

# Item 26-0649

# Resolution on Chronic Traumatic Encephalopathy (CTE)

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Health & Hospitals Committee meeting

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Cook County DEPT. of  
Public Health

A division of Cook County Health

**BUILDING**  
**HEALTHIER**  
**COMMUNITIES**

# We Are Your Local Health Department



## Protect Health

- ✓ Outbreak Investigations
- ✓ Disease Control
- ✓ Inspections
- ✓ Emergency Preparedness Response



## Prevent Disease

- ✓ Policy, Systems & Environmental Change
- ✓ Screenings
- ✓ Vaccines
- ✓ Home Visits – Public Health Nursing



## Inform & Engage

- ✓ Public Information & Media
- ✓ Community Partnerships
- ✓ Health Education & Outreach
- ✓ Guidance to Schools and Healthcare Providers



## Data for Action

- ✓ Chronic diseases, social determinants, healthcare access
- ✓ Communicable diseases
- ✓ Vaccination data

Advance Health Equity

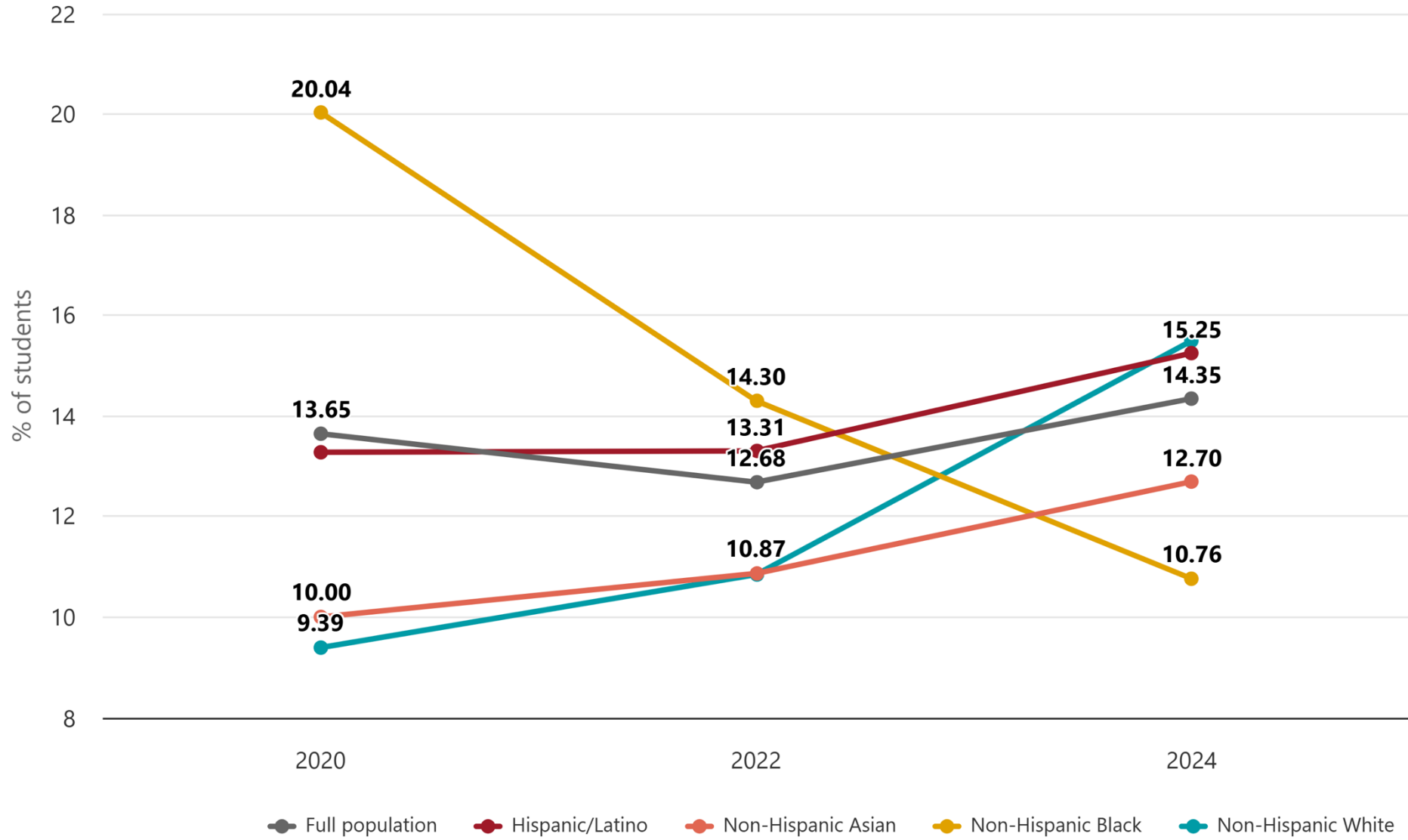
- **Concussion** - a mild traumatic brain injury that affects brain function. Effects are often short term and can include headaches and trouble with concentration, memory, balance, mood and sleep.
  - Common symptoms after a mild traumatic brain injury can include headache, confusion and loss of memory. Effects are usually temporary.
  - High-risk sports such as American football, hockey, soccer, rugby, boxing or other contact sports may increase the risk of concussion. Car and bicycle accidents also may increase risk.
- **CTE** -*Chronic traumatic encephalopathy*, also known as CTE, is a brain disease likely caused by repeated head injuries.
  - Symptoms are thought to include trouble with thinking and emotions, physical symptoms, and other behaviors
    - In the 20s and 30s, symptoms could include depression, anxiety, impulsive behavior and aggression
    - In later life, symptoms include trouble with memory and thinking that is likely to progress to dementia.
  - CTE appears to be related to repeated head injuries, often occurring in contact sports or military combat.
  - The only way to definitively diagnosis CTE is after death during an autopsy of the brain.

# Data

14.35% of public high school students report having had a concussion

## High school concussion rate (YRBS) by Race and ethnicity

Suburban Cook County, All Time Periods



# IL Youth Sports Concussion Act -2015

## Requirements of each school district:

- Must adopt a policy in compliance with law and IL High School Association policies
- Must convene a Concussion Oversight Team to develop return-to-learn and return-to-play protocols
- Must develop emergency action plans
- Must educate using approved materials (ex: CDC Heads Up resources)
  - Coaches – approved training program; at least two hours
  - Members of the oversight team - approved training program; at least two hours
  - Student athletes
  - Parents/guardians

# Heads Up resources

## Heads Up Concussion



### Online Training

This training provides recommendations to help health care providers treat and prevent concussions.



### HEADS UP to High School Sports

This training helps high school sports coaches recognize and respond to concussions.



### HEADS UP to Sports Officials

This training helps sports officials spot possible concussion signs and symptoms.



### HEADS UP to Athletic Trainers

This training shows ways athletic trainers can improve concussion prevention and management.

# CCDPH public education plan

- Public education through social media channels
  - March - Concussion Awareness Month
  - National Concussion Awareness Day – third Friday in September
  - Build awareness in partnership with national campaigns
    - [Concussion.org](http://Concussion.org); [nationalconucssionawarenessday.org](http://nationalconucssionawarenessday.org); [concussionawarenessnow.org](http://concussionawarenessnow.org), etc.
- School personnel education
  - CCDPH's School Health Webinars
  - Annual meeting
  - Newsletters
  - Will build off requirements and resources in Illinois Youth Sports Concussion Act
  - School Nurse fact sheet on concussion clinics in Cook County