SRE-related injuries? How can we publicize those programs that work?	It can lead to greater use of effective strategies and thus decrease the number of SRE-related injuries. These strategies include increasing the use of protective equipment and making sure equipment and facilities are safe.
Evidence on Program Effectiveness	How can we improve on what's known by adapting and tailoring interventions? What is the impact of certain prevention policies and practices?	This will help determine the value of the presence of qualified staff during organized sports activities, as well as the role of caregivers, schools, and physicians. It will also help determine which policies are most effective in preventing SRE injuries.
Access to Data	How do we estimate the frequency and duration of participation during physical activities to obtain accurate exposure data and thereby improve estimates of the number of SRE-related injuries?	This will help determine participation-based injury rates and compare them across activities. Examine risk and protective factors, develop prevention strategies, and facilitate effective, programmatic decision making.



Centers for Disease Control and Prevention  
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