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%.

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

75% of parents support a mandatory bike helmet law for children. 16 years of age and younger.

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.

Bike Helmet Week 2016 is May 9 – 21. 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 20,000 bike helmets have been distributed to Ohio’s children since 2011 through the Ohio AAP.

The Ohio AAP now has over 300 partners involved in the Put a Lid on It! Program. Encourage all Ohio legislators to participate in the week!

What Can You Do?

Send a letter to the editor to your local newspaper sharing why you support bike helmet use. Use #bikehelmetsafety to post messages to your Twitter Feed and Facebook Page, and change your profile photo to the “Put A Lid On It” logo May 9-21!

To learn more, visit http://ohioaap.org/PutALidOnIt or contact Hayley Southworth at hsouthworth@ohioaap.org.