

# 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



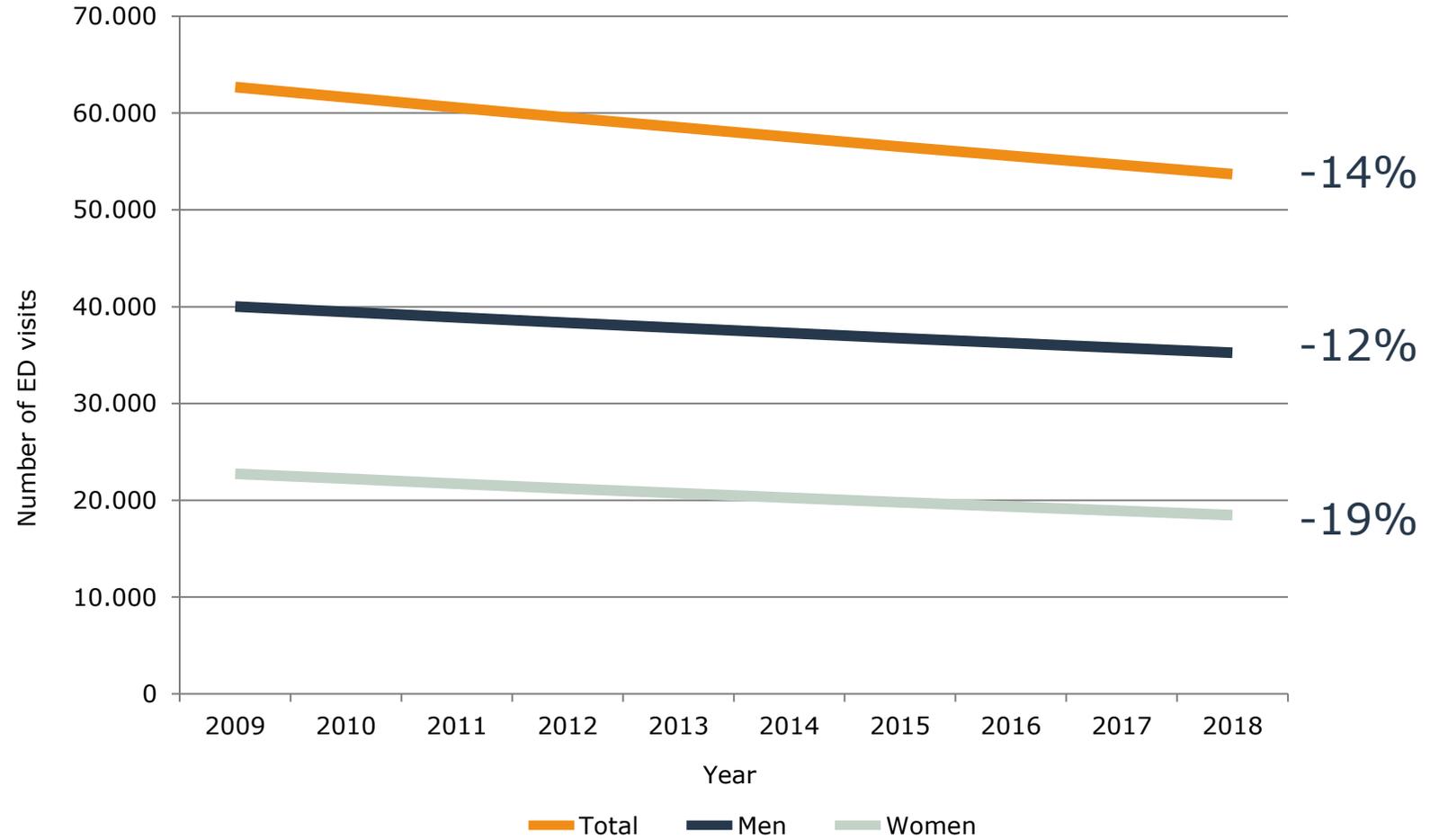
- Dutch Injury Surveillance System
- Age, gender, type of sports activity, injury diagnosis
- 2009-2018
- Absolute numbers and time trends

# Methods



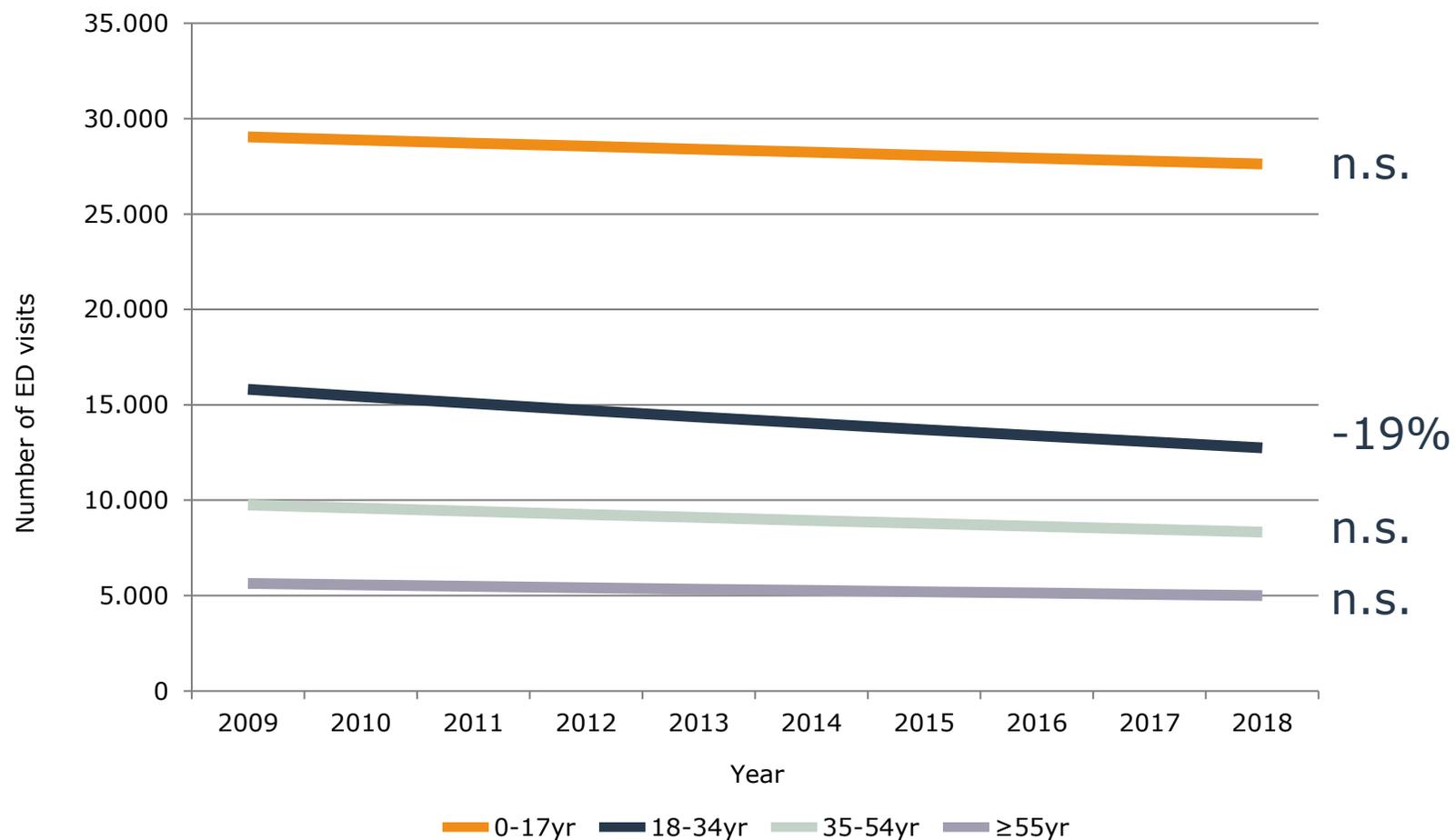


# Results





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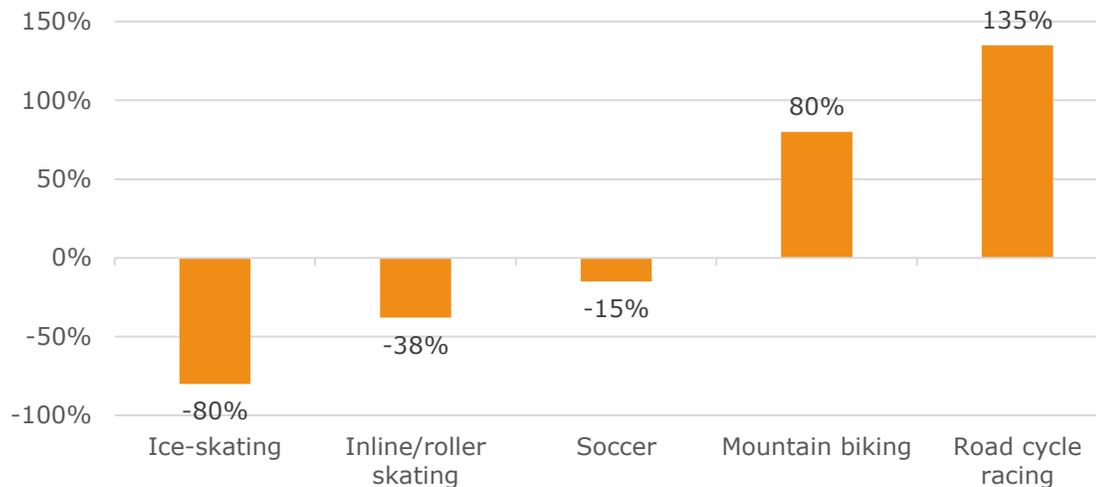
n.s. = not statistically significant



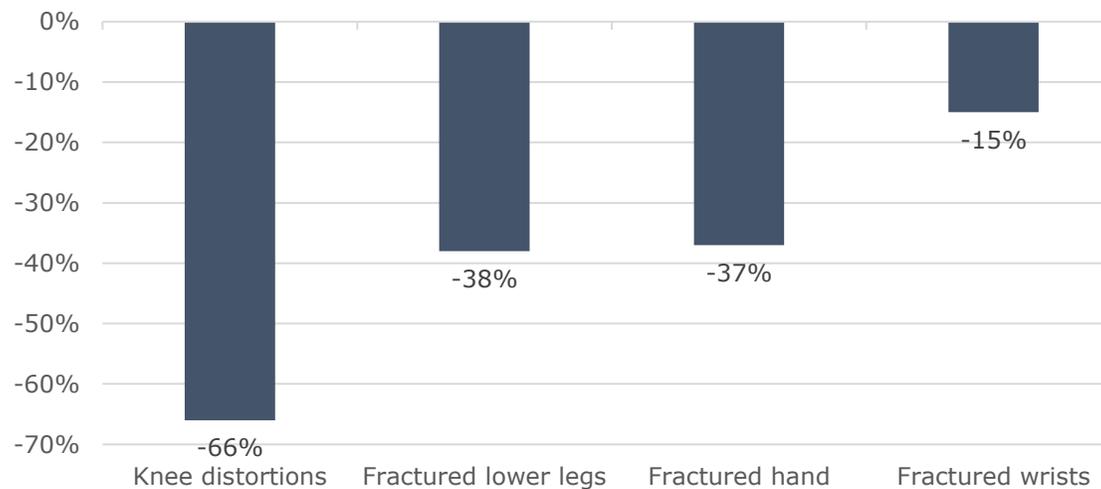
# Results

## % change of ED visits (2009-2018)\*

### Sports activity



### Injury diagnosis



\* = statistically significant

# Conclusions

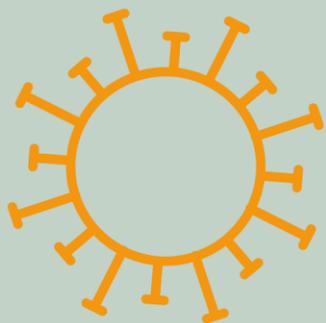
- Promising reduction in # ED visits across most age groups and sports activities
- However, large increase among road cycle racing and mountain biking

## Future research

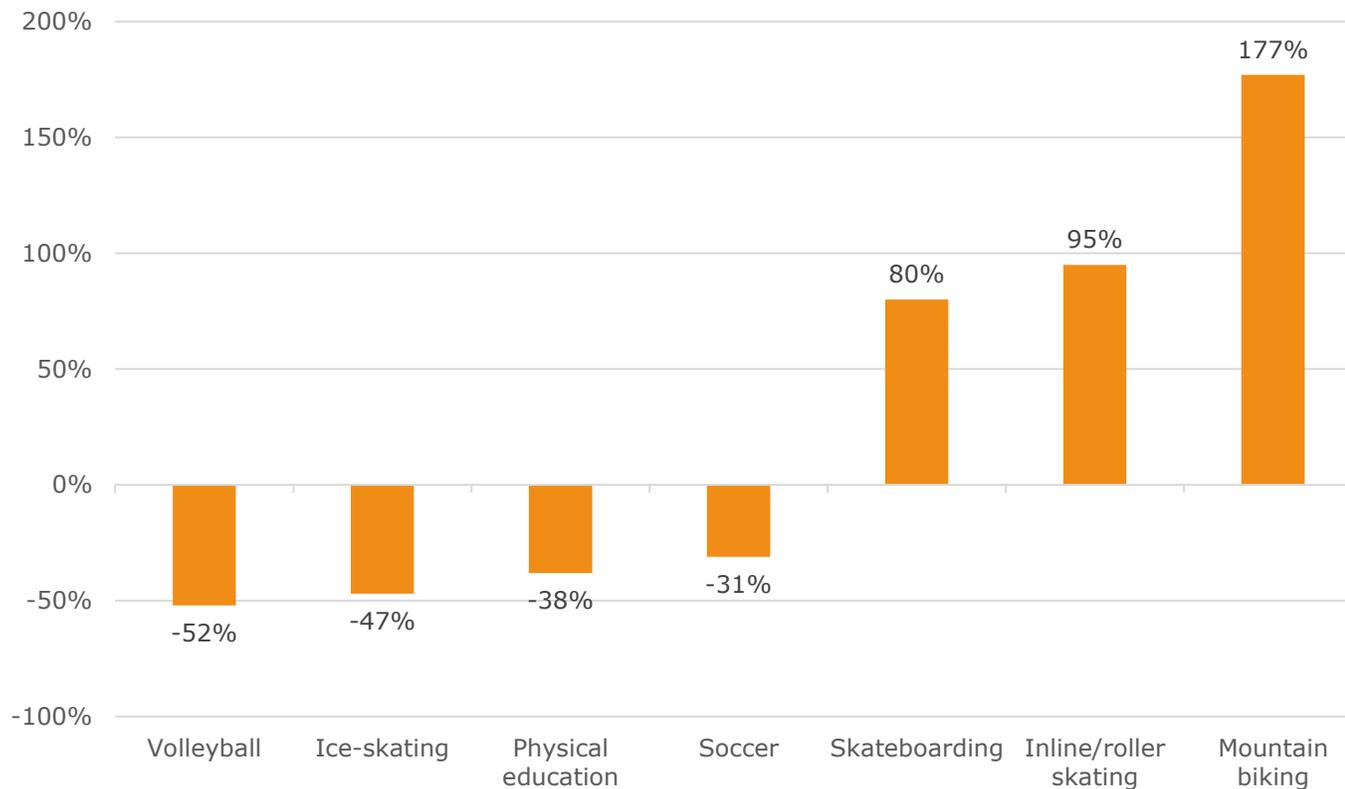
- Determine cause of increases (e.g. exposure hours)
- Implement and evaluate injury prevention programs



# 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.

