

September 2014



prevention

bulletin



IS YOUR CHILD IN THE RIGHT CAR SEAT?

September 14-20 is National Child Passenger Safety Week

The goal of child passenger safety week is to make sure parents and caregivers are correctly securing all children in the right car restraints (rear-facing car seat, forward-facing car seat, booster seat or seat belt) for their ages and sizes. Every trip, every time.

Facts to Know:

- In 2012, among children under the age of 5 in cars, an estimated 284 lives were saved by child restraints.
- Car seats reduce the risk of fatal injury by 71 percent for infants and by 54 percent for toddlers in cars.
- Parents and caregivers should always read the owner's manuals for both the child car seat and the vehicle.
- Keep infants rear-facing as long as possible to better protect the neck and spine.
- Children wearing seat belts must use both a lap and shoulder belt.
- Drivers should always set the example by wearing a seat belt.

THE NUMBER OF PEOPLE WHO THINK THEY HAVE THEIR CHILD IN THE RIGHT SEAT.



THE ONES WHO ACTUALLY DO.



car seat check

September 16th
3:00—6:00pm

@ Hansen Motors
1175 S. Commerce Way
Brigham City
(Near Walmart)

To schedule an appointment
call 435-734-0845 or 435-792-6510 (Sandra)

A limited number of low cost car seats will be available for purchase



BIKE 2 WORK DAY

2014



JOIN US, SEPT 9

Facebook icon / BearRiverHealth

REGISTER AT: BRHD.ORG

Help your worksite win the Bike to Work Challenge!
Everyone who registers will be entered into a prize drawing.
First 200 to register will receive a specialized water bottle!



RED RIBBON RUN

MAKING TIME FOR FAMILIES

5K and 1 MILE RUN/WALK

Awards Ceremony and prize drawings following the race!

Saturday
September 27th
9:00 am

Cedar Ridge
Middle School

Register at
brhd.org

COME ON OVER!



6th Annual Health Fair

Saturday, Sept. 6th
10 am - 2 pm

Cache County Fairgrounds
450 South 500 West, Logan

Free health screenings, prizes,
children's activities, Zumba,
and lots of fun for the whole family!

DID YOU KNOW...

Governor Herbert has declared September 2014 as **Healthy Family Meals Month** in Utah. This also coincides with Family Meal Day on September 22nd.



See what's
happening
locally at
brhd.org!



September 7th-13th is National Suicide Prevention Week

High self-esteem, social connectedness, problem-solving skills, & supportive family and friends are a few factors that buffer against suicide. Stay connected and call a friend today!

Bear River Health Department • Health Promotion Division • 655 E 1300 N Logan, UT 84341 • www.brhd.org • 435.792.6510

Please share any of these articles with your employees or coworkers. If you would like additional copies of this bulletin, call 435.792.6510.