









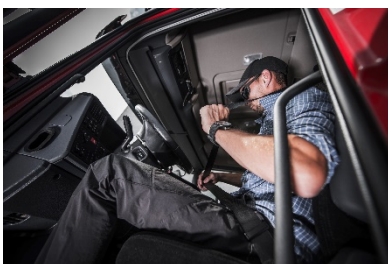
# Driven to Wellness

## Healthy Driving Habits Fact Sheet: SEAT BELTS

-  The U.S. National seat belt use rate was at 89.6 percent in 2018.
-  Of the 37,133 people killed in motor vehicle crashes in 2017, 47 percent were not wearing seat belts.
-  In 2017 alone, seat belts saved an estimated 14,955 lives and could have saved an additional 2,549 people if they had been wearing seat belts.
-  If you buckle up in the front seat of a passenger car, you can reduce your risk of:
  - Fatal injury by 45 percent (Kahane, 2015)
  - Moderate to critical injury by 50 percent
-  If you buckle up in a light truck, you can reduce your risk of:
  - Fatal injury by 60 percent (Kahane, 2015)
  - Moderate to critical injury by 65 percent (NHTSA, 1984)
-  51 percent of male passenger vehicle occupants killed in 2017 were unrestrained.



-  There are several myths regarding seat belt use including:
  - “seat belts can trap you in a fire or under water”. Incidents involving fire or water account for  $\frac{1}{2}$  of 1% of all crashes. Wearing a seat belt gives you a much greater chance of being conscious and able to escape these type of situations.
  - “if you’re operating at a low speed, you don’t need your seat belt”. Most fatal crashes happen within 25 miles from home and at speeds of less than 40 mph.
  - “guys don’t need to wear seat belts; they are less at risk”. Young males are most at risk. Among male passenger vehicle occupants ages 18-34 who were killed in 2017 fatal crashes, 60 percent were not buckled.
-  According to GHSA, in 2018, there were 803 deaths of unbelted rear seat occupants age 8 and older. More than 400 would have survived had they been belted.



*"Navigating safe driving through healthy habits and lifestyles".*