



Brain Injury

Phone: 515-281-8465
<http://idph.iowa.gov/brain-injuries>

Protecting & Improving
the Health of Iowans



Brain injuries can be caused by hitting your head during a fall or a car crash. Mild brain injuries are sometimes referred to as concussions. Brain injury can also be caused by a stroke or from a lack of oxygen to the brain. Whatever the cause, brain injuries can result in physical, thinking and emotional changes. Individuals with brain injury and their families need proper diagnosis and treatment to deal with the daily challenges they face.

The Brain Injury program improves the lives of Iowans living with brain injuries and their families by linking people to services, promoting safety to prevent brain injuries from happening, and training disability service providers on how to best work with individuals who have sustained a brain injury. A life may be changed by a brain injury – but that life goes on and the Brain Injury program works to ensure that life is the best and most productive it can be.

Did you know?

According to the Centers for Disease Control and Prevention (CDC), nearly 1.7% of people in Iowa, or approximately 50,000 Iowans, are currently living with long-term disabilities caused by a brain injury (CDC, 2008).

Why is the Brain Injury program important to protecting and improving the health of Iowans?

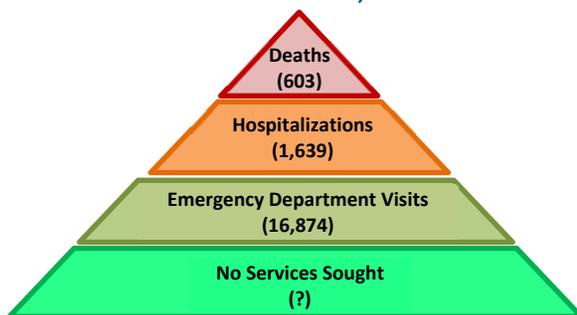
- In 2014, there were nearly 17,000 emergency department visits resulting in a diagnosis of traumatic brain injury (TBI) in Iowa; over 1,600 Iowans were hospitalized because of TBI; and over 600 individuals lost their lives.
- Brain injuries happen in a wide variety of ways. The top causes include falls, vehicle crashes, being hit by an object and assaults.
- Falls are the leading cause of brain injury and rates of fall-related TBIs are increasing among children aged 0-4 years and older, and for adults over the age of 75 (CDC).
- Concussions are brain injuries. Through collaboration with the Department of Education and the Iowa Concussion Consortium, the Brain Injury program works to increase awareness of concussion management and strategies for supporting youth who have experienced a concussion.

Which Iowa Public Health Goals are we working to achieve?

Prevent injuries & violence

Promote healthy living

TBI cases in Iowa, 2014

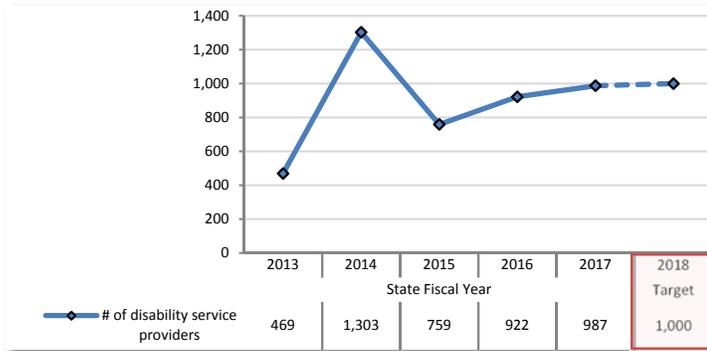


What do we do?

- Promote and carry out brain injury prevention activities.
- Provide brain injury information, awareness and learning opportunities.
- Work through the Brain Injury Alliance of Iowa to provide resource facilitation, a service that helps Iowans with brain injury and their families find, choose and keep needed services and supports within their community.
- Study the needs of people with brain injury and their families to better meet those needs and address barriers to supports they may encounter.
- Make recommendations to other state departments to support a comprehensive statewide service delivery system.
- Work through the Iowa Association of Community Providers to provide training related to supporting individuals with brain injury in their community, including Certified Brain Injury Specialist training.

How do we measure our progress?

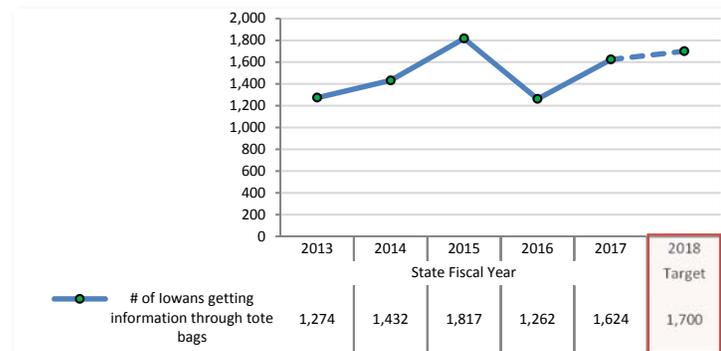
1 Number of disability service providers receiving brain injury training.



Data Source: Iowa Association of Community Providers. Data are available annually.

How are we doing? Over 900 individuals providing community-based disability services in Iowa were trained in 2017. Additionally, as of January 2017, Iowa has 317 individuals certified as brain injury specialists, including six certified brain injury specialist trainers.

2 Number of Iowans that get information and support about living healthy after brain injury through the brain injury tote bag program.



Data Source: Brain Injury Alliance of Iowa. Data are available annually.

How are we doing? Annually, over 1,000 individuals receive information about brain injury and the services and supports available in Iowa.

What can Iowans do to help?

1. Iowans with lived experience, their family members, and/or professionals who support them can serve on the Governor's Advisory Council on Brain Injuries. For more information, contact the IDPH Brain Injury program manager at 515-281-8465 or brain.injuries@idph.iowa.gov. Health care professionals can provide appropriate services to Iowans with brain injury. For more information on special training opportunities, go to http://www.iowaproviders.org/trainings/brain_injury.html.
2. All Iowans can help prevent the likelihood of brain injury by wearing helmets and by assessing and reducing their risk of falling. To learn more about injury prevention, go to <https://idph.iowa.gov/brain-injuries/brain-injury-prevention>.

Expenditures

General fund & federal funds: K07-0853/0854/0855; 0153-1802

	State Fiscal Year 2016 Actual	State Fiscal Year 2017 Actual	State Fiscal Year 2018 Estimate
State funds	\$909,379	\$1,034,441	\$1,034,441
Federal funds	\$242,643	\$226,746	\$244,504
Total funds	\$1,152,022	\$1,261,187	\$1,278,945
FTEs	1.21	1.23	1.20

Note: Funding information is intended to provide an overview of funding related to the program area. It does not include all federal and state requirements and/or restrictions for the use of funds. Contact the program area for more detailed budget information.