



**STATE OF TEXAS
OFFICE OF THE GOVERNOR**

Preventing injury and illness is a critical component to protecting our health and well-being. Taking appropriate precautions during physical activity and daily living is a simple way to protect ourselves, along with educating ourselves about risks associated with brain injuries.

Brain injuries often lead to significant mental health symptoms, including depression, anxiety, and post-traumatic stress disorder. Physical symptoms include chronic pain, dizziness, nausea, and blurred vision. While research on brain injuries continues, there are a number of effective therapies and treatments that can restore well-being to patients who have suffered a brain injury.

Approximately 5.3 million people in the United States have a brain injury-related disability, sustained either through an illness such as a tumor or stroke or through trauma. A brain injury can occur at any age, but most occur in people ages 15–19. Men are nearly twice as likely to be hospitalized for a brain injury than women.

Each year, the month of March is set aside in order to raise awareness about brain injuries, to advocate for research on prevention and treatment, and to support patients and their loved ones. At this time, I encourage all Texans to learn more about brain injuries and their impact on our society.

Therefore, I, Greg Abbott, Governor of Texas, do hereby proclaim March 2026, to be

Brain Injury Awareness Month



in Texas and urge all Texans to observe the occasion with appropriate ceremonies and activities.

In testimony whereof, I have hereunto affixed my signature this the 5th day of February, 2026.

A handwritten signature in black ink that reads "Greg Abbott".

Governor of Texas