

5 Alarming Facts About Athlete Mental Health & Brain Injuries

<p>Girls have a higher rate of sports-related concussion than boys in comparable sports.</p> <p>Centers for Disease Control and Prevention. "HEADS UP: Data on Sports and Recreation Activities." National Center for Injury Prevention and Control. August 26, 2024. https://www.cdc.gov/heads-up/data/index.html</p>	<p>70% of emergency department visits for sports and recreation-related traumatic brain injuries are among children ages 0–17.</p> <p>Centers for Disease Control and Prevention. "HEADS UP: Data on Sports and Recreation Activities." National Center for Injury Prevention and Control. August 26, 2024. https://www.cdc.gov/heads-up/data/index.html</p>
<p>Up to 50% of athletes with concussion experience persistent symptoms beyond 6 months.</p> <p>University of Glasgow & University of Stirling. "Study reveals longer term impact of sport-related brain injuries." January 29, 2024. https://www.gla.ac.uk/news/archiveofnews/2024/january/headline_1039515_en.html</p>	<p>SafeSport survey: Over 50% of athletes reported depression or anxiety; 22% reported suicidal thoughts.</p> <p>U.S. Center for SafeSport. "Athlete Well-Being Survey Report." 2022. https://uscenterforsafesport.org/</p>
<p>One in three elite athletes experience mental health symptoms during their career.</p> <p>Reardon, C.L., & Factor, R.M. "BMJ Open Sport & Exercise Medicine." 2019;5(1):e000585. Published December 19, 2019. https://bism.bmj.com/content/54/4/216</p>	

