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House Concurrent Resolution 14

"Proclaiming March 2020 as Brain Injury Awareness Month"

Sponsor Statement

House Concurrent Resolution 14 proclaims March 2020 as Brain Injury Awareness Month in the State of Alaska. Through consideration of the resolution, the Alaska Legislature would focus public attention on the prevalence of brain injuries and highlight the ways to prevent these injuries.

Traumatic Brain Injury (TBI) occurs when the brain is damaged due to trauma to the head. Common causes include falls, motor vehicle accidents, and sports injuries. Signs of TBI immediately after an injury include being dazed and confused, losing consciousness, and not remembering the injury. Ongoing symptoms of TBI include persistent headache or neck pain, sensitivity to light and noise, loss of balance, and changes in sleeping patterns.

Thousands of lives are impacted every day by TBI, and the Centers for Disease Control and Prevention notes that everyone is at risk for brain injuries, especially children and older adults. Traumatic brain injuries are an under-recognized public health problem that can cause physical, cognitive, social, emotional, and behavioral issues. The recovery process is different for each individual and depends on the degree of damage.

Most traumatic brain injuries are preventable, especially when people wear a helmet when doing activities like riding a bike, motorcycle, snowmachine, ATV, or skateboard.

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