

BEFORE THE BOARD OF HEALTH
SPOKANE REGIONAL HEALTH DISTRICT

RESOLUTION # 10-03

RE: SUPPORTING A HELMET ORDINANCE

WHEREAS, wheeled sport activities such as bicycle riding, skateboarding, scooter riding and inline skating, are enjoyable and healthy forms of recreation and transportation; and

WHEREAS, in 2007 there were 1,299 Spokane County residents treated in hospital emergency departments (ED) for wheeled sport related injuries; individuals riding a bike, skateboard, scooter, or inline skates who went to the ED were two times more likely to have a head injury than non riders; the average cost for an ED visit for wheeled sport head injury is \$7,400, creating a total cost of 9.6 million dollars in 2007 alone; and more than 26% of individuals in the ED with wheeled sport head injuries were admitted to the hospital; and

WHEREAS, the average cost of hospitalization for a wheeled sport head injury in 2007 was \$22,200, creating a total cost of 7.5 million dollars; it is estimated that the cost to care for one brain-injured child over his/her lifetime exceeds 4.6 million dollars; and every dollar spent on a helmet saves this country \$30.00 in direct medical costs and other costs to society; and

WHEREAS, according to the 2008 Healthy Youth Survey, 90% of students report never or rarely wearing a helmet when biking and ED data shows 78% of head injuries occur to school aged children under 17 years old; and

WHEREAS, helmets are 85-88% effective in mitigating head and brain injuries; and the single most effective safety device available to reduce head injury and death from wheeled vehicle crashes is a helmet; and

WHEREAS, adults wearing helmets sets an excellent example for children; and

WHEREAS, various studies show that bicycle helmet legislation is effective in increasing bicycle helmet use and reducing bicycle-related death and injury among people covered under the law; 22 states require helmets for children and 35 cities throughout Washington state have helmet ordinances; and the National Highway Traffic Safety Administration supports the enactment of bicycle usage laws; and

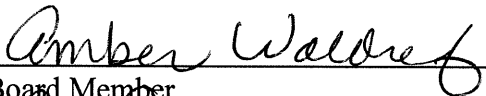
WHEREAS, the Centers for Disease Control and Prevention recognize that "Laws mandating helmet use supplement and reinforce the message of an educational campaign, requiring people to act on their knowledge"; the Journal of American Medical Association identified that legislation increased helmet use among cyclists; and the American Public Health Association research concluded that legislation combined with education appears to increase bicycle helmet use substantially more than does education alone; and

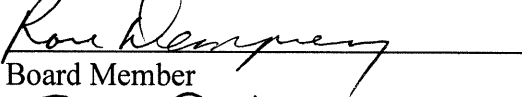
WHEREAS, the Spokane Regional Health District recognizes the value of helmet use and supports best practice interventions to reduce injuries to protect and promote the health and safety of the residents of Spokane County; and the Spokane Regional Health District is committed to educating the community about helmet use and proper fit, including the 'Head Smart' campaign in partnership with law enforcement and first responders and free helmet distribution projects.

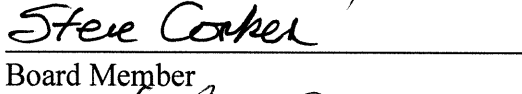
NOW THEREFORE BE IT RESOLVED that the Spokane Regional Health District Board of Health supports an all age helmet ordinance for individuals riding bicycles, scooters, in-line skates or other recreational wheeled sport equipment to better protect and promote the health of the Spokane County residents.

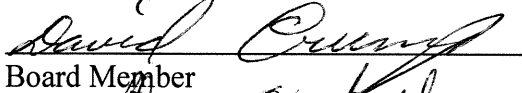
Signed this 22nd day of July, 2010 in Spokane, Washington.

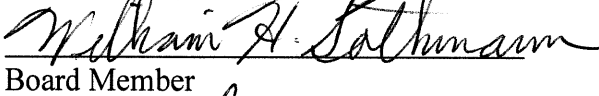
SPOKANE REGIONAL HEALTH DISTRICT BOARD OF HEALTH


Board Member

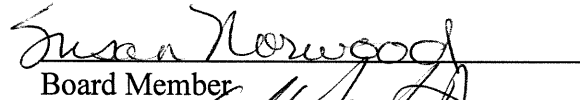

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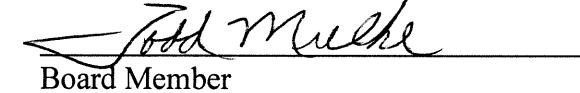

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