Head injuries are a major cause of death, injury and disability among motorcyclists. The substantial growth in the use of motorized two-wheelers, particularly in low-income and middle-income countries, is being accompanied by an increase in the number of head and traumatic brain injuries.

How big is the problem of motorcycle-related road traffic crashes in Kenya?

- In the last 6 years, the number of registered motorcycles has increased dramatically.
- Between 2005 and 2011, motorcycle registration increased by almost 40-fold. In 2011, motorcycles made up 70% of all newly registered vehicles.

Kenya profile:
- Population in millions (2010): 40.5
- Income group (2010): Low
- Road traffic deaths per 100 000 people (2009): 34.4
- Number of registered vehicles (2011): 1.4 Million

Road traffic crashes, injuries and deaths involving motorcycles has also increased noticeably and is putting a heavy burden on families, communities and the health system in general.

- In 2010, a total of 3055 road traffic deaths were reported by the Kenya Traffic Police.
- Of these, approximately 7% were motorcyclists.
There has been a 5-fold increase in motorcycle-related deaths reported by police between 2005 and 2010.

The majority of motorcycles in Kenya are used as taxis (Boda-bodas) which are emerging as an important means of public transportation. However, they often operate in unsafe conditions.

Compared to car occupants, motorcycle riders and their passengers are relatively unprotected. The likelihood of serious injury or death faced by motorcyclists is therefore higher than for other groups of users of motorized transport.

RS10 Kenya

The Road Safety in 10 Countries (RS10) project in Kenya focuses on improving helmet wearing and reducing speed in two districts, viz. Thika and Naivasha. The combined population for these two sites is approximately 1.2 million inhabitants.

A study at Naivasha hospital revealed that:

- 36% of patients who presented to the emergency department because of a road traffic crash were motorcyclists; and
- 75% of these patients admitted to not wearing a helmet at the time of the crash.
- Helmet wearing among motorcycle passengers is as low as 3%.
What can be done to reduce motorcycle-related crashes and injuries?

- Enforcing a helmet law and standard.
- Limiting passengers to only one.
- Wearing reflectors and using daytime headlights.
- Not drinking and driving or speeding.
- Being properly trained and licensed to operate a motorcycle.

WHY WEAR A HELMET?

Wearing a helmet is the single most effective way of reducing head injuries and fatalities resulting from motorcycle crashes.

Not wearing a helmet:
- increases the risk of sustaining a head injury;
- increases the severity of head injuries;
- increases the time spent in hospital;
- increases the likelihood of dying from a head injury;
- increases the likelihood of long-term disability.
Wearing a helmet reduces the risk of road traffic-related head injuries by 70% and deaths by 40%.

What does the existing Kenyan law say about motorcycle and helmet use?

Kenya has a comprehensive helmet law that requires:

- Mandatory helmet wearing, on all types of motorcycles and on all roads.
- Mandatory helmet wearing for all drivers and passengers.
- Helmets need to conform to a KEBS standard.

Getting the message across:

**No Helmet, No ride!**

As part of RS10 Kenya project, the No Helmet, No Ride social marketing campaign launched by the Ministry of Public Health and Sanitation and WHO aims to increase knowledge about the importance of wearing a helmet and changing attitudes and behaviours through a series of radio advertisements, billboards and posters. The campaign is accompanied by stricter enforcement by the Police.

Motorcycle-related road crashes in Kenya are a major health concern and will continue to grow without appropriate intervention. It is the time for action.

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