



UNC
ORTHOPAEDICS

OrthoRaMS SEMINAR SERIES

Orthopaedic Research and Musculoskeletal Science

Thursday, November 13, 2025 12:00-1:00

Location: Zoom Only

Zoom Meeting ID: 988 6670 4852, PW: 114616

Injury and Life Course Health in Women: Integrated Perspectives from Injury Epidemiology And Aging-focused Observational Research

A substantial fraction of girls and young women in the United States engage in sports, which, while offering numerous benefits, also increases their risk of sustaining injuries. Existing research indicates that female athletes often experience a higher burden of injury as compared with their male counterparts. Emerging evidence indicates that physical activities and injuries experienced during early life can have significant and enduring effects on women's health as they age. Understanding the relationships between early-life activities, injuries, and subsequent health outcomes is imperative for elucidating the etiologies of various pathologies and developing effective strategies to prevent or delay onset of chronic disease and morbidity during aging. This talk serves as an introductory guide to the epidemiology of injury in female athlete populations and explores how early-life activity behaviors and injuries can enhance our understanding of later-life health outcomes in women.



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BIO

Dr. Avinash Chandran is the Chief Science Officer and Managing Director of the NCAA Injury Surveillance Program at the Datalys Center for Sports Injury Research and Prevention, where he leads initiatives to monitor and analyze injury patterns in collegiate athletics. His expertise spans injury epidemiology, public health surveillance, and longitudinal study design. Supported by funding from domestic and international government agencies, private industry, and nonprofit organizations, Dr. Chandran's research program focuses on the lifelong health impacts of activity-related injuries. Dr. Chandran earned his MS and PhD in Epidemiology at the George Washington University, following undergraduate studies in Public Health at the University of Maryland, College Park. Dr. Chandran completed postdoctoral training at the University of North Carolina at Chapel Hill, where he also currently holds an adjunct faculty position in the Department of Exercise and Sport Science.