CONCUSSIONS IN CHILDREN AND YOUNG ADULTS
A MATTER OF RECENT NATIONAL CONCERN

AMONG THE LATEST FINDINGS

September and October are the most dangerous months for children and young adults under age 22 from 2010 to 2014.

High school years show higher rates than middle school or college.

Boys are much more likely than girls to have concussions diagnosed.

500% increase in diagnoses since 2010 for children and young adults.

September and October are the months with the highest incidence of concussions for children and young adults under age 22—the months that correlate with the start of youth football.

WASHINGTON, DC—By age 22, nearly half of concussions diagnosed in people younger than 23 occur in the age group 15-18—the high school years. This suggests that high school sports may present the greatest risk for concussions, followed by middle school sports (ages 11-14, 27 percent) and college sports (ages 19-22, 17 percent).

Nearly half (46 percent) of concussions diagnosed in people younger than 23 occur in the age group 15-18—the high school years. This suggests that high school sports may present the greatest risk for concussions, followed by middle school sports (ages 11-14, 27 percent) and college sports (ages 19-22, 17 percent).

The largest disparity in concussions between girls and boys occurs in the 5-10 age group, when the percentage of concussions diagnosed in boys is more than twice that in girls.

Although boys in general are more likely to have concussion diagnoses than girls, the gap between girls and boys is greatest in September and October—the start of the football season. In those months, the ratio of males with concussion diagnoses to females with concussion diagnoses is the greatest.

Among states with the highest volume of concussion diagnoses, Pennsylvania is unique in that more girls than boys have concussions diagnosed. In Pennsylvania, girls’ field hockey is popular, while in Connecticut, where the gap between girls and boys is small, girls’ ice hockey, lacrosse, field hockey and soccer are popular—likely leading to increased concussions for girls. In states where football predominates, such as Texas, Florida and California, boys are more likely to have concussions than girls.

FAIR Health’s NPIC® database of more than 20 billion privately-billed medical and dental healthcare claims from more than 60 contributors nationwide.