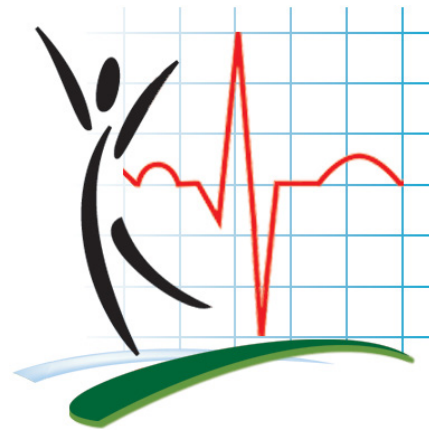


Health Fact Sheets

Helmet use in recreational activities, 2013-2014



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- . not available for any reference period
- .. not available for a specific reference period
- ... not applicable
- 0 true zero or a value rounded to zero
- 0^s value rounded to 0 (zero) where there is a meaningful distinction between true zero and the value that was rounded
- ^P preliminary
- ^r revised
- X suppressed to meet the confidentiality requirements of the *Statistics Act*
- ^E use with caution
- F too unreliable to be published
- * significantly different from reference category ($p < 0.05$)

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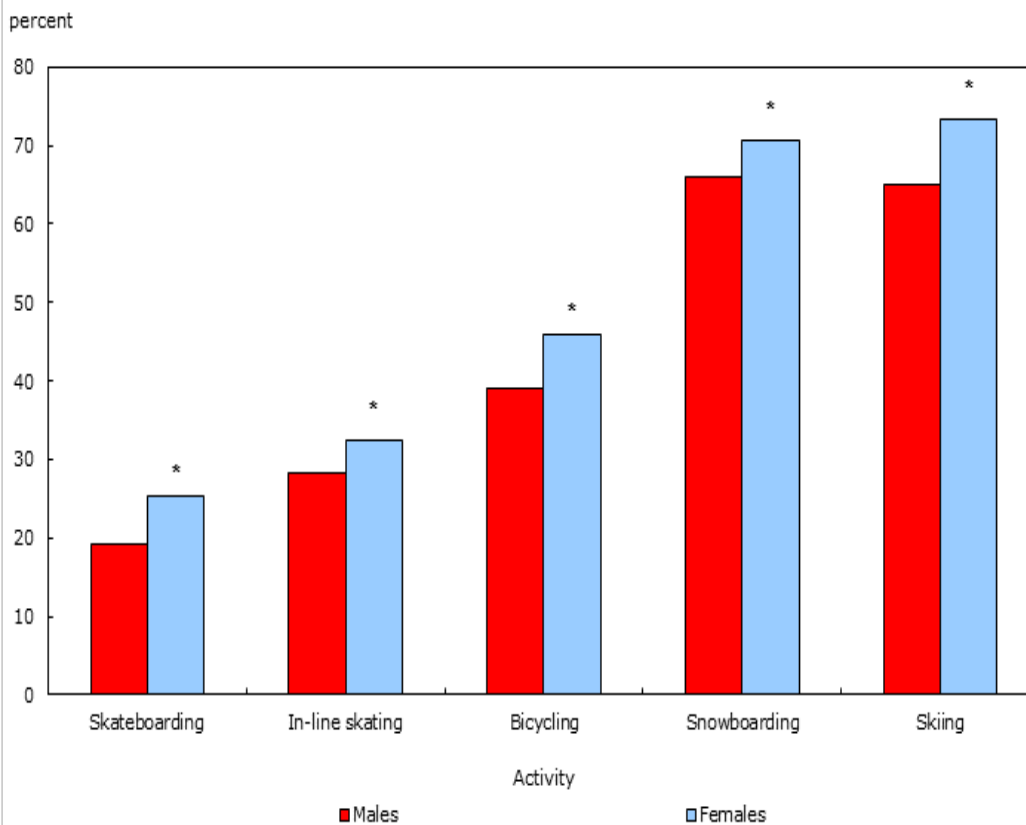
Health Fact Sheets

Helmet use in recreational activities, 2013-2014



In 2013-2014, the Canadian Community Health Survey (CCHS) asked Canadians aged 12 and older about their use of helmets while participating in various physical activities¹. Over this time period, Canadians were more likely to always wear a helmet while snowboarding (67.5%) or skiing (68.6%) than when skateboarding¹, in-line skating or bicycling. Females were more likely than males to report always wearing a helmet for each of the five activities (Chart 1).

Chart 1
Percentage reporting always wearing a helmet, by activity¹ and sex,
household population aged 12 and older, Canada, 2013-2014



* significantly higher than the male reference group (p < 0.05)

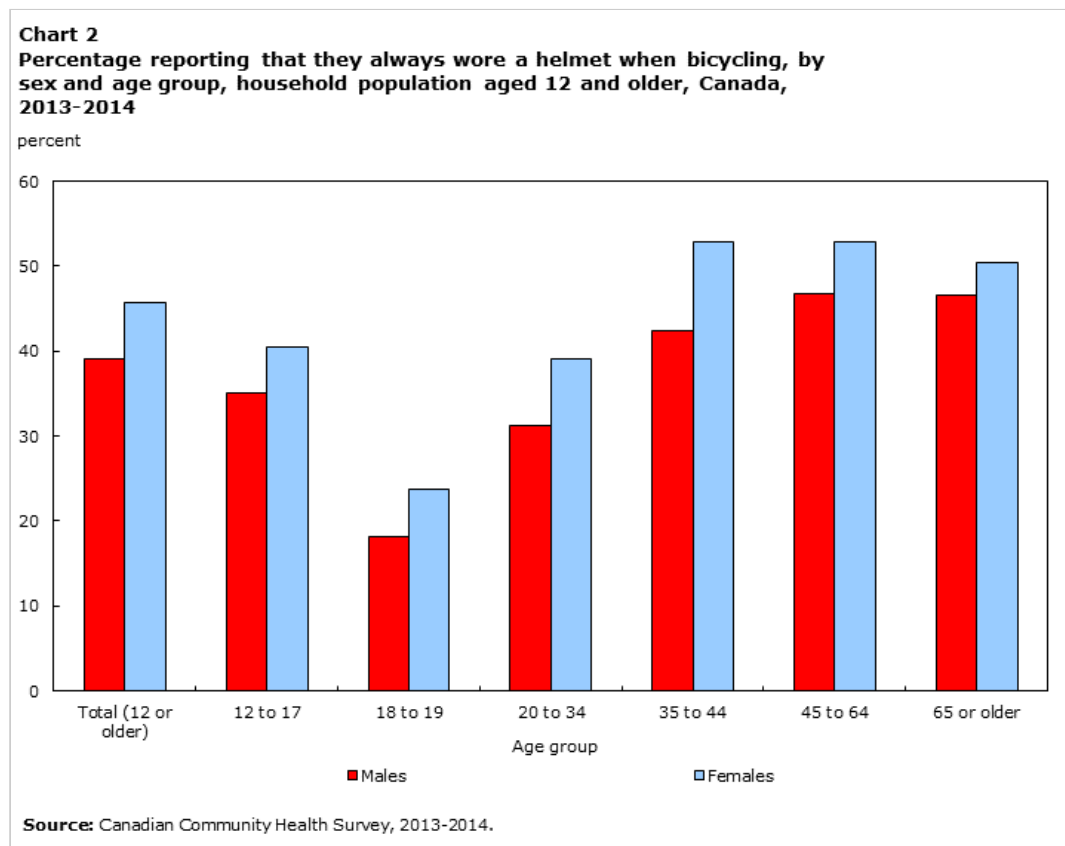
1. Questions on skateboarding were only asked to those aged 12 to 19, so the estimate of those who wore a helmet when skateboarding only covers this age group.

Source: Canadian Community Health Survey, 2013-2014.

Bicycle helmet use

In 2013-2014, more than 11.9 million Canadians aged 12 or older reported riding a bicycle in the previous 12 months. Of these, 42.0% always wore a helmet.

The percentage of Canadians that reported always wearing a bicycle helmet decreased after age 17, increasing again at age 20. For those aged 12 to 17, 35.0% of males and 40.5% of females always wore a helmet. This was significantly higher than those aged 18 to 19, where the percentage was only 18.1% of males and 23.8% of females. Regular helmet use² then increased with age for males between the ages of 20 and 64 and for females age 20 to 44. (Chart 2).

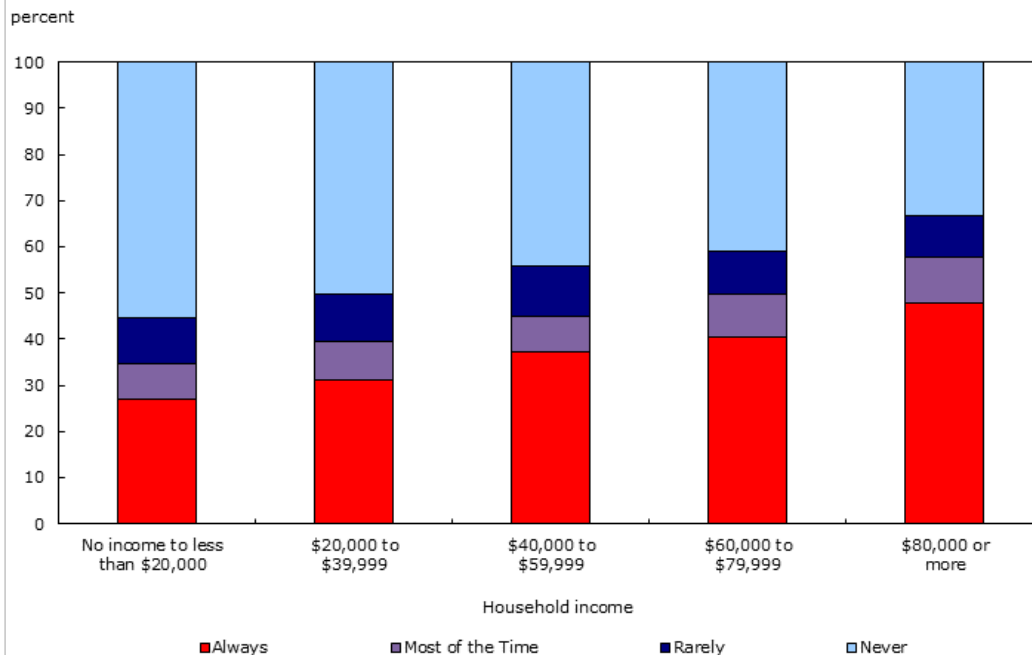


For many recreational activities, helmet use can save lives or reduce the risk of injury³. While 42.0% of Canadians reported that they always wore a helmet when bicycling in the previous 12 months, 39.4% (roughly 4.7 million people) reported that they never wore one over the same time period.

Education and income

Canadians with less than a post-secondary education⁴ were more likely to report that they never wore a bicycle helmet (44.2%) than those with a post-secondary education (35.7%). Helmet use also varied by income, as Canadian households that earned less than \$20,000 per year were more likely to report never wearing a bicycle helmet (55.5%) than Canadian households that earned \$80,000 per year or more (33.3%; Chart 3).

Chart 3
Percentage of bicycle helmet use, always, most of the time, rarely and never, by total household income, household population aged 12 or older, Canada, 2013-2014

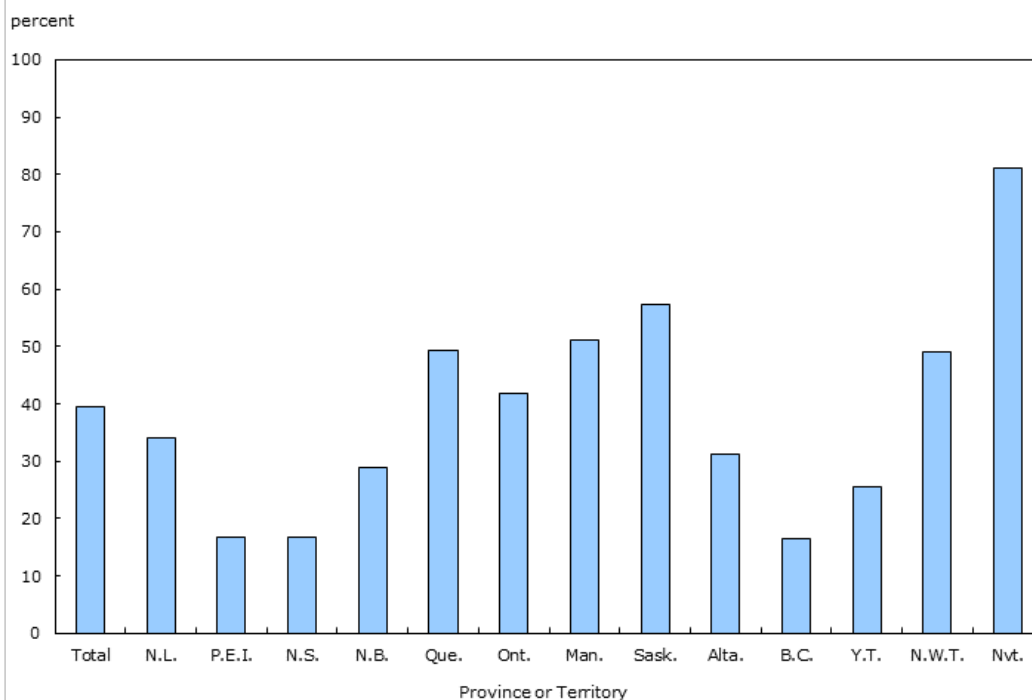


Source: Canadian Community Health Survey, 2013-2014.

Bicycle helmet use (never) by province and territory

Several provinces mandate the use of bicycle helmets, but with differing age restrictions⁵. The percentage of Canadians who report never wearing a bicycle helmet varied depending on the province or territory of residence (Chart 4).

Chart 4
Percentage reporting that they never wear a bicycle helmet, household population aged 12 and older, Canada, 2013-2014



Source: Canadian Community Health Survey, 2013-2014.

The proportion of residents who reported they never wore a bicycle helmet was **lower** than the national average (39.4%) in:

- Newfoundland and Labrador (34.2%)
- Prince Edward Island (16.7%)
- Nova Scotia (16.7%)
- New Brunswick (28.9%)
- Alberta (31.3%)
- British Columbia (16.4%)
- Yukon (25.5%)

The proportion of residents who reported they never wore a bicycle helmet was **higher** than the national average in:

- Quebec (49.3%)
- Ontario (41.7%)
- Manitoba (51.2%)
- Saskatchewan (57.2%)
- Northwest Territories (49.1%)
- Nunavut (81.0%)

Notes

- 1 Questions on skateboarding were only asked to those aged 12 to 19, so the estimate of those who wore a helmet when skateboarding only covers this age group.
- 2 Always wore a helmet when bicycling.
- 3 Consumer Product Safety Commission. (n.d.) *Why are helmets so important?* Retrieved from <http://www.cpsc.gov/en/Safety-Education/Safety-Guides/Sports-Fitness-and-Recreation/Bicycles/Which-Helmet-for-Which-Activity/> on 16 October 2015.
- 4 Highest level of education is divided into two groups: those with a post-secondary certification, diploma or university degree, and those with some post-secondary education or less than post-secondary education.
- 5 As of 2014, bicycle helmet use was mandatory in British Columbia, New Brunswick, Nova Scotia and Prince Edward Island. In Ontario, Manitoba and Alberta, the legislation only applied to children under 18. For more information, please see <http://www.parachutecanada.org/downloads/policy/Bike%20Helmet%20Legislation%20Chart-2014.pdf>