Keeping us safe: that's how public health touches our lives every day.

Public health helps reduce injuries by increasing awareness of the importance of bike helmets, child car safety seats and seat belts.

A bike helmet costs $30; a hospitalization for a traumatic brain injury in New Hampshire costs approximately $700,000 per person.

By promoting laws, providing education, promoting healthy lifestyles, and researching injury prevention, public health helps to improve health and reduce costs for all.