



## **USA Football Safety Surveillance Study (2012-13) Talking Points and Results:**

- Every parent with an active child knows injuries can happen in youth sports, but in football, research shows that they're mostly minor.
- In a two-year study of more than 4,000 youth players across 13 leagues in six states, nearly 78 percent of children played football injury-free.
- Nearly 90 percent remained healthy to the point where they did not miss a single game or practice.
- 11.9 percent of the 4,000 players *did* miss at least one game or practice and 60 percent of them were healthy and cleared to return to play within a week.
- The most common injury in youth football? Bruises. The second? Sprains.
- Injuries were found to “cluster” around certain teams, suggesting that coach education may address changeable behavior to advance player safety.
- In a two-year study of more than 4,000 youth players, 4.3 percent sustained a concussion.
- No child age 7 or younger sustained a concussion in the study.
- No catastrophic head, neck or heat-related injuries were reported among the more than 4,000 children during the study's two-year span.
- No sport or physical activity that our kids enjoy is injury-free, but youth football has established standards rooted in education for safer play through USA Football's Head Up Football program.
- This is an exciting and important start for the benefit of our children who love the fun of playing football and gain the benefits of a great team sport.