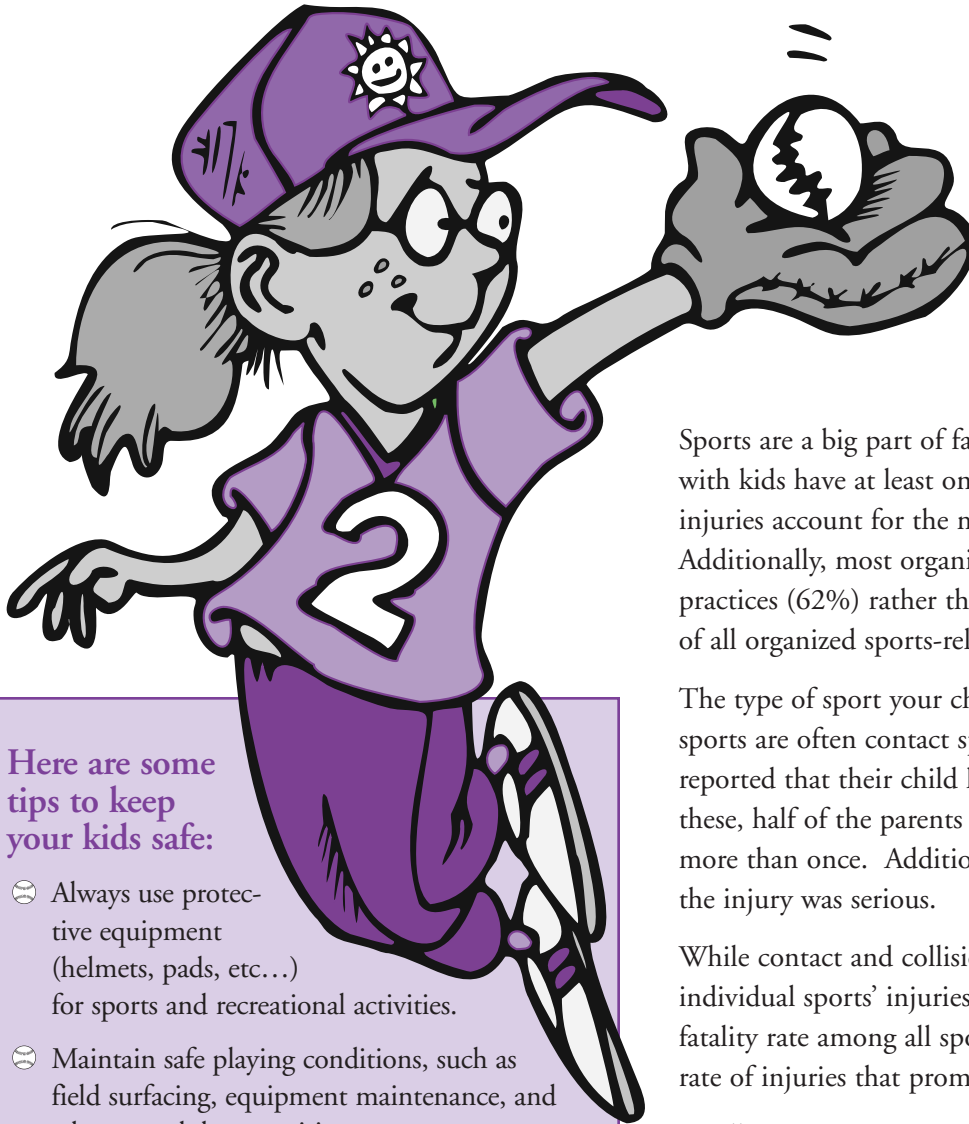


for Parents



NO. 26 • SPRING 2006

A PROGRAM OF CONNECTICUT CHILDREN'S MEDICAL CENTER



Play it safe

Here are some tips to keep your kids safe:

- ⊖ Always use protective equipment (helmets, pads, etc...) for sports and recreational activities.
- ⊖ Maintain safe playing conditions, such as field surfacing, equipment maintenance, and adequate adult supervision.
- ⊖ Develop and **enforce** safety rules.
- ⊖ Ensure that kids drink an adequate amount of liquids while engaging in athletic activities.
- ⊖ Provide children with proper training and skills building when they are learning a new sport.
- ⊖ Have kids take the same precautions during practice as they would during a game.

Sports are a big part of family life. Nearly 3/4 of U.S. households with kids have at least one child playing organized sports. Sports injuries account for the majority of non-fatal injuries at school. Additionally, most organized sports-related injuries occur during practices (62%) rather than during games. It is estimated that half of all organized sports-related injuries among kids can be prevented.

The type of sport your child plays also affects the injury. Team sports are often contact sports. Thirty percent of parents have reported that their child has been injured playing a team sport. Of these, half of the parents report that their child has been injured more than once. Additionally, nearly a quarter of the parents report the injury was serious.

While contact and collision sports have higher rates of injury, individual sports' injuries are more severe. Baseball has the highest fatality rate among all sports for kids. Basketball has the highest rate of injuries that prompt a trip to the emergency room.

Finally, a recent survey among 5 to 14 year old athletes found that the percentage of athletes who had been injured while playing their sport was:

Football	28%
Baseball	25%
Soccer	22%
Basketball	15%
Softball	12%

For more sport-specific safety tips, please visit www.ctsafekids.org.

Information courtesy of Safe Kids Worldwide

REPORTING ON CHILDHOOD INJURY

Sports Injuries

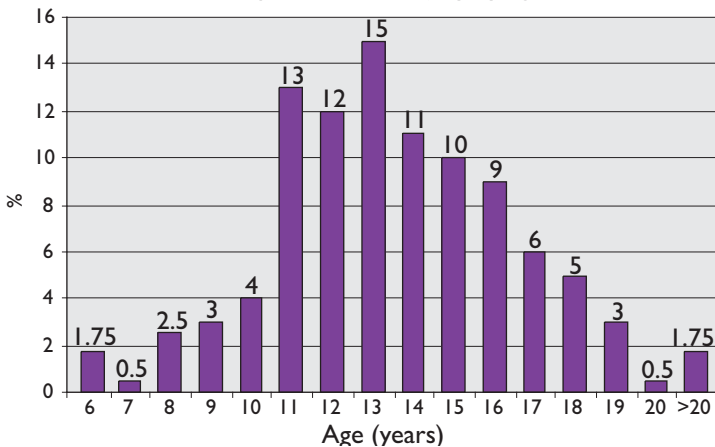
Garry Lapidus, PA-C, MPH, Director, Injury Prevention Center, Connecticut Children's Medical Center; Associate Professor of Pediatrics and Public Health, University of Connecticut School of Medicine



Each year, more than 20 million American youth participate in school or community sports. This results in approximately one million serious sports-related injuries occurring annually, requiring hospitalization, surgery, missed school, or at least a half-day in bed. The social, as well as economic consequences related to sports injury incidents are quite substantial, and are estimated to cost thousands of millions of dollars in the U.S. each year.

Most sports-related injuries occur in early adolescence, with 13-year old children experiencing the highest number of sports-related injuries (see Table). These children and adolescents are anatomically, physiologically, and psychologically immature, which may make their bodies more susceptible to damage. •

Sports-related injury by age



Source: American Association of Poison Control Centers, 2004

For more information, please contact:

Connecticut SAFE KIDS 860-545-9988

or your local SAFE KIDS Chapter or Coalition

Greater Waterbury Chapter 203-709-3655

supported by St. Mary's Hospital and Waterbury Medical Association

Valley Parish Nurse Community Chapter 203-732-1337

supported by Griffin Hospital

Windham County Chapter 860-456-6978

supported by Windham Hospital

Fairfield County SAFE KIDS 203-853-7115

supported by Danbury Hospital and Greenwich Hospital

New London County SAFE KIDS 860-442-0733

supported by Lawrence & Memorial Hospital

Poison Safety Week

March 19th through 25th is National Poison Prevention Week. The theme for this year is "Children Act Fast...So Do Poisons!" For more information about this week or about poison safety in general, please visit www.poisonprevention.org or contact the Connecticut Poison Control Center at 860-679-3531. •



Heads Up!

The CDC has developed a kit called "Heads Up: Concussion in High School Sports" to help manage, recognize and prevent concussions. For a free kit—including video, DVD, fact sheets, reference card, clipboard sticker and poster—please visit www.cdc.gov/ncipc/tbi/Coaches_Tool_Kit.htm. •

Tween Traffic Safety

The Automotive Coalition for Traffic Safety has a new website with lots of good facts, research and program ideas for keeping 8 to 12 year olds safe in the car. Please visit www.twensafety.org for more information. •

Kids Can't Fly

The majority of window fall-related deaths and injuries of kids occur during the spring and summer, usually while playing unsupervised. Window guards and stops are effective at preventing these falls. Window screens, however, will not prevent a child from falling out of a window. •

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