



protect before you pedal

American Academy of Pediatrics  
DEDICATED TO THE HEALTH OF ALL CHILDREN™  
Ohio Chapter



## Bike Helmets Save Lives!

Currently in Ohio, estimates indicate that just **10-20%** of children wear bike helmets, yet more than **70%** of children ages 5 to 14 ride a bicycle regularly.



**75%** of bike-related fatalities would be **prevented** with a helmet.

Helmet use can reduce the risk of head injury by **85%** and severe brain injury by **88%**



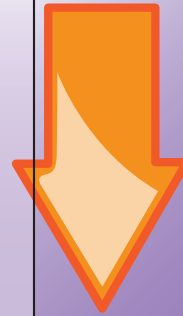
A **\$10** bike helmet **saves** healthcare system **\$41** per child.



## Helmet Policies Work!

The Ohio AAP supports policies that require bike helmet use for all children

**16 years of age and younger.**



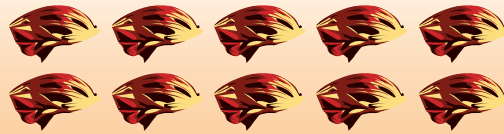
Bicycle-related head injury rates among children have **decreased by up to 45%** following the passage of bicycle helmet legislation in other states.

**75%** of parents support a mandatory bike helmet law for children

## Put a Lid on It!

**Bike Helmet Week 2015 is May 2 – 10.**

The Ohio AAP's Bike Helmet Safety Awareness Program started in 2011 as a one-day event in September, and evolved into an annual week in May.



Over **10,000** bike helmets have been distributed to Ohio's children since 2011 through the Ohio AAP.

The Ohio AAP now has **over 250** partners involved in the Put a Lid on It! Program.

## What Can You Do?

Encourage all Ohio legislators to **participate** in the week!

**Send a letter to the editor**

to your local newspaper sharing why you support bike helmet use.



Use **#bikehelmetssafety** to post messages to your **Twitter Feed** and **Facebook Page**, and change your profile photo to the **"Put A Lid On It" logo May 2-10!**



To learn more, visit <http://ohioaap.org/PutALidOnIt> or contact Hayley Southworth at [hsouthworth@ohioaap.org](mailto:hsouthworth@ohioaap.org).