

AVERAGE HIGH SCHOOL FOOTBALL PLAYER

HEAD IMPACTS



SEASONS



Not all high scores are good.



Rules that limit tackling and other contact can help reduce head impacts by 40%.

Learn more:
www.cdc.gov/HEADSUP

Source: Broglio SP, Williams RM, O'Connor KL, Goldstick J. Football players' head-impact exposure after limiting of full-contact practices. *J Athl Train.* 2016;51(7):511-518.



CDC HEADS UP
SAFE BRAIN. STRONGER FUTURE.

