What is Traumatic Brain Injury?
TBI is damage to the brain caused by an external physical force that may produce a diminished or altered state of consciousness. Such trauma results in impairment of cognitive, physical, behavioral and/or emotional functioning.

A concussion is a violent jarring or shaking that results in a disturbance of brain function.

How common is TBI?
• Every 21 seconds, one person in the U.S. sustains a TBI
• 5.3 million Americans (2 percent) have a TBI-related disability
• Approximately 13,000 North Dakotans are living with a TBI-related disability

Three Main Causes of TBI: Falls, Motor Vehicle Crashes, Assault

What is North Dakota doing with the TBI Planning Grant?
In 2003, the North Dakota Department of Health was awarded a federal grant to conduct the following TBI planning activities:
• Develop an advisory committee.
• Conduct a statewide assessment of the problems associated with TBI.
• Develop an action plan to address the needs of North Dakotans with TBI and their families.

A 25-member advisory committee was established with statewide representation from persons with TBI, family caregivers, service providers and agency representatives, including the Indigenous People’s Brain Injury Association.

The statewide TBI needs assessment, currently being conducted, focuses on the most significant barriers to accessing and utilizing needed services among persons with TBI and their families. Information is being collected through focus groups and survey instruments. A total of 1870 surveys were administered to persons, families, and organizations impacted by TBI.

Focus Group Sites
Twenty Focus groups were conducted across North Dakota (including the five tribal sites) involving the following:
  - Individuals 55
  - Family/Caregivers 49
  - Service Providers 65
  - Agency Representatives 15
  - Total Number of Participants = 184

Focus Group Findings
Increased Access to Information and Resources
Increased Awareness of TBI
Greater Acceptance of TBI
How can life circumstances of persons with TBI and their families be improved?
Improved Comprehensiveness of Family, Friends, & Coordination of Services
Increased Support

Three Main Causes of TBI:
- Falls
- Motor Vehicle Crashes
- Assault

Comparison of Injury and Disability Prevalence Rates

<table>
<thead>
<tr>
<th>Disability Type</th>
<th>Prevalence Rate</th>
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<tbody>
<tr>
<td>400,000 with Spinal Cord Injuries</td>
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<tr>
<td>500,000 with Cerebral Palsy</td>
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<tr>
<td>2 Million with Epilepsy</td>
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<tr>
<td>3 Million with Stroke disabilities</td>
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<tr>
<td>4 Million with Alzheimer’s disease</td>
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<tr>
<td>5 Million with persistent mental illness</td>
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<tr>
<td>5.3 Million with TBI disabilities</td>
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<tr>
<td>7.3 Million with mental retardation</td>
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