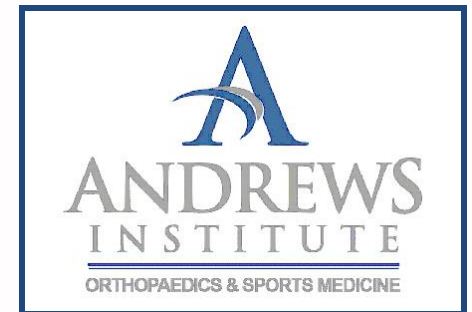




# *Creating Lifetime Athletes*

James R. Andrews, M.D.





*Children have become more & more vulnerable in a 5 billion dollar youth sports industry*



The two major reasons are:

- SPECIALIZATION
- PROFESSIONALISM

Parents and athletes feel the pressure to compete at all costs!



# Youth Sports Injury Phenomenon

- There are 30-45 million youth athletes in the US (Adirm & Chen, 2003)
- Statistics show that sports is the leading cause of adolescent injury (CDC 2002)



## Youth Sports Injury Phenomenon: *Background*

- Young athletes are specializing in sports (and positions) at an earlier age, with more than 3.5 million children under the age of 14 treated annually for sports injuries. *(Source: Safe Kids USA)*
- Immature bones, insufficient rest after injury, poor training and conditioning contribute to overuse injuries.
- Overuse injuries account for **half** of all sports injuries in middle school and high school. *(Source: Safe Kids USA)*



## Youth Sports Injury Phenomenon: *Background*

Sports injuries to our youth are particularly important because.....

- Minor youth sports injuries carry a significant “risk factor” for a more severe injury during both their youth and adulthood
- These injuries at an early age can contribute to long term sequelae such as post-traumatic arthritis
- *60% of these are **PREVENTABLE***

## Further Statistics



- Participation in organized sports is rising according to the National High School Athletic Assoc.
  - 7.34 million high school participants – up from 5.2 million 10 years ago
    - 4.32 million boys
    - 3.02 million girls
- This represents a tremendous rise in the sheer numbers of our youth participating in sports/particularly young females (Title 9)
- High school athletics account for more than 2 million injuries annually, including
  - 500,000 doctor visits
  - 30,000 hospitalizations

*(Source: Centers for Disease Control)*



## Statistics Cont'd

- Combined health care costs for treatment of youth injuries in sports is approx. 2.5 billion dollars a year. Late sequelae can account for another 3 billion dollars a year
  - Additionally , youth **SPECIALIZATION** in sports and therefore year round repetition and competition is increasing the risk of overuse and injury!!
  - **PROFESSIONALISM** and its monetary rewards now rules many of our youth sports systems!!
- In addition public and parent education is lacking – I.E. parents markedly underestimate their child's risk!
- This becomes a major **health reform issue!!!!**





# A Coalition to Prevent Injuries in Youth Sports: A Proposal to Children's of Alabama and Accreditation for K- 12 Coaches

- This youth sports injury prevention focused on Alabama communities is being coordinated by **former Coach Jack Crowe who is now the President of Coach Safely.**



# CHANGING THE CULTURE OF YOUTH SPORTS

AUGUST 2014

This National Initiative is Proposed and  
Coordinated by:



Founding Sponsor



## Exploring the Culture of Youth Sports



**1.24 million kids** were seen in emergency rooms for sports injuries in 2013.



That's 3,397 every day

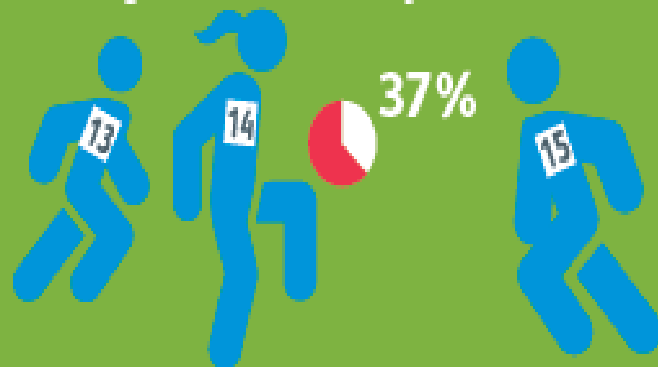


141 every hour

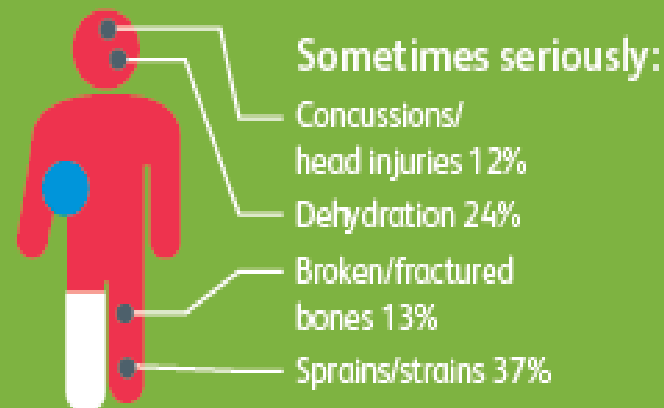


1 every 25 seconds.

Among children ages 19 and under,  
**13 to 15-year-olds** accounted for  
the largest number of injuries.



**90% of athletes** said they have  
been injured while playing a sport.



Many respondents said they **don't do anything** to prevent injuries.



23% of coaches



28% of athletes



31% of parents

54% of athletes said they have **played injured**.

#### WE ASKED WHY



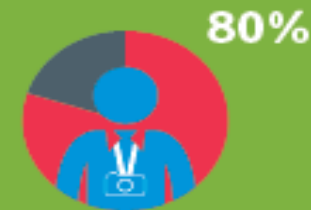
"I was needed and couldn't let the team down."

"I didn't want to be benched."

"It was an important game."

Fewer than half of coaches say they have received **certification** on how to prevent and recognize sport injuries.

80% of parents said they would want their child's coach to be certified in injury prevention.



42% of athletes said they have hidden or **downplayed an injury** during a game so they could keep playing.



62% know someone else who has.



Only 27% of coaches report a player having hidden or downplayed an injury.

More than half of coaches (53%) say they have felt pressure from a parent or player to put an athlete back into a game if a child has been injured.

