

For your final project proposal, please describe each of the following in one to two sentences:

1. **Study question**
2. **Design and participants**
3. **Exposure**
4. **Outcome**
5. **Significance**

Example: Helmet use and risk of head injuries in alpine skiers and snowboarders

Adapted from: Sulheim S, Holme I, Ekelnad A, Bahr R. Helmut use and risk of head injuries in alpine skiers and snowboarders. JAMA. 2006 Feb 22;295(8):919-24.

1. **Study question:** To determine the effect of wearing a helmet on the risk of head injury among skiers and snowboarders while correcting for other potential risk factors.
2. **Design and participants:** Case-control study at eight major Norwegian alpine resorts during the 2002 winter season.
3. **Exposure:** Helmut use (yes/no) recorded by interviewer at the time of the interview
4. **Outcome:** Cases will be head injuries recorded when a skier or snowboarder is treated by or consulted with the ski patrol or first aid room staff after an accident in the skiing area during skiing or lift transport. As a control group, non-injured skiers and snowboarders will be interviewed in the same eight ski resorts during the same season.
5. **Significance:** Although using a helmet is assumed to reduce the risk of head injuries in alpine sports, this effect is questioned. In contrast to bicycling or inline skating, there is no policy of mandatory helmet use for recreational alpine skiers and snowboarders.

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