



# THE UNIVERSITY OF WINNIPEG

## *Heads Up Concussion Institute*

Faculty of Kinesiology

Our mission is to provide evidenced based prevention, education, monitoring, assessment and recovery strategies related to concussion as a service to the sport community.

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## **Terms of Reference**

### **Background**

Injuries in children and youth aged 0-19 cost Canada's health care system \$5.1 billion in direct and indirect costs annually. Unintentional injuries continue to be the leading cause of death for children and youth in Canada, and one of the leading causes of hospital admission. In Canada, two children die from unintentional injuries every day and 80 are admitted to hospital.

More than 40% of child and youth injuries treated in emergency departments are sport and recreation related:

- 31% of those in children aged five to nine years;
- 63% of those in the 10-14 year age group; and
- 57% of those in youth aged 15-19 years.

The population most affected by injuries related to sport and recreation often varies with the type of activity or cause of injury. For example, there are indications that children and teens in low-income neighbourhoods are more likely to be hospitalized for unintentional injury than their counterparts in high-income neighbourhoods, though there are variations by age range and children from lower income neighbourhoods, who have higher rates of pedestrian and cycling injuries.

Sports participation rates are higher among boys than girls, with the difference increasing during adolescence. Data from 2009 indicated that 65.5% of the emergency room visits related to sports and recreation for the 0-19 year age group were males. While there is some variability depending on the specific type of activity, this gender differential is found across a wide range of sports and recreation activities. **(from: Active and Safe Injury Prevention Initiative – Public Health Agency of Canada – 2012)**

According to the Canadian Institute for Health Information, sports and recreational activities were the third leading cause of TBI admissions in Canadian hospitals in 2003-2004. In the United States, the Center for Disease Control and Prevention estimates that 1.6 to 3.8 million concussions occur in sports and recreational activities annually. (Canadian Medical Association. 2011)

In the United States, the annual incidence of sports-related concussion is estimated at 300,000. In Canada, it is estimated to be 30,000. Estimates regarding the likelihood of an athlete in a contact sport experiencing a concussion may be as high as 19% per season. Although the majority of athletes who experience a

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concussion are likely to recover, an as yet unknown number of these individuals may experience chronic cognitive and neurobehavioral difficulties related to recurrent injury. (<https://www.impacttestcanada.ca/learn.html> )

## **Introduction**

The Heads Up Concussion Institute was established in June 2012 and is sponsored by the University of Winnipeg. It is housed within the Faculty of Kinesiology and the Department of Kinesiology and Applied Health. The purpose is to provide optimal prevention, education, monitoring, treatment and research of concussions.

We will draw upon the resources at the University of Winnipeg including Faculty members in Kinesiology, Biology, Sociology and Psychology among others, the Athletic Therapy program, the Athletic Therapy Clinic and the proposed Health, Wellness and Healing Centre.

## **Objectives**

- To provide evidence based education, prevention, assessment, treatment and research information to the sport community
- To participate in discussions and collaborations amongst the medical community in Manitoba on topics related to concussion in sport.
- To conduct community education programs about concussion in sport, including prevention, assessment, treatment and long-term effects.
- To offer baseline testing using a computerized assessment tool
- To provide follow-up testing and evaluation to individuals who have sustained a concussion
- To provide (or refer to) services as needed by the individual who has sustained a concussion (treatment, counseling, cognitive rehabilitation)
- To monitor or consult on return to play progression
- To conduct research in the area of concussion in sport
- To serve as a media contact to comment on issues related to concussion in sport
- To collaborate with other concussion in sport resource centers in North America and beyond
- To promote awareness and prevention through community events