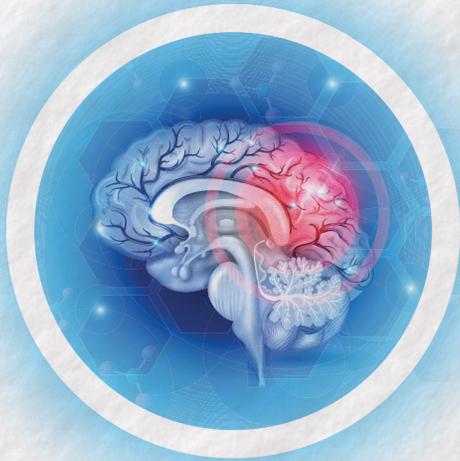


# Brain Injury Facts



More than

**3.5 million people**

get an acquired brain injury each year in the United States.

**144,000 Texans**

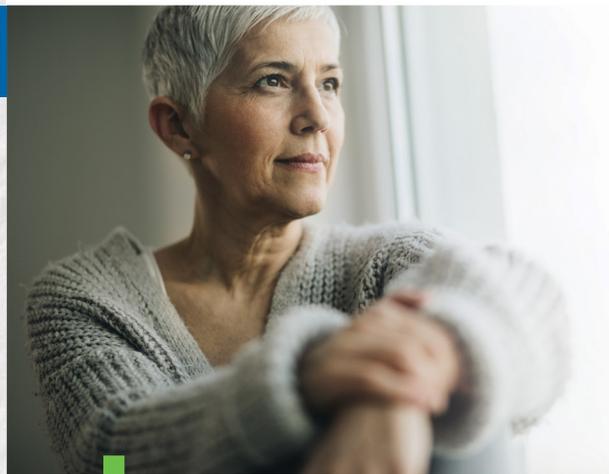
get a traumatic brain injury each year. That's one every four minutes.

**33 percent**

of sports concussions happen during practice.

**795,000 people**

have a stroke each year.



To learn more:

Phone:

**512-706-7191**

Email:

**[oabi@hhsc.state.tx.us](mailto:oabi@hhsc.state.tx.us)**



**TEXAS**  
Health and Human  
Services



[hhs.texas.gov/brain-injury](https://hhs.texas.gov/brain-injury)

# Office of Acquired Brain Injury:

The Center for Awareness and Education



**TEXAS**  
Health and Human  
Services

# What Is an Acquired Brain Injury?

An acquired brain injury is brain damage caused by something that happens after birth. There are two types of brain injuries:

- Traumatic brain injury is caused by an outside force, usually a violent blow to the head.
- Non-traumatic brain injury is caused by something that happens inside the body, such as a stroke, infection, lack of oxygen, brain tumors, exposure to toxins or drug use.

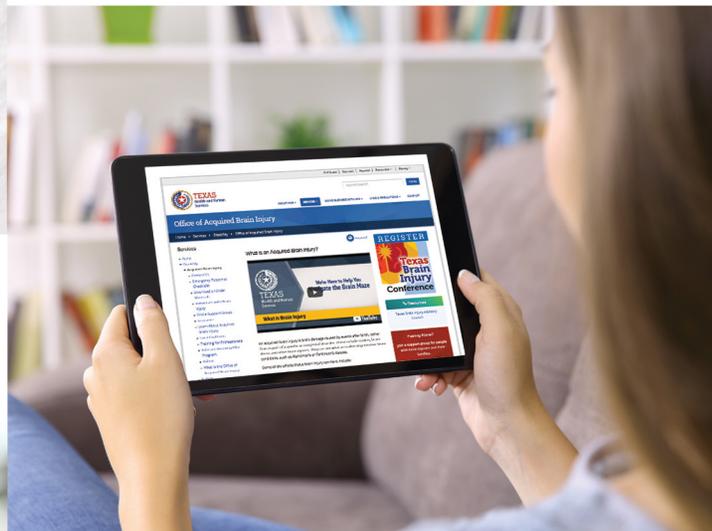


## What does the Office of Acquired Brain Injury do?

Our goal is to help connect people to resources and services, raise awareness and prevent brain injuries.

# Finding Resources and Services

We are dedicated to making sure Texans find the help they need. We will personally help people find answers to brain injury questions. Our resources include information on support groups in your area, educational videos, a guide to help you find and get the support that's right for you and much more.



## Education and Awareness

We work to raise awareness about ways to prevent brain injuries, cut down the impact they have on society and make better lives for brain injury survivors and their caregivers. Spread the word in your community by downloading or ordering our free awareness materials or schedule a brain injury training in your area.

# Prevention

We promote the importance of Texans protecting themselves to cut down the number of brain injuries in the state.



## Protect yourself and the people you love:

- Wear your seat belt and buckle your child in the correct way when riding in a vehicle.
- Wear a helmet when you ride a bike or motorcycle, play contact sports, ride a horse, ski or snowboard.
- Watch for slippery, uneven walkways and be extra careful when it's hard to see outside.
- Try to have your child play in a playground with shock-absorbing surfaces, such as sand or wood chips, which will protect them if they fall.

# Office of Acquired Brain Injury: The Center for Awareness and Education

Texas Health and Human Services

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- 144,000 Texans get a traumatic brain injury each year. That's one every four minutes.
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