



A CUP OF HEALTH WITH CDC

Buckle Up

Vital Signs: Passenger Safety

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[Announcer] This podcast is presented by the Centers for Disease Control and Prevention. CDC — safer, healthier people.

[Dr. Gaynes] Welcome to *A Cup of Health with CDC*, a weekly feature of the *MMWR*, the Morbidity and Mortality Weekly Report. I'm your host, Dr. Robert Gaynes.

Motor-vehicle crashes in the U.S. result in more deaths among people between the ages of five and 34 years than anything else.

Laurie Beck is a researcher with CDC's National Center for Injury Prevention and Control. She's joining us today to discuss ways to avoid serious injuries and death in motor-vehicle crashes. Welcome to the show, Laurie.

[Laurie Beck] Thank you for having me.

[Dr. Gaynes] Laurie, how many people are killed or injured each year in the U.S. in motor-vehicle crashes?

[Laurie Beck] There are 34,000 deaths each year in the United States from motor-vehicle crashes, and in 2009, there were 2.3 million adult drivers and passengers treated in emergency departments as a result of motor-vehicle crashes.

[Dr. Gaynes] Are crashes more common in any particular sex or age group?

[Laurie Beck] Men are more likely to be killed in motor-vehicle crashes than women. We also know that young drivers face particularly high risks of motor-vehicle crashes.

[Dr. Gaynes] How can people reduce their risk of being seriously injured or killed in a car crash?

[Laurie Beck] There are several things that people can do to protect themselves. These include not speeding, not drinking and driving, graduated driver licensing laws are important for young drivers, but the most effective step that anyone can take to protect themselves in a motor-vehicle is to wear a seat belt every time they ride in a car.

[Dr. Gaynes] Laurie, how many states actually require seat belt use?

[Laurie Beck] Currently, there are 31 states that have primary enforcement laws. Primary enforcement laws allow police officers to pull vehicles over and issue tickets for non-use of seat belts simply because an occupant is not wearing their seat belt. There also 18 states that have secondary enforcement laws. These laws only allow police officers to issue tickets for non-use of seat belts if the vehicle has already been stopped for some other reason. We know that primary

enforcement laws are more effective than secondary enforcement laws at increasing seat belt use and reducing deaths and injuries.

[Dr. Gaynes] Where can listeners get more information about passenger safety?

[Laurie Beck] People can find more information on our website at www.cdc.gov/motorvehiclesafety.

[Dr. Gaynes] Thanks Laurie. I've been talking today with CDC's Laurie Beck about ways to avoid serious injury and death in motor-vehicle crashes.

Although auto manufacturers have added numerous safety devices to most new vehicles, seat belts are still your car's most effective safety feature. So buckle up every time you get on the road.

Until next time, be well. This is Dr. Robert Gaynes for *A Cup of Health with CDC*.

[Announcer] For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO, 24/7.