

Trends in sports-related emergency department visits in the Netherlands

2009-2018

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Background

- Sports has many health benefits, but also increases injury risk
- Sports injuries affects physical and psychosocial wellbeing, and has a financial impact
- To prevent sports injuries nationwide trends should be monitored
- Objective: describe trends of emergency department (ED) visits for severe sports-related injuries in the Netherlands, from 2009-2018



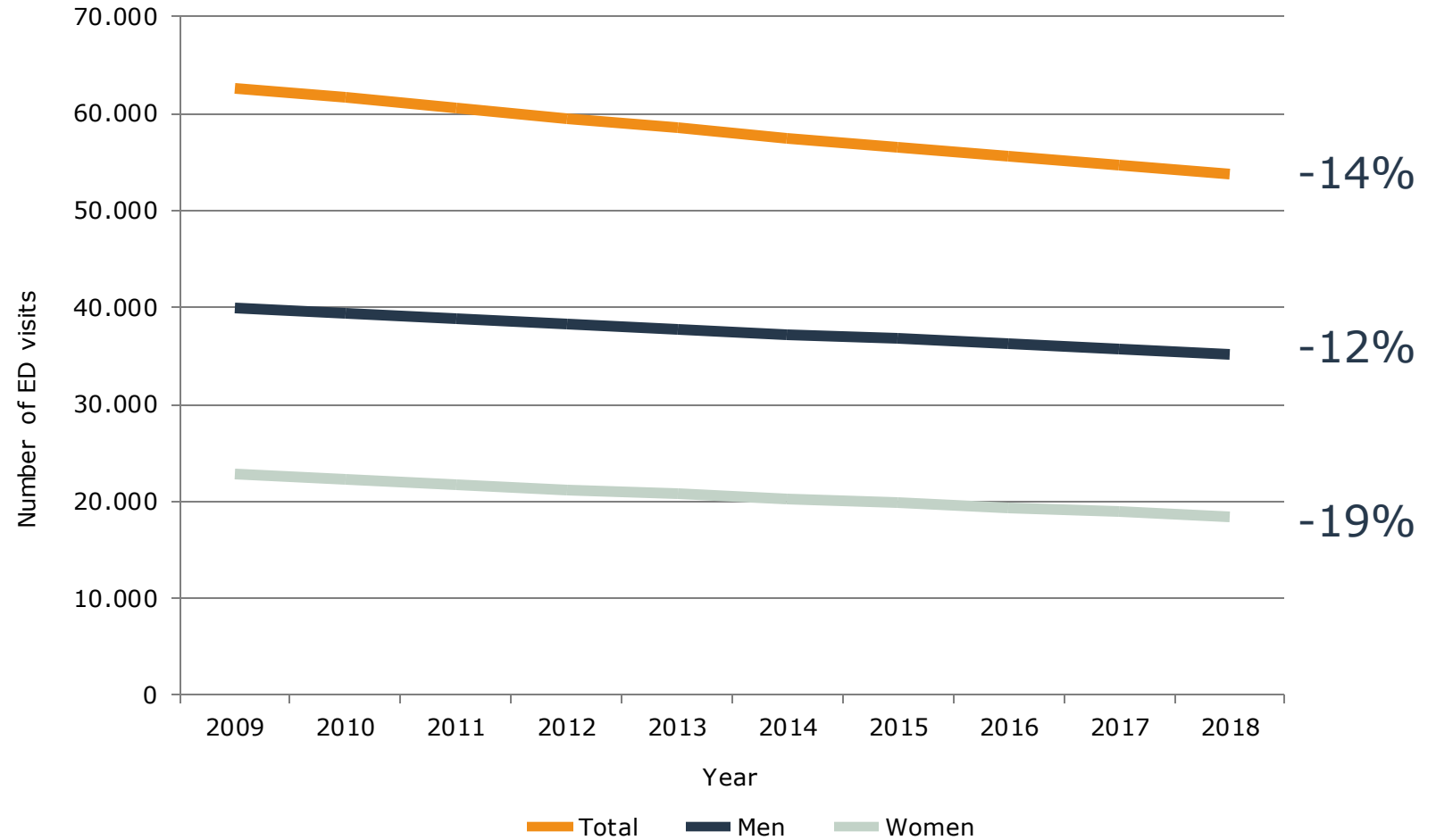
- Dutch Injury Surveillance System
- Age, gender, type of sports activity, injury diagnosis
- 2009-2018
- Absolute numbers and time trends

Methods



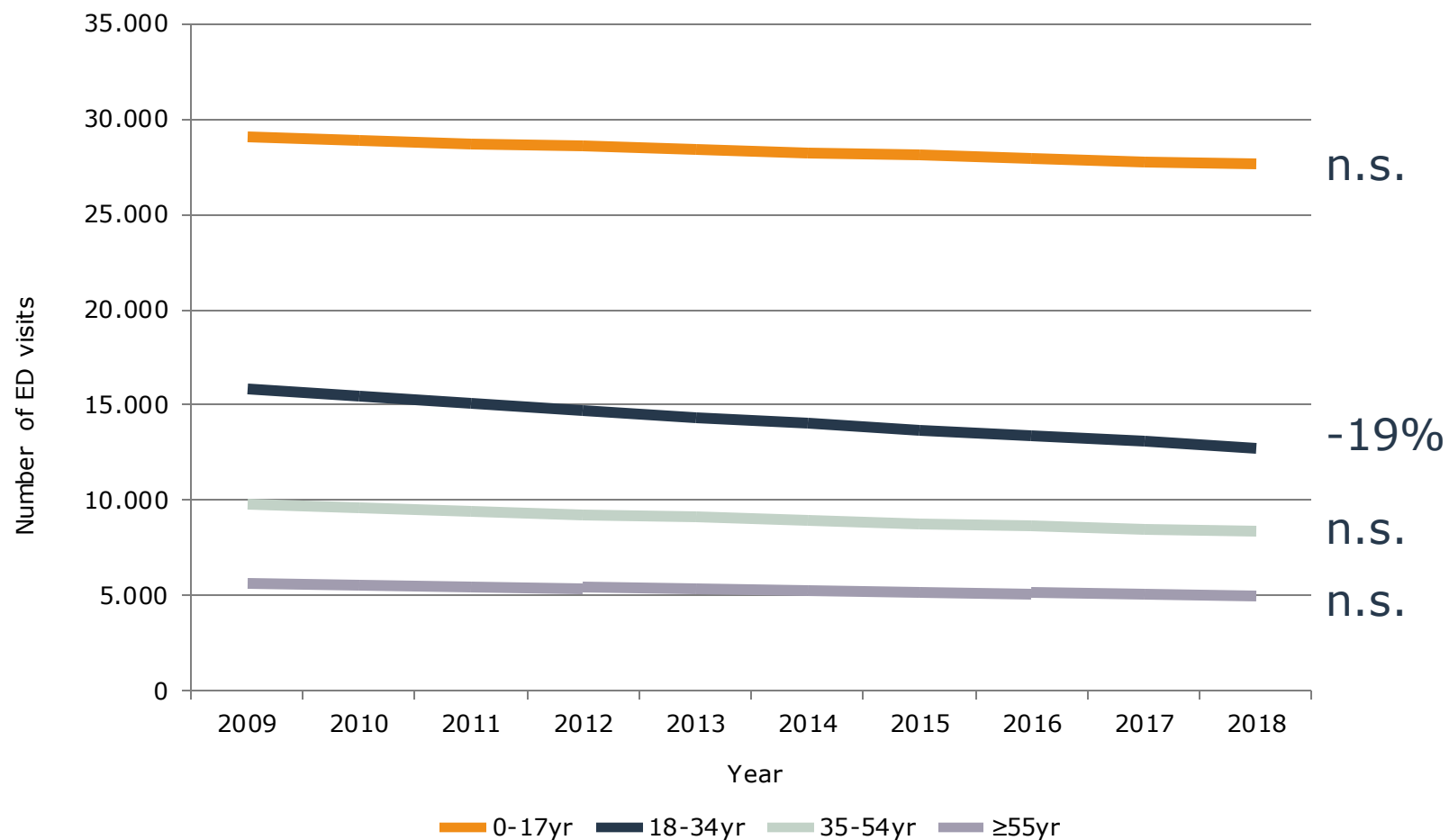


Results





Results



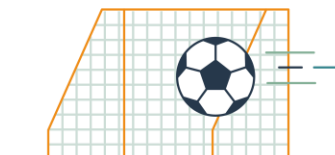
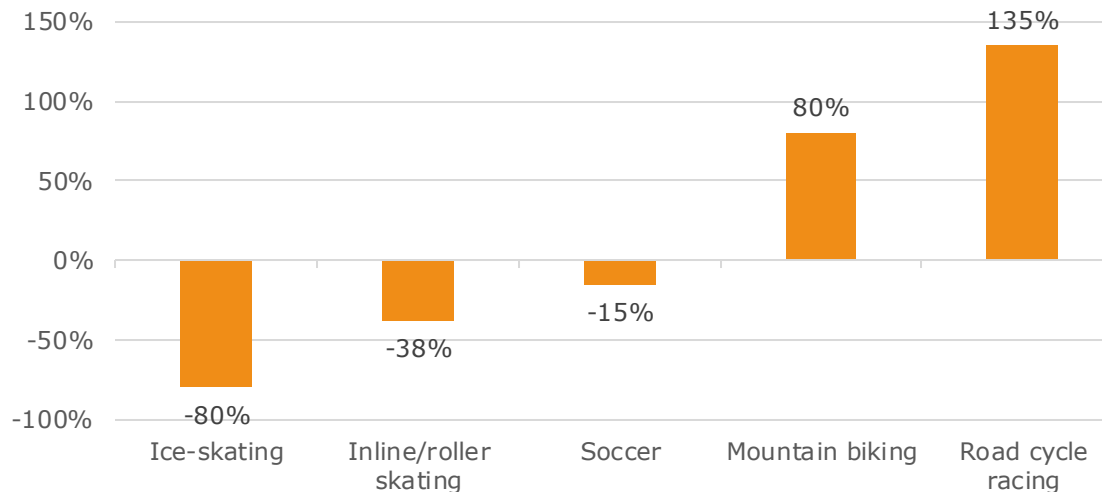
n.s. = not statistically significant



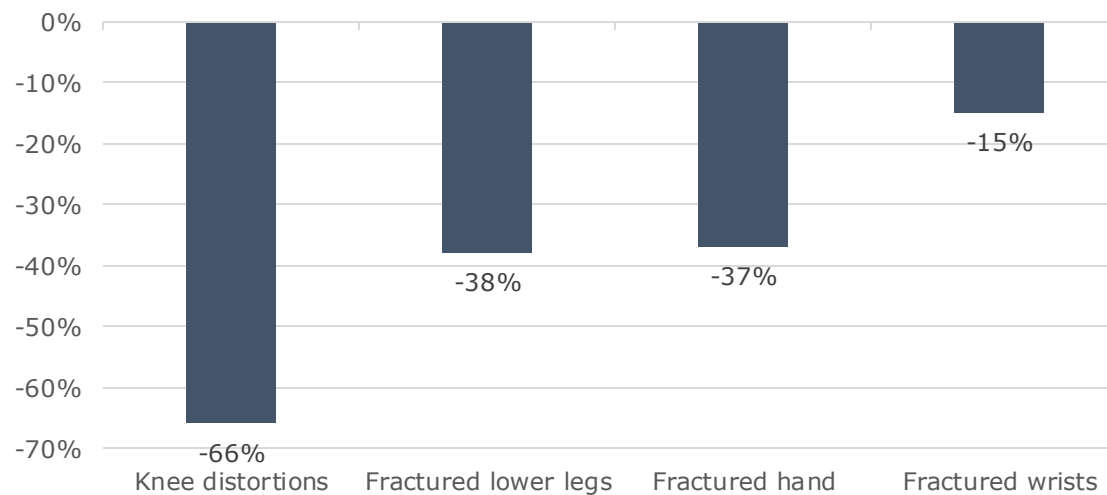
Results

% change of ED visits (2009-2018)*

Sports activity



Injury diagnosis



* = statistically significant

Conclusions

- Promising reduction in # ED visits across most age groups and sports activities
- However, large increase among road cycle racing and mountain biking

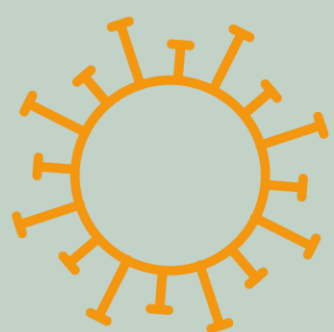
Future research

- Determine cause of increases (e.g. exposure hours)
- Implement and evaluate injury prevention programs

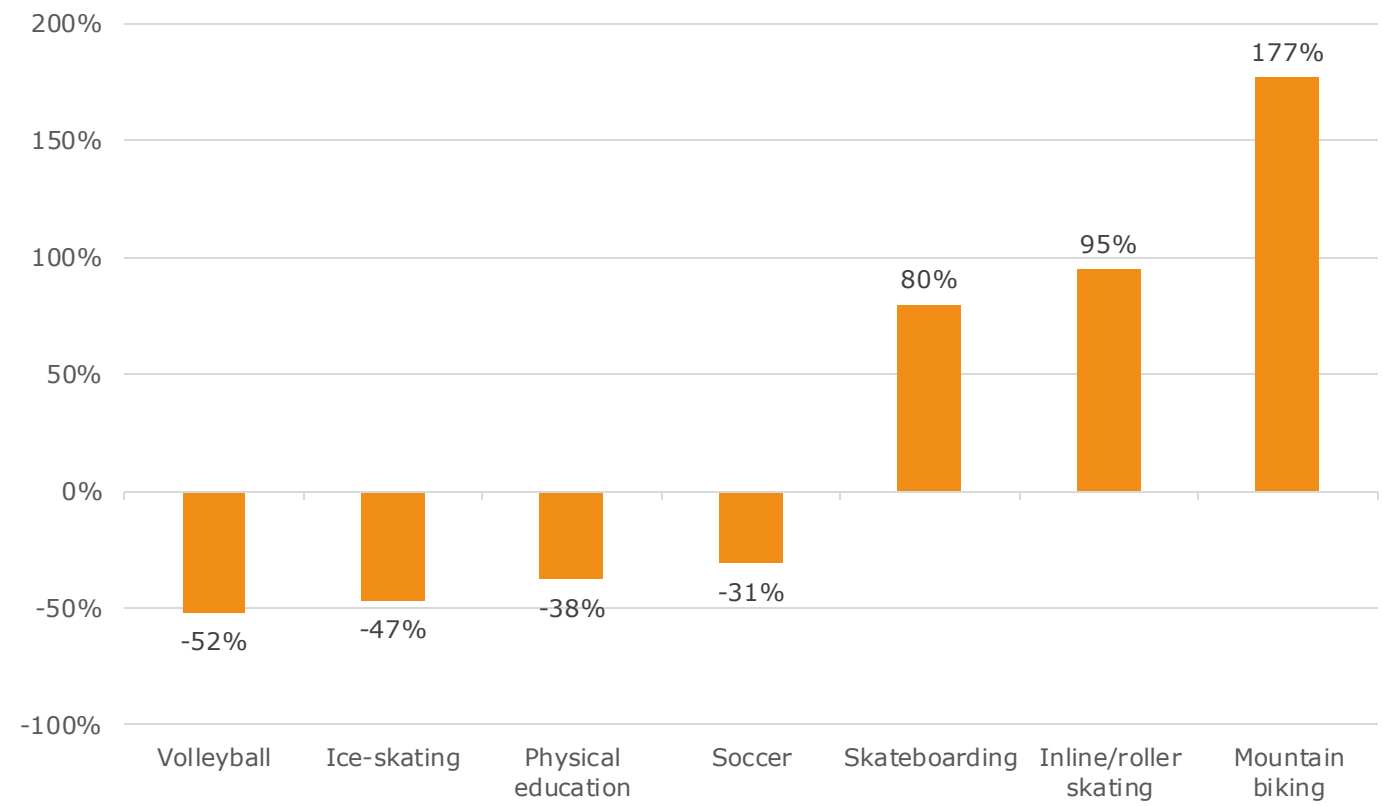




Meanwhile...



% change of ED visits (2012-2021)* *Sports activity*



* = statistically significant

Want to know more?

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Olij, B. F., Kemler, E., Valkenberg, H., Stam, C., Gouttebarga, V., & Verhagen, E. (2020). Trends in sports-related emergency department visits in the Netherlands, 2009–2018. *BMJ open sport & exercise medicine*, 6(1), e000811.

