

Sports-Related Injury Hospitalizations

Why Is This Important?

Sports-related injuries are those that happen from falling, being struck by sports equipment, striking against or bumping into another person while playing sports. The sports included are skiing/snowboarding, skating, tobogganing, baseball, hockey, soccer, and football/rugby.

In Saskatchewan, the annual cost of sports-related injuries is estimated at \$7 million.

Sports-related injuries commonly occur in children and adolescents. Up to two-thirds of injuries to youth 12 to 19 years old were sports-related. The most common sports injuries requiring hospitalization in the Region are those related to hockey and skiing/snowboarding (Saskatoon Health Region analysis).

What Is Being Done?

Parachute Canada has [information sheets](#) on winter helmet safety

[Sport Medicine and Science Council](#)

Saskatoon Minor Hockey [Safety](#) page

To Learn More:

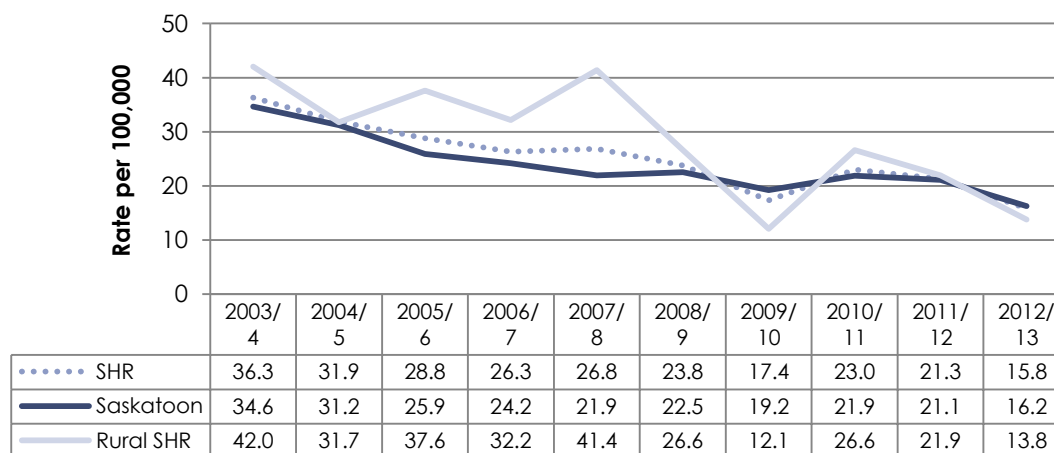
Chief Medical Health Officer's [Call to Action](#)

Highlights

Sports-related hospitalization rates have been decreasing over time.

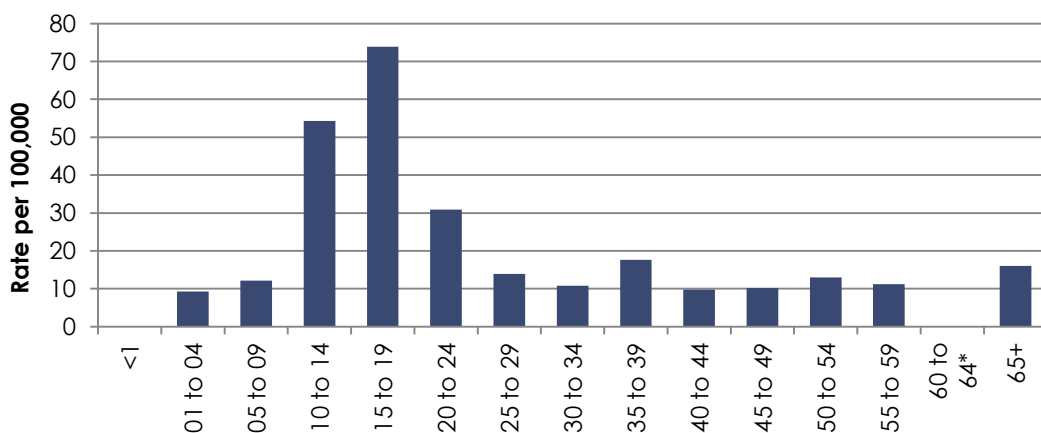
- In 2012/13, the number of hospitalizations due to sports-related injuries was 53, a rate of 15.8 per 100,000 (Figure 1). The rate decreased by over half between 2003/4 and 2012/13.
- The highest rate of hospitalizations due to sports-related injuries was seen among 15 to 19 year olds, followed by 10 to 14 year olds (Figure 2).
- Approximately 24% of all hospitalizations due to sports-related injuries were to the head and neck (data not shown).
- Sports-related injury hospitalization rates vary by sub-group. Click [here](#) to see rates by geographic area and socio-economic status.

Figure 1: Age Sex Standardized Sports-Related Hospitalization Rates, Saskatoon Health Region, 2003/04 to 2012/13



Source: Saskatchewan Ministry of Health

Figure 2: Sports-Related Injury Hospitalization Rates, Age Group, Saskatoon Health Region, 2008/09 to 2012/13 Combined



* Not reportable due to small cell size.

Source: Saskatchewan Ministry of Health