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Testimony in Support of HB 2273 RELATING TO CONCUSSIONS
Senate EDU/TIA 1:20pm Auditorium 3/16/12
Submitted by Chad Taniguchi, Executive Director, Hawaii Bicycling League

Education and Awareness are key

The Hawaii Bicycling League supports HB2273 to develop a concussion awareness program in the high schools. Education and awareness do so much to arm our citizens with information to make decisions.

While concussions may develop in organized sports, they can result from everyday activities as well, so the program should include awareness about any bump or trauma to the head. For bicyclists, half of all crashes are when a cyclist falls because of road conditions or loss of balance for any number of causes. The instances of motorist – bicycle interaction are only 17% of all bicyclist-involved crashes. Therefore, helmets should be worn at all times because they are extremely helpful in low speed crashes and simple falls.

Education and awareness are the keys to preventive and mitigative actions, which are the best way to avoid serious injury. Let's avoid the injury itself. The Hawaii Bicycling League started a Safety Awareness & Education Program in conjunction with the tragic death of Zachary Manago, a talented HPU baseball player and avid bicyclist from Moanalua H.S. who was killed by a hit and run driver in December 2010. The Zachary Manago Ride in Paradise, to be held July 7-8, 2012, asks all road users to heed Kamehameha's Law of the Splintered Paddle because "Everyone has the right to be safe on Hawaii's roads." This simple education and awareness message can save lives, just as the concussion program will do. Drivers – be aware of other road users.

Ride Aloha! Drive Aloha!

Everyone has the right to be safe on Hawaii's roads.

Mamalahoe Kanawai, Kamehameha's Law of the Splintered Paddle 1797, Hawaii state constitution 1978

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Date: March 16, 2012

To: Chairperson Roy M. Takumi,
Vice Chairperson Della Au Belatti,
Education Committee,
Chairperson Ryan I. Yamane,
Vice Chairperson Dee Morikawa,
Health Committee
Chairperson David Y. Ige
Vice Chair Michelle N. Kidani
Ways and means Committee

From: Anisia Paisley

Subject: Support of SB2273

Hello, my name is Anisia Paisley and I am in support of SB2273. This bill requires the Hawaii High School Athletic Association and the DOE to develop a concussion awareness program. Concussions in High School Sports are very common, and according to *Mom's Team* concussion amounts are rising by 15% every year. Some states such as Illinois, Idaho and Wyoming have passed similar bills and it has proved to be extremely helpful, says *Education Week*.

Also according to *Moms Team*, the amount of concussions has doubled in the last decade. Concussions can cause bruising of the brain, tearing of blood vessels, injury to the nerves and a temporary loss of normal brain function. If SB2273 is passed it can prevent concussions in our states high school athletes.

Thank you for your time, I hope for your support in SB2273, mahalo!

HB NO. 2273

Concussions

Good afternoon, Senators. My name is Chris Mead and I am a Junior at Moanalua High School and I will be testifying my opinion over the bill HB NO. 2273, Relating to Concussions. With Teens and children being active in contact sport activities, they are more susceptible to receiving injuries. Concussions nowadays are more frequent than ever before. In 2011, the Center for Disease Control and Prevention did a recording that the amount of brain trauma injury has increased by almost 100,000 over an eight year span. With this dramatic increase, there are needs to prevent and control this incident. I strongly support for the development of a concussion and educational Program for high school students.

Concussions are something that should not be taken lightly. Concussions can cause headache, amnesia, or confusion. Over a year in the US, over five million people get a concussion; of that, 2 million are permanently impaired. This problem could be occurring because people do not know the dangers. The Center for the Study of Traumatic Encephalopathy (CSTE) did a study with 6 former NFL players. When they completed the test, 6 out of 6 players had chronic traumatic encephalopathy (CTE). During their careers, they had received multiple concussions and have not been aware of the long term effects towards their own bodies. Their research stated that it has reached as old as a 45 year old male NFL player, and as low as an 18 year old multi-sport athlete. In this State, the athletic trainers at high schools have reported that there has been an increase of reported concussions, from 213 in 2007-2008, to 446 in 2010-2011. With the number of cases more than doubled, there is an immense need to prevent and educate the athletes and parents.

This program would be beneficial for the High School Students in Hawaii. If people were to know about the dangers of such injuries, they would most likely take more precautions for their actions. For example, if one were to tell person to not go into the dark alley in a city due to the criminals in there, they would most likely avoid that area. So, if Hawaii were to have a mandatory concussion and educational Program, then people would know the dangers and act accordingly. Thank You for your time.