

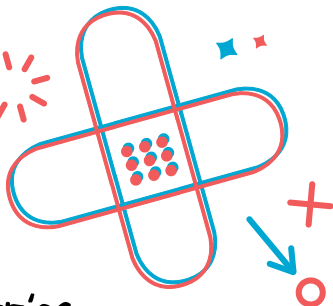
What to Know About Football

Football is the most popular high school sport for boys, based on participation. In the U.S., there are:

- **3 million** youth football athletes
- **14,150+** high school football programs
- **1.1 million** high school football athletes
- **670** NCAA football teams
- **72,000+** collegiate football athletes



A Look at Football Injuries



- College football athletes have higher injury rates than high school football athletes.
- **47%** of high school injuries and **61%** of college injuries occurred during practice.
- **Concussions, knee sprains** and **ankle sprains** are the most common injuries in football.
 - Knee injuries in football players account for 15% of all high school injuries.
 - Knee injuries were identified in 54% of college athletes attending the NFL predraft combine.
 - Five of every 100 players ages 6 to 17 sustaining a football-related concussion each season.
- The risk of knee sprains increases as competition levels increase, with the highest risk occurring in college football.
- 3 to 4% of injuries in football players ages 5 to 18 are considered to be overuse injuries.

Factors of Injury Prevention



- Increasing a youth football team's roster size may help reduce head-impact exposure for individual players.
- It is important to have an athletic trainer available at both practices and competitions to serve as the health care professional and advocate for the health and safety of athletes.
- **30%** of secondary schools and 80% of youth football teams have **no** access to athletic trainers.
- Full-time athletic trainers provide more athletic training services and detect more injuries in football players than outreach-only athletic trainers.
- Cross training and playing multiple sports can reduce injury. In the 2018 NFL draft, 31 of the 32 first-round picks played multiple sports in high school.
- Athletes must focus on their overall health. Proper nutrition, hydration and sleep are critically important for youth athletes.