

Health Indicator Report

Bike Helmet Use in Children

Background

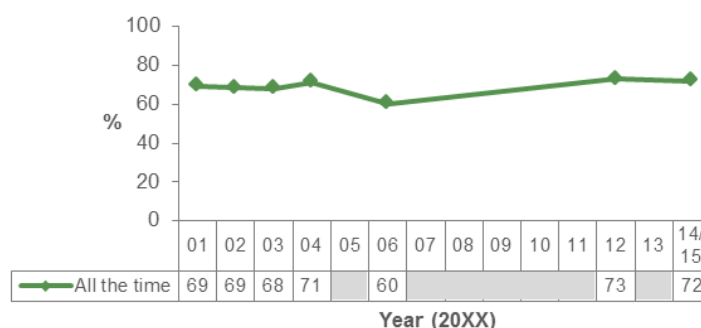
The purpose of this health indicator report is to monitor bicycle helmet use in Halton children aged 5-17 years when riding bicycles.

Federal legislation mandates that every cyclist under the age of 18 must wear an approved bicycle helmet while riding a bicycle.¹ Parents or guardians must not knowingly allow children under the age of 16 to ride a bicycle without a bicycle helmet.¹ A 52% reduction in childhood deaths due to bicycle-related head injuries was observed in Ontario after the mandatory helmet laws in children were implemented.²

This Health Indicator Report uses data from the Rapid Risk Factor Surveillance System.

Trends Over Time – Overall

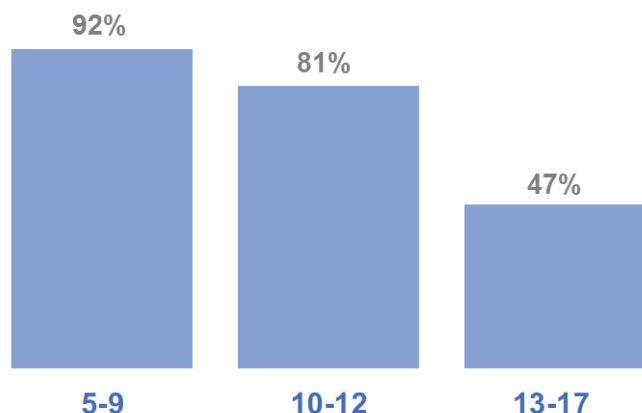
In 2014/15, 72% of Halton parents reported that their child aged 5-17 always wore a bike helmet when riding a bike. There were no statistically significant changes in children's bike helmet use from 2001 to 2015.



Percentage of parents who report that their child aged 5-17 always wore a bike helmet when riding a bike, Halton Region, 2001-2015

Age

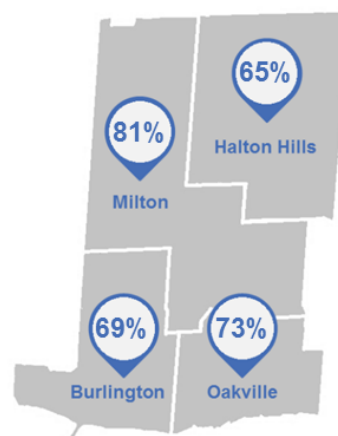
In 2015, the percentage of Halton parents who reported that their child always wore a bike helmet when riding a bike decreased as child's age increased. These differences were **statistically significant** when comparing children aged 5-9 and 10-12 to children aged 13-17.



Percentage of parents who reported that their child aged 5-17 always wore a bike helmet when riding a bike, by age, Halton Region, 2014 and 2015 combined

Municipality

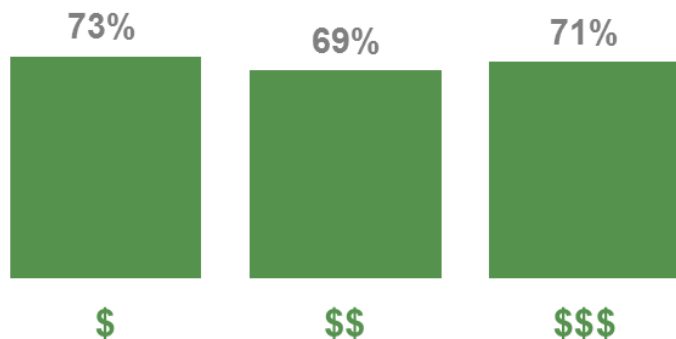
In 2014/15, there were no statistically significant differences by municipality in the percentage of Halton parents who reported that their child aged 5-17 always wore a bike helmet when riding a bike.



Percentage of parents who reported that their child aged 5-17 always wore a bike helmet when riding a bike, by municipality, Halton Region, 2014 and 2015 combined

Income

In 2015, there were no statistically significant differences by household income in the percentage of Halton parents who reported that their child aged 5-17 always wore a bike helmet when riding a bike.



Percentage of parents who reported that their child aged 5-17 always wore a bike helmet when riding a bike, by income, Halton Region, 2015

Data Notes

For more information on RRFSS, methods, statistical significance and limitations associated with health indicator reports, please see the Data Notes and Guide available at www.halton.ca.

Data Source: Rapid Risk Factor Surveillance System [Sept, 2014-Dec, 2015], Halton Region Health Department and Institute for Social Research, York University.

Limitations: The parents or guardians of children aged 5-17 were asked about how often their child with the most recent birthday wears a helmet while riding a bike, the children themselves were not surveyed.

Children who do not ride bicycles were excluded from the analysis.

Due to a change in question wording regarding income, results from 2014 and 2015 were not comparable. For income, only results from 2015 were reported on.

Estimates marked with an asterisk (*) should be interpreted with caution due to high variability.

References

1. Ontario Ministry of Transportation. 2015. Bicycle safety. Accessed August 2016 from <http://www.mto.gov.on.ca/english/safety/bicycle-safety.shtml>
2. Oppel, L. 2008. Bike helmets– can we improve on a good thing? Accessed August 2016 from <http://www.bcmj.org/council-health-promotion/bike-helmets%E2%80%94can-we-improve-good-thing>

For more health indicator and health status reports, visit the Halton Health Statistics website at www.halton.ca.