



Effective Health Care

Youth Helmet Use

Next Steps

The nominator is interested in promoting helmet use by youth to prevent traumatic brain injury.

Implementation and advocacy is outside the purview of AHRQ's Effective Health Care Program, which is focused on developing evidence reviews to inform healthcare decision-making. No further activity will be undertaken on this topic.

Summary

Topic Name and Number: Helmet use by Youth, #841

Date: 3/15/2019

- A national survey conducted in 2001-2003 found that only 48% of children ages 5-14 years wore bicycle helmets when riding¹
- 21 states and the District of Columbia have helmet laws for children.²
- Children who lived in states with a child bicycle helmet law were more likely to always wear helmets (47%) than those in states without a law (39%).³
- While we are unable to further assess this topic at this time, these resources may be useful to the nominator:
 - Systematic review: Bicycle helmet legislation for the uptake of helmet use and prevention of head injuries⁴
 - Systematic review: Bicycle injuries and helmet use: a systematic review and meta-analysis⁵
 - Systematic review: Non-legislative interventions for the promotion of cycle helmet wearing by children.⁶
 - Bicycle safety by the National Highway Traffic Safety Administration <https://www.nhtsa.gov/road-safety/bicycle-safety>. This site has information about bicycle safety, including helmet use, and links to additional resources.

References

1. Head Injuries and Bicycle Safety. Atlanta, GA: Centers for Disease Control and Prevention. <https://www.cdc.gov/healthcommunication/toolstemplates/entertainmented/tips/HeadInjuries.htm>. Accessed on 15 March 2019.
2. Intervention Fact Sheets: Bicycle Helmet Laws for Children. Atlanta, GA: Centers for Disease Control and Prevention. <https://www.cdc.gov/motorvehiclesafety/calculator/factsheet/bikehelmet.html>. Accessed on 15 March 2019.
3. Jewett A, Beck LF, Taylor C, et al. Bicycle helmet use among persons 5 years and older in the United States, 2012. *J Safety Res*. 2016 Dec;59:1-7. doi: 10.1016/j.jsr.2016.09.001. PMID: 27846992. <https://www.ncbi.nlm.nih.gov/pubmed/27846992>
4. Macpherson A, Spinks A. Bicycle helmet legislation for the uptake of helmet use and prevention of head injuries. *Cochrane Database Syst Rev*. 2008 Jul 16(3):CD005401. doi: 10.1002/14651858.CD005401.pub3. PMID: 18646128. <https://www.ncbi.nlm.nih.gov/pubmed/18646128>

5. Olivier J, Creighton P. Bicycle injuries and helmet use: a systematic review and meta-analysis. *Int J Epidemiol*. 2017 Feb 1;46(1):372. doi: 10.1093/ije/dyw360. PMID: 28100582. <https://www.ncbi.nlm.nih.gov/pubmed/28100582>
6. Owen R, Kendrick D, Mulvaney C, et al. Non-legislative interventions for the promotion of cycle helmet wearing by children. *Cochrane Database Syst Rev*. 2011 Nov 9(11):CD003985. doi: 10.1002/14651858.CD003985.pub3. PMID: 22071810. <https://www.ncbi.nlm.nih.gov/pubmed/22071810>