

ROWAN'S LAW NUMBERS AND FACTS

Concussion in numbers in the USA

- In the United States, traumatic brain injury (TBI) is a serious public health concern that results in death and disability for thousands of people each year.
- Between 1.7 and 3 million sports- and recreation-related concussions happen each year. Around 300,000 are football-related.
- 5 of 10 concussions go unreported or undetected.
- 2 in 10 high-school athletes who play contact sports — including soccer and lacrosse — will suffer a concussion this year.
- Girls' soccer sees the second-most concussions of all high school sports. Girls' basketball sees the third most.
- The UPMC Sports Medicine Concussion Program sees more than 17,000 patients each year:
 - 30 percent are from outside the state of Pennsylvania.
 - About 70 percent are high school-aged.

Concussion in numbers in Canada

- For children and youth 5 to 19 years, brain injuries made up 80% of emergency department visits, out of all head injuries from sports and recreation.
- For boys and girls 5 to 9 years, brain injuries were most common in ice hockey, compared to all types of injuries in this sport.
- For children and youth 10 to 14 years: for boys, brain injuries were most common in ice hockey, out of all types of injuries in this sport; for girls, brain injuries were most common in ringette, out of all types of injuries in this sport.
- For children and youth 15 to 19 years: for boys, brain injuries were most common in rugby, out of all types of injuries in this sport; for girls, brain injuries were most common in ringette, out of all types of injuries in this sport.
- The National Ambulatory Care Reporting System also collects information from hospitals. In 2016-2017, 46,000 children aged 5 to 19 had a concussion: boys: 26,000 (54%) and girls: 20,000 (45%).

Why we need to create awareness:

Public opinion research with parents, coaches, athletes, school staff and health professionals shows that:

- 1 in 2 have little or no knowledge

- 1 in 4 do not know how concussion is treated
- 15% can identify the best ways to treat concussion
- 4 in 10 know how to find information and other resources

Public opinion research with youth, ages 5-19, shows that:

- 9 in 10 understand that someone does not have to pass out to have a concussion
- 8 in 10 have little or no knowledge of concussion
- 7 in 10 identify that a concussion is a hit to the head that causes headache or blurry sight
- Canadian youth know very little about where to obtain concussion information or who is responsible for identifying a concussion and how to treat it.
- 7 in 10 incorrectly believe wearing a helmet will prevent a concussion
- 6 in 10 believe a harder blow results in a more severe concussion
- 4 in 10 think they should stop taking pain relief medication if they suffered a concussion

Concussion Facts

- Concussions are complex injuries with a wide range of outcomes.
- Because every case is different, there is no simple timetable for recovery. Some people recover in days, others require weeks or months and some may endure long-term effects.
- Any level of a concussion can be a serious medical issue that requires prompt care by a health professional trained in managing concussions.
- To avoid repeat injury, it's crucial to manage concussions until complete recovery.

Rowan's Law:

- Rowan's Law, a joint effort from MacLeod, Liberal John Fraser and New Democrat Catherine Fife, passed in 2018 and established what MacLeod said is the first law of its kind Canada.
- The law establishes removal-from-sport and return-to-sport protocols for players to ensure they are taken out of a game if they are suspected of having a concussion.
- Starting July 1, 2019, athletes, parents, coaches and officials will be required to review concussion awareness resources and a concussion code of conduct that sets out rules of behaviour to minimize concussions while playing sports.