

## Brain Injury in Vulnerable Communities and the Case for Neurologic Informed Care

A [recent survey](#) commissioned by the Brain Injury Association of America suggested that almost 40 percent of adults in the U.S. have had a traumatic brain injury (TBI).<sup>1</sup> This conclusion is consistent with other recent findings. Researchers at the Centers for Disease Control and Prevention (CDC) reviewed population-based surveys of lifetime history of TBI and observed prevalence rates ranging from 19 percent to 29 percent.<sup>2</sup> A meta-analysis of population-based surveys concluded that 18 percent of the U.S. adult population had experienced at least one TBI in their lifetime that resulted in loss of consciousness.<sup>3</sup> An AARP poll found that 30 percent of adults over the age of 50 had experienced a TBI in their lifetime, and more than 70 percent of them had at least two TBIs.<sup>4</sup> [Read full article.](#)

### Become a Brain Injury Informed Partner

- Build a training plan to address the needs of your team
- Assess the materials available for your clients and your staff
- Access technical assistance and organizational support

#### Build a training plan to meet your needs from the ground up

- Foundational trainings to build awareness of how brain injury intersects with the population you serve
  - Mechanisms and symptoms of brain injury
  - Brain injury screening
- Brain injury symptom assessment and compensatory strategies
- Brain injury accommodations and symptom management

#### Access materials for clients and staff support

#### Access Technical Assistance and Organizational Support

- Align organizational practice with brain injury informed standards
- Establish pathways for implementation of training, identification and referrals
- Build opportunities for evaluation and sustainability

Contact Iowa HHS at [brain.injury@hhs.iowa.gov](mailto:brain.injury@hhs.iowa.gov) or the Brain Injury Association of Iowa at [info@biaia.org](mailto:info@biaia.org) for additional information

**One in four adults  
have experienced a  
brain injury in their  
lifetime**

Iowa BRFSS, 2022



## Race, Ethnicity, and Traumatic Brain Injury in America

Every year in the United States, millions of people experience a [traumatic brain injury](#) (TBI). But not everyone is affected in the same way. A new systematic review published in Injury Prevention shows that race and ethnicity play a large role in who gets injured, who survives, and how often these injuries occur. Continue reading [HERE](#).

An updated **Return-to-Play Protocol** went into effect December 1, 2025. The Iowa Girls High School Athletic Union (IGHSAU) and Iowa High School Athletic Association (IHSAA) hosted a webinar about those updates. That session is available on YouTube at <https://youtu.be/T8vjndDZg-Q>, or on both the [IGHSAU](#) and [IHSAA](#) health and safety pages along with additional resources.

Iowa HHS, along with the Iowa Department of Education, is also in the process of updating the REAP ([Remove/Reduce, Educate, Adjust/Accommodate, Pace](#)) manual for Iowa as well as encouraging schools to utilize the Teacher Acute Concussion Tool ([TACT](#)) through a subscription for Iowa purchased by Iowa HHS.

For more information, please email [brain.injury@hhs.iowa.gov](mailto:brain.injury@hhs.iowa.gov)

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### Help Shape Iowa's Behavioral Health System

The Iowa Department of Health and Human Services (Iowa HHS) is excited to share that PCA and HHS have started the process of District Assessments for the Behavioral Health Service System.

The Iowa Primary Care Association (Iowa PCA) coordinates a statewide network to ensure clear, consistent access to the continuum of behavioral health services as part of the state's Behavioral Health Service System, led by the Iowa Department of Health and Human Services. By streamlining operations and resources, they aim to build a more accessible and equitable system for all Iowans.

They ask that you share your valuable perspective through the survey below. Your feedback will help identify local needs, guide planning, and improve services for the communities you serve.

**The survey will remain open until January 9, 2026.** You can access the survey from the Iowa PCA website:

<https://www.iowapca.org/district-assessment>

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2026 Annual Conference - Registration Open!



## 34th Annual Best Practices in Brain Injury Services Conference

“The Playbook for Change: From Challenge to Triumph”

**DATE CHANGE!** ~~Brain Injury Advocacy Day 2026~~  
March 3-4, 2026  
West Des Moines, Iowa



## BRAIN INJURY ADVOCACY DAY

February 24, 2026  
State Capitol, Des Moines



[www.biaia.org](http://www.biaia.org)  
[info@biaia.org](mailto:info@biaia.org)  
1-855-444-6443



Join BIAIA's [Brain Injury Advocacy Day](#) scheduled February 24, 2026 at the State Capitol, Des Moines.

Don't miss this opportunity to raise awareness, share lived experiences, and advocate for policies that improve the lives of individuals living with brain injury. You can register at our [ADVOCACY](#) page or use this link: <https://biaia.org/brain-injury-advocacy-day/>

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### Webinars

FREE CEU opportunities available for these webinars!  
Visit our [webinar page](#) to learn more and register.



## Transforming Brain Injury Care Incorporating Assistive Technology: Resources and Strategies for Survivors, Caregivers, and Professionals

Jessie Rudin  
Rural Rehabilitation/AT Center Statewide Professional – Easterseals

WEBINAR  
January 21, 2026  
12:00-1:00 PM CST

www.biala.org  
info@biala.org  
855-444-6443




### Support Groups

## 5 Stories Down

Our support groups are where individuals can connect, share experiences, and find encouragement. Together, we provide understanding, resources, and community to help one another navigate challenges and celebrate successes. Visit our [Support Group page](#) for more information.

2026  
12:00-1:00 PM CST




### Educational Topics Survey

What topics related to brain injury would you like to see in upcoming webinars hosted by the Brain Injury Alliance of Iowa? Your feedback is valued and appreciated! [Participate in the survey.](#)



### Call for Webinar Proposals

The Brain Injury Alliance of Iowa is looking for presenters to deliver webinars on topics related to brain injury treatment, rehabilitation, recovery, and support. Presentations can target professionals or survivors and their loved ones. [Submit proposal](#)



Brain Injury Resource Facilitators are available to serve lowans; to answer questions and connect those with a brain injury to resources and information. [Learn more about this program.](#) BIAIA is one call away.

[BIAIA Satisfaction Survey](#)



**Our mission at the Brain Injury Association of Iowa is to create a better future through brain injury prevention, advocacy, education, research and support. Join us on our platforms to obtain the latest and most relevant information pertaining to brain injury.**