



## Sports-Related Injuries

### Issue

The beautiful landscape and British Columbia’s weather make it an ideal province for sport enthusiasts and those looking to enjoy outdoor recreational activities. Consequently, the VGH Trauma Services sees a large number of sports-related injuries, throughout the year. Approximately 25% of hospitalizations that occurred in the past year were a result of participation by an individual in a sport or recreational activity<sup>1</sup>. Therefore, sport-related injury prevention is a priority for Vancouver Coastal Health. Some of the most common sport-related injuries within the Vancouver Coastal Health region result from cycling, skiing, snowboarding, all terrain vehicles (ATV), and motorcycling<sup>1</sup>. Sports-related injuries can occur across all age groups, and can result in concussions and musculoskeletal injury, resulting in extended stays in hospital and morbidity.

### Statistics

- Across BC, the greatest number of sports-related injuries occur amongst 15-19 year olds, followed by 20-24 year olds and 10-14 year olds<sup>2</sup>
- Major injuries are most likely to occur between 20-29 year olds and 55-59 year olds as compared to the other age groups
- In BC, the number of cycling-related hospitalizations has risen over the last five years, and of those injured, 63% were wearing a helmet<sup>1</sup>
- In VCH, in 2013, cycling, followed by skiing and snowboarding were the top 3 leading sport-related causes of injury<sup>4</sup>
- Summer time is the most frequent time of injuries resulting in hospitalizations in BC, however, due to the local mountains in VCH, participation in winter sports increase the number of injuries resulting in hospitalizations normally seen in pacific coastal cities

### Tools

- **Parachute’s Horizon** —A resource for evidence-based injury prevention solutions. It is an online hub that connects Canadians with leading practice solutions for injury prevention - <http://horizon.parachutecanada.org/en/>
- The **Concussion Awareness Training Toolkit (CATT)**, developed by the BC Injury Research and Prevention Unit, provides a free evidence-based online concussion toolkit for Medical Professionals, Parents, Players, and Coaches and School Professionals. CATT provide up-to-date education, tools and resources to help prevent, recognize, treat and manage concussions as well as support decreasing the impact of concussions when they do occur - <http://www.cattonline.com>
- **Operation Headway** is a comprehensive bike helmet promotion program, developed in Nova Scotia, that combines enforcement of helmet legislation, education and economic penalty for not wearing helmets as well as rewards for wearing helmets - <http://cbpp-pcpe.phac-aspc.gc.ca/interventions/operation-headway/>
- **BC Injury Research and Prevention Unit** website contains facts, reports, publications, educational components and additional resources available to the public to inform and educate on injury prevention - <http://www.injuryresearch.bc.ca/quick-facts/sport-recreation/>

### References

- 1: BC Trauma Registry Annual Data Summary Report 2013-2014 2: Discharge Abstract Database, Ministry of Health, 2015 3: VCH Injury Profile 2014 4: BC Trauma Registry 5: Icon made by Freekpiik at www.flaticon.com