



## CONCUSSION ASSESSMENTS

The Brain Injury Advisory Council contracts research assessments to address and better understand concussions in New Mexico. The results help with understanding the education, training and service needs in New Mexico. Recent assessments evaluated the incident rate of concussions among New Mexico veterans and high school athletes.



## SUPPORT AND INFORMATION

For information on education and advisement about brain injury services and prevention contact the NM Brain Injury Advisory Council.

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**NMBIAC.COM**



The Brain Injury Advisory Council is a program of the New Mexico Governor's Commission on Disability



The New Mexico Technology Assistance program provides information and access to assistive technology for persons with disabilities in New Mexico. For information call 505-841-4464 or visit [www.tap.gcd.state.nm.us](http://www.tap.gcd.state.nm.us).



**NEW MEXICO**  
Brain Injury Advisory Council



**new mexico**  
**BRAIN INJURY**  
**ADVISORY COUNCIL**

## ABOUT US

The New Mexico Brain Injury Advisory Council (BIAC) is appointed by the governor. It was created by statute in 1995 to advise the Governor's Commission on Disability, the governor, the legislature and state agencies about a broad array of concerns and issues related to brain injury. The BIAC is a program of the NM Governor's Commission on Disability. Members of the council include individuals with brain injuries, family members, healthcare professionals, and representatives from agencies that provide help for persons living with brain injuries.

## MISSION

The BIAC supports evidence based research and education and advises public and private entities to enhance the statewide system of comprehensive, community based resources, services and supports that maximize the personal choices and functional independence of persons with brain injuries.

The BIAC also promotes prevention and increased public awareness to decrease the incidence of preventable brain injuries.



## WHAT IS BRAIN INJURY?

Traumatic Brain Injury (TBI) is an insult to the brain caused by an external force. Causes include motor vehicle crashes, assaults, falls and blast injuries.

A concussion is a traumatic brain injury caused by a bump, blow or jolt to the head.

Acquired Brain Injury (ABI) is caused by internal conditions such as a stroke, a severe illness, exposure to toxic substances, a tumor, or any situation where the brain does not get enough oxygen. An acquired brain injury is not hereditary, congenital, degenerative or induced by birth trauma.



## BICYCLE HELMET DISTRIBUTION PROGRAM

**Did you know?** It is the law in New Mexico that every child under the age of 18 wear a helmet when riding a tricycle, bike, scooter, skateboard or skates on public property.

Children who do not wear helmets while riding bicycles, tricycles, skateboards, scooters, or skates are at risk for serious brain injury. The Brain Injury Advisory Council is currently engaged in distributing children's bicycle helmets and educational activity books in communities throughout the state. The educational activity books promote the concept of when to wear a helmet and how to properly fit a bicycle helmet.

