

CONCUSSION CARE BELONGS AT THE TOP OF EVERY YOUTH SPORTS PLAYBOOK

SOURCE:
[WWW.NSC.ORG/LEARN/SAFETY-
KNOWLEDGE/PAGES/SPORTS-CONCUSSIONS.ASPX](http://WWW.NSC.ORG/LEARN/SAFETY-
KNOWLEDGE/PAGES/SPORTS-CONCUSSIONS.ASPX)

Every three minutes a child in the U.S. is treated for a sports-related concussion. Don't think it's just football players – or boys – who bang their heads. In sports in which girls and boys participate, girls suffer a higher percentage of concussions, according to a 2013 Game Changers report by Safe Kids Worldwide.

Safe Kids analyzed sports-related emergency room injury data for children ages 6 to 19 in 2011 and 2012 in 14 sports, including basketball, cheerleading, football and soccer. Here are some of the findings:

- 12% of all emergency room visits involved a concussion
- In basketball incidents, 11.5% of girls and 7.2% of boys were diagnosed with concussions
- In soccer, 17.1% of girls and 12.4% of boys suffered concussions

The reason girls appear to be at higher risk remains unexplained. "We are still looking into it, trying to see if there are really genetic differences, differences in play, or differences in biomechanics, but we don't have that link yet," said sports medicine physician Kathryn Ackerman in a USA Today article.

An estimated 3.8 million athletes a year suffer concussion, though the majority are underreported and underdiagnosed, according to the Brain Trauma Foundation. A study published by the American Academy of Pediatrics shows the number of sports-related concussions is highest in high school athletes, but they are significant and on the rise in younger athletes.

The Sports Concussion Institute breaks down the numbers for all age groups:

- 5% to 10% of athletes will experience a concussion in any given sports season
- Fewer than 10% of sports-related concussions involve loss of consciousness

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BACK TO SCHOOL SAFETY

SOURCE: WWW.NSC.ORG/LEARN/PAGES/KEEP-CHILDREN-SAFE-AT-SCHOOL.ASPX

Use Extra Caution when School is in Session

As summer draws to a close, back-to-school season is in full effect. Remember to safely share the roads with school buses, pedestrians and bicyclists, and provide children with the necessary knowledge to stay safe at school.

Whether children walk, ride their bicycle or take the bus to school, it is extremely important that they and the motorists around them take proper safety precautions.

Send Kids Off to School Safely

Injuries are common at school, but many can be prevented. Before you send your children off, be sure to run through these safety topics.

- Backpack safety
- Concussion risk from sports
- Playground safety
- Tips for a safe bus ride
- Head up; phone down

Protect New Teen Drivers

Teen crashes spike in September as they head back to school and happen more often during hours when school begins and lets out. Learn the best ways to keep your teen drivers' safe.

CONCUSSION CARE (CONT.)

- Football is the most common sport with concussion risk for males (75% chance)
- Soccer is the most common sport with concussion risk for females (50% chance)
- 78% of concussions occur during games as opposed to practices

Heady Stuff: Life Lessons and Warning Signs

If your child gets hit on the head, do not assume he just had his bell rung, or she was just dinged. Concussions are very serious and always require medical attention. Signs and symptoms of concussion include:

- Confusion
- Slowed speech
- Glassy eyes
- Disorientation
- Forgetfulness
- Clumsiness or poor balance
- Disorientation
- Changes in mood, behavior or personality

Research indicates most children and teens who have a concussion feel better within a couple of weeks. However, for some, symptoms may last for months or longer and can lead to short- and long-term problems affecting how they think, act, learn and feel.

Following a concussion, athletes of all ages are advised to undergo a series of steps before returning to play: rest, then light exercise and sport-specific training. Only then should they be cleared to resume contact drills.

Make sure all coaches know how to recognize the signs of a concussion and have a plan in case of emergency. Safe Kids offers this resource to

teach coaches what they need to know.

Sometimes the Cost of Winning is Too High

The discussion about sports-related concussion and its long-term impact is being advanced by healthcare professionals, the media and even Hollywood.

In the motion picture *Concussion*, which is based on a true story, actor Will Smith portrays a neuropathologist who identified chronic traumatic encephalopathy (CTE) in a retired National Football League star.

In her blog, Debra Houry, an emergency department physician and director of the Injury Center at the Centers for Disease Control and Prevention, wrote about broadening the conversation and suggested ways to prevent sports-related head injuries, including changing the win-at-all-cost mentality. She said young athletes deserve a chance to play sports in a culture that celebrates hard work, dedication and teamwork – in a safe environment.

The CDC's HEADS UP campaign is aimed at putting educational materials into the hands of coaches, parents, athletes and school and health care professionals nationwide. The HEADS UP website offers survivor advocate stories, such as "Coach Saves Wrestler's Life by Knowing Concussion Signs and Symptoms."

From sports, children learn values they carry throughout their lives, including discipline, teamwork and how to handle winning and losing. A few bumps and bruises are to be expected, but head injuries should never be ignored.

PUMPKIN PATCH CUPCAKES

SOURCE: WWW.EPICURIOUS.COM/RECIPES/FOOD/VIEWS/PUMPKIN-PATCH-CUPCAKES



INGREDIENTS

- 1 box (18.25 ounces) French vanilla or yellow cake mix
- 1 cup canned pumpkin
- 1 teaspoon pumpkin pie spice
- 3/4 cup buttermilk
- 1/3 cup vegetable oil
- 4 large eggs
- 4 green licorice twists (Twizzlers Rainbow Twists)
- 1 can (16 oz.) plus 1 cup vanilla frosting
- Orange food coloring (available at baking supply stores)
- 1 cup orange decorating sugar (available at baking supply stores)
- Green licorice laces (Watermelon Madness Fruit Streamers)

PREPARATION

- Preheat the oven to 350°F. Line 12 standard or 24 mini muffin cups with paper liners.
- Follow the box instructions, putting all the ingredients in a large bowl and using the buttermilk in place of the water specified, using the amount of vegetable oil that is called for, and adding the eggs. Beat with an electric mixer until moistened, about 30 seconds. Increase the speed to high and beat until thick, 2 minutes longer.
- Spoon half the batter into a ziplock bag. Snip 1/4 inch corner from the bag and fill the paper liners two-thirds full. Repeat with the remaining batter. Bake until golden and a toothpick inserted in the center comes out clean, 15 to 20 minutes. Remove the cupcakes from the baking pans, place on a wire rack, and allow to cool completely.
- Cut the licorice twists into thirty-six 3/4-inch pieces for the pumpkin stems. Tint the vanilla frosting orange with the food coloring. Tint 1/2 cup of the orange frosting a darker shade of orange with more food coloring, and spoon into a ziplock bag. Press out the excess air, seal the bag, and set aside.
- Place the orange decorating sugar in a shallow bowl. Spread the lighter orange frosting on top of the cupcakes, mounding it slightly. Starting on the edge, roll the cupcake tops in the sugar to cover completely.
- Use a wooden skewer to mark ridges in the top of each cupcake. Starting in the center or slightly off center, lightly press the skewer down toward the top of the paper liner to create 5 or 6 indentations. Snip a 1/16-inch corner from the bag with the darker orange frosting and pipe a line in each indentation to make the ribs. Insert a cut green twist for the stem. Arrange the cupcakes on a serving platter or a cutting board and add the green licorice laces, trimmed to various lengths, for the tendrils.