



Harris County Hospital District

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MEDIA RELEASE

MLK Health Center Hosts Bicycle Safety and Health Fair

First 100 attendees will receive free bicycle helmets

HOUSTON (Jan. 1, 2007) – About one child per day dies as a result of a bicycle accident. Physicians and staff from the Harris County Hospital District’s Martin Luther King Health Center want to change that statistic and help ensure the safety of local children.

Thanks to a grant from the Texas Medical Foundation’s Hard Hats for Little Heads, and in conjunction with the Texas Office for the Prevention of Development Disabilities, MLK’s Medicine and Pediatric Clinic will be giving 100 free helmets to the public during its health fair Jan. 6.

“Bicycle-related accidents are the most common cause of serious head injury in children,” said Dr. Hilary Suzawa, faculty advisor of the Baylor College of Medicine Combined Internal Medicine and Pediatrics Residency Program. “In fact, bicycle injuries account for about 10 percent of all pediatric traumatic deaths.”

In Houston, children under the age of 18 who ride a bicycle or any sidecar, trailer, child carrier, seat or other device attached to a bicycle must wear a helmet.

Physicians and staff will be on hand to properly fit helmets. Staff will also offer free cholesterol and blood pressure screenings at the health fair, along with health literature.

The first 100 who receive helmets will also be entered in a raffle to win a bicycle.

WHAT: MLK Bicycle Helmet Safety and Mini-Health Fair

WHEN: 1-4 p.m. Saturday, Jan. 6, 2007

WHERE: MLK Health Center, 3601 N. MacGregor

PHOTO OP: Contact Nicole Aguilar to arrange

The Harris County Hospital District is the public health care system for the nation’s third most populous county. It provides more than 1.1 million health care visits each year to uninsured and underinsured residents of Harris County. The district operates Ben Taub General Hospital, Lyndon B. Johnson General Hospital, Quentin Mease Community Hospital, 12 community health centers, a dental center, eight school-based clinics, 13 homeless shelter clinics and four mobile health units.

Texas Medical Association’s Hard Hats for Little Heads program is a statewide community-based head injury prevention and education initiative targeting children 14 years of age and younger and their families. It has donated more than 20,000 helmets to little Texans through this TMA program.

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