



Sports Injury Stats

More than seven million boys and girls will participate in high school sports this year. Unfortunately, injuries are a part of every season; check out the latest sports injury statistics:

General Sports Injuries

- The Centers for Disease Control (CDC) reports that the most frequent reason for emergency room visits among 12-17 year olds is some type of sports related injury.
- More than 3.5 million children ages 14 and under receive medical treatment for sports injuries each year.ⁱ
- According to the American College of Emergency Physicians (ACEP), more than 3.5 million kids 14 and under are treated for sports injuries each year.
- Overuse injury, which occurs over time from repeated motion, is responsible for nearly half of all sports injuries to middle-and high-school students. Immature bones, insufficient rest after an injury and poor training or conditioning contribute to overuse injuries among children.ⁱⁱ
- Most organized sports related injuries (62 percent) occur during practices rather than games. Despite this fact, a third of parents often do not take the same safety precautions during their child's practices as they would for a game.ⁱⁱⁱ
- Children ages 5 to 14 account for nearly 40 percent of all sports-related injuries treated in hospital emergency departments. The rate and severity of sports-related injury increases with a child's age.^{iv}
- A recent survey found that among athletes ages 5 to 14, 15 percent of basketball players, 28 percent of football players, 22 percent of soccer players, 25 percent of baseball players and 12 percent of softball players have been injured while playing their respective sports.^v
- According to research in the American Journal of Sports Medicine, high school football players suffer fewer but more severe injuries than college players.

Heat-Related Injuries:

- According to CDC researchers, two-thirds of all heat-related illnesses in high school athletes occurred during football practice, most of them in August.^{vi}
 - Some 80 percent of the heat illnesses seen in the study involved football -- 77 struck players at practice and 17 during games.
 - No other sport for boys or girls came close to football in the heat-related injury incidence rate.

Head Injuries:

- Estimated 136,000 sports-related concussions/year among high school athletes in the US.^{vii}
- Injuries associated with participation in sports and recreational activities account for 21 percent of all traumatic brain injuries among children in the United States.
- According to the ACEP, brain injury is the leading cause of sports-related death in children.

ⁱ <http://www.sportssafety.org/sports-injury-facts/>

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^{iv} <http://www.cdc.gov/datastatistics/2008/brainInjuries/>

^v <http://www.sportssafety.org/sports-injury-facts/>

^{vi} Morbidity and Mortality Weekly Report, Source reference: Gilchrist J, et al "Heat illness among high school athletes -- United States, 2005-2009" MMWR 2010; 59: 1009-13.

^{vii} December 2010 *American Journal of Sports Medicine*