You do not have to do it alone. and your family as you recover from a TBI. There are many people who can help you.

**Brain Injury (TBI) & Concussion**

**Understanding Health Disparities In Traumatic Brain Injury (TBI) & Concussion**

Disparities in Traumatic Brain Injury (TBI) rates of accessing appropriate healthcare as well as higher numbers and rates of TBI-related hospitalizations and mortality may contribute to this disparity include difficulties due to an assault are more likely to experience PTSD, Insomnia, Depression, Worse overall health outcomes after sustaining a TBI compared to non-Hispanic White individuals. Survivors of Intimate Partner Violence who have a TBI are also more likely to have a greater risk of dying in the hospital following a TBI than non-Hispanic White individuals. Racial & Ethnic minority groups are more likely to receive follow-up care and rehabilitation for a TBI than non-Hispanic White individuals.

**Survivors of intimate partner violence**

Survivors of intimate partner violence (IPV) are more likely to experience PTSD, Insomnia, Depression, Worse overall health outcomes after sustaining a TBI compared to non-Hispanic White individuals. Survivors of IPV who have a TBI are also more likely to receive follow-up care and rehabilitation for a TBI than non-Hispanic White individuals.

**Military Service Members & Veterans**

Military service members occur in non-deployed settings. Half or severe TBI are due to falls. Males are due to falls. People aged 75 years and older have the highest incidence of TBI, 3 times as high as in females. Men are 3 times as high as in females. Those who are uninsured have private health insurance. Uninsured are more likely to have a greater risk of dying in the hospital following a TBI compared to those who have private health insurance. Some potential reasons for this disparity include: more people living in urban areas. People living in rural areas from falling out of open windows.

**Less Access to TBI Care and Poorer Health Outcomes**

**Developing a National Concussion Surveillance System for nationally representative estimates of TBI in schools**

The CDC is Actively Working to Reduce Health Disparities that increase the risk for TBI and other injuries. CDC has research underway to better understand and inform the prevention. CDC is Actively Working to Reduce Health Disparities that increase the risk for TBI and other injuries. CDC is Actively Working to Reduce Health Disparities that increase the risk for TBI and other injuries. CDC is Actively Working to Reduce Health Disparities that increase the risk for TBI and other injuries. CDC is Actively Working to Reduce Health Disparities that increase the risk for TBI and other injuries. CDC is Actively Working to Reduce Health Disparities that increase the risk for TBI and other injuries.

**What You Can Do to Prevent TBI**

- **Wear a helmet**
  - Bike riding, skateboard, in-line skating
  - Bat and run bases in baseball or softball
  - Horse riding

- **Drive Safely and Responsibly**
  - Never drive under the influence of alcohol or drugs
  - Always buckle children in age- and size-appropriate car seats, booster seats, or seat belts
  - Always buckle children in age- and size-appropriate car seats, booster seats, or seat belts. Drive at a safe speed.
  - Wear a seat belt every time you drive or ride in a motor vehicle.
  - Drive at a safe speed.

- **Stay Active**
  - Do strength and balance exercises to make your legs stronger and improve your balance.
  - Do strength and balance exercises to make your legs stronger and improve your balance. Have your eyes checked at least once a year, and talk to your doctor to evaluate your risk for falls.
  - Have your eyes checked at least once a year, and talk to your doctor to evaluate your risk for falls. Use checklists, medications, and vitamins to see if any might make you dizzy.

- **Create Safer For Children**
  - Make your home safer by making repairs needed. Have your home checked by a home inspector.
  - Have your home checked by a home inspector. Use safety gates at the top and bottom of stairs to prevent falls. Install window guards to keep young children from falling out of open windows.

- **Make Living And Play Areas Safer**
  - Make sure your child's playground has soft material under it, such as mulch or sand.
  - Make sure your child's playground has soft material under it, such as mulch or sand. Keep your yard free of objects that can cause falls.

- **Protect Elder Adults Falls**
  - When young children are around.
  - When young children are around. Keep your yard free of objects that can cause falls. Use grille work or fencing on patios.