



Public Service Announcement

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FOR IMMEDIATE RELEASE

Take Care of your Brain . . . March is Brain Awareness Month

A brain injury can happen anytime, anywhere, to anyone. The numbers are alarming:

- 475,000 children sustain a traumatic brain injury (TBI) each year in the U.S.
- 3.1 million individuals live with life-long disability as a result of TBI
- 52,000 people will die, 275,000 people will be hospitalized and over 1 million people will be treated and released from an emergency department this year due to a traumatic brain injury.

These are numbers we can dramatically reduce by paying special attention to [injury prevention](#). Traumatic brain injuries are caused mostly by falls (35%); car crashes (17%), workplace accidents (16%), assaults (10%), and other (21%). JCPH urges everyone to learn more about [preventing falls](#), [motor vehicle safety](#) and wearing appropriate protective gear when participating in sports and other activities.

Taking care of your brain also means feeding it properly. Healthy foods help create healthy minds. Wild salmon, blueberries, black beans, walnuts, carrots and oats are all healthy foods that are also good for your brain. View [JCPH superfoods handout](#)

- The JCPH Health Care Program for Children with Special Needs (HCP) helps families of children with TBI and other conditions. Call 303-239-7006 or visit [JCPH Health Care Program for Special Needs](#) for more information.

Learn more:

- Brain Injury Association of America: <http://www.biausa.org>
- Mind Boggling Puzzles and Exercises provided by the DANA foundation: <http://www.dana.org>
- Games and Puzzles and fun with brain science: <http://www.brainsrule.org/>

For more information about Jefferson County Public Health, please call 303-232-6301 or visit our website at www.jeffco.us/health.

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