

INSPIRED

To Make Healthy Choices

Meeting friends for dinner after work or going to a party create occasions where we tend to have a drink, enjoy the company and then drive home.

Often, we are not aware of alcohol's impact and the dangerous situation drinking and driving creates. Becoming aware of the risks for us and our friends is important in keeping everyone safe.

The next time anyone you know drinks and plans to drive, remember these facts:

- In 2014, the highest percentage of drunk drivers in fatal crashes was for drivers ages 21-24 (30%), followed by ages 25-34 (29%) and 35-44 (24%).
- In 2014, three times as many males were arrested for drunk-driving as females (401,904 versus 130,480).
- 27 people die every day in America as a result of drunk-driving crashes.
- In 2015, 10,265 people died in drunk driving crashes, one every 51 minutes, and 290,000 were injured in drunk-driving crashes.
- Every two minutes, a person is injured in a drunk-driving crash.
- Fatal crashes involving drunk drivers are almost four times higher at night than during the day (34% versus 9%) and much higher during the weekends than week-days (29% versus 16%).
- An average drunk driver has driven drunk over 80 times before first arrest.
- On average, 2 in 3 people will be involved in a drunk-driving crash in their lifetime.
- Drunk driving costs the United States \$132 billion a year, costing each adult \$500 per year.

A standard drink is defined as 12 ounces of beer, 5 ounces of wine or 1.5 ounces of distilled spirits. Each of these contains the same amount of alcohol. Impairment is not determined by the type of drink, but rather by the amount of alcohol drunk over time. **Only time will sober a person up.** Drinking coffee, exercising or taking a cold shower will not shorten the time one is recovering from being drunk since the average person can only metabolize one drink of alcohol per hour.

Driving under the influence of drugs is another very risky situation that has greatly increased in the past few years.

In 2014, 10 million people aged 12 or older reported driving under the influence of illicit drugs in the past year. If you or someone you care about uses drugs, even legal prescription drugs, be aware of the risks and dangers of driving under the influence. Drugs impair the ability to drive well and to drive safely.

The effects of specific drugs differ depending on how they act in the brain. For example, marijuana can slow reaction time, impair judgment of time and distance, and decrease coordination. Drivers who have used cocaine or methamphetamine can be aggressive and reckless when driving by speeding and changing lanes without signaling. Certain kinds of sedatives can cause dizziness and drowsiness. All of these impairments can lead to vehicle crashes.

Being aware of the impact and risks of driving under the influence of alcohol, prescription and illicit drugs can save someone's life.

Prevent those who are impaired from driving by providing a ride or encouraging them to take a cab or uber.

Most drivers do not understand how various drugs can increase crash risk.

Car crashes are the leading cause of death among young people aged 16-19 years.

In 2010, more than 25% of drugged drivers in fatal crashes were aged 50 years or older.

After alcohol, marijuana is the drug most often linked to drugged-driving.

For more information:
IMPACT of DRUNK & DRUGGED DRIVING
 www.guideinc.org

