Championing the safety of our nation’s student athletes

Sports are the leading cause of traumatic brain injury among young people

15–24 years old
second only to motor vehicle crashes

Concussions represent nearly 15% of all sports-related injuries among high school athletes

High school athletes sustain approximately 300,000 sports-related concussions annually, nearly twice the number of college players

33% of high school athletes sustain two or more concussions each year
A 17-year-old girl just entering her senior year of high school proudly announces to her parents that she has been selected to play defense on her school’s division-leading soccer team. It’s her third year on the team and she is known among her fellow students and their families as a star player. Every day after school, she puts on her uniform for practice and pushes to do her best. But in the middle of the season, she sustains her second concussion that year and pulls herself out of the game. She had learned about the dangers of concussions from Brainbook, and though she wasn’t yet displaying obvious symptoms, she decides to sit out the rest of the season, knowing that another injury could cause permanent damage until she is fully healed.

Brainbook is the first and only program to take an athlete-focused approach to education and prevention.

Dignity Health is changing the game

Until recently, education programs aimed at preventing sports-related concussions have been primarily directed to parents, coaches and athletic trainers. In 2011, Dignity Health launched the Barrow Concussion Network (BCN) and created Brainbook, the first and only program to take an athlete-focused approach to education and prevention. Today, Brainbook is regarded as the most comprehensive and effective program of its kind in the nation. Arizona mandates that every high school athlete must complete Brainbook before playing any sport. As of December 2015, more than 250,000 students in Arizona had used Brainbook.

Help us expand Brainbook in California

Dignity Health Foundation is proud to partner with Barrow Neurological Institute, the San Francisco 49ers, the California Interscholastic Federation, and ImPACT testing to launch the Dignity Health Concussion Network and Brainbook in California. The pilot program began in the Bay Area in January 2016 for 30 schools. Our goal is to ensure that Brainbook is available to all students throughout California. Your unrestricted gift in any amount is welcome and will be applied where the need is greatest. We also invite you to consider one of the following funding opportunities:

- **$100,000** will fund the annual salary of a school Athletic Trainer and full implementation of Brainbook for an underserved high school.
- **$50,000** will fund the salary of a part-time Athletic Trainer and full implementation of Brainbook for an underserved high school.
- **$10,000** will fund implementation of Brainbook and baseline testing for athletes in high-contact sports at an underserved school.
- **$5,000** will pay for a school’s coaching staff to receive Brainbook implementation training.

Champion the safety of young athletes with your gift today

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To make your gift online, visit dignityhealthfoundation.org/brainbook

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