

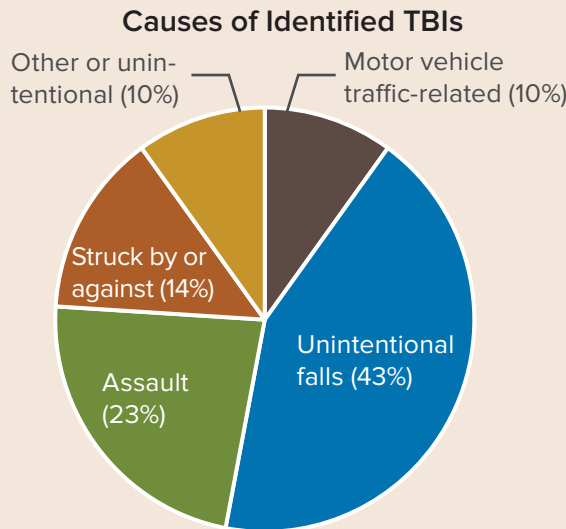
Traumatic Brain Injuries among American Indians in Arizona

FACT SHEET



From 2012 to 2016, nearly **7,300** traumatic brain injuries (TBIs) were identified among **American Indians** and **Alaska Natives** (AI/ANs) in **Arizona**

Unintentional falls were the leading cause of TBIs, with **assault** (includes firearms) and **struck by or against** (an object) next



How can you help reduce the number of traumatic brain injuries in Arizona?

As an Individual...

- Wear a helmet
- Be seen in traffic—wear reflective safety gear
- Secure loose objects in your environment
- Prevent slips and falls in the home, especially for elders (e.g., install rails on stairways, remove obstacles from walking pathways, provide adequate lighting)
- Seek medical care in the event of trauma to the head and request a referral to a head injury specialist

As a Tribal Leader or Professional...

- Increase access to emergency medical care for American Indian/Alaska Native communities
- Support community-based programs focusing on TBI prevention
- Educate community members about how to prevent TBIs
- Develop strategies that ensure TBI survivors minimize the risk of further damage or re-injury

Traumatic brain injuries affect American Indians and Alaska Natives of **all ages** and **genders**

AI/ANs Seeking Emergency or Inpatient Care for TBIs

