

# PHAT Program Grows Bigger



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A Vermont-based program aimed at increasing helmet use on ski mountains is going national.

The Protect Your Head at All Times, or PHAT, program is a partnership between Fletcher Allen Health Care and Smugglers' Notch Ski Resort. It uses role models and information to get more kids and adults to wear helmets while skiing and snowboarding.

Now the National Ski Patrol group is helping to distribute material and promote the program at resorts all across the country.

"We know that if every skier in this country wore a helmet we would eliminate 8,000 head injuries a year so with this now we can sort of get this message out nationwide with the help of the National Ski Patrol; that's a huge, huge impact," says Dr. Rob Williams, who is one of the program coordinators at Fletcher Allen Health Care.

The national average for helmet use is about 45%. At Smuggler's Notch it is about 90% for kids and 60% for adults.

[Bianca Slota](#) - WCAX News