



Did You Know?

December 2021

Drugged Driving Prevention: December is National Drunk and Drugged Driving Prevention Month, or 3D Month. The Center for Disease Control (CDC) named December 3D Month to raise awareness of increased drunk and drugged driving during the holidays. December is filled with parties and celebrations with family and friends, but with that comes an increased risk of driving while impaired, or being on the road while someone else is driving while intoxicated.

What You Should Know:

- Many substances can effect a person's ability to operate a motor vehicle.
 - Alcohol and marijuana slow coordination, judgment, and reaction time.
 - Cocaine and methamphetamine can make a driver aggressive and reckless behind the wheel.
 - Over the counter and prescription medications can a cause a driver to feel extremely drowsy and weaken their sense of agency and alertness.
 - Negative effects against a person's driving ability can be amplified if a driver is under the influence of two of more substances.
- The National Highway Traffic Safety Administration (NHTSA) shares that, "Every day, about 28 people in the United States die in drunk-driving crashes — that's one person every 52 minutes."
- There were 10,142 deaths from drunk driving crashes in 2019.
- The 2020 National Survey on Drug Use and Health shares that, "12.6 million people (ages 16 and older) drove after using illicit drugs. Of that total, 11.7 million people were under the influence of marijuana."
- According to the DMV, drug related violations can result in fines ranging from \$1,000 to \$10,000. There are also varying lengths for potential jail time and suspension of an individual's license connected to drug related violations.
- The annual cost for alcohol related crashes in the United States totals more than \$44 billion each year.
- The Centers for Disease Control and Prevention (CDC) shares that, "In 2016, more than 1 million drivers were arrested for driving under the influence of alcohol or narcotics. That's one percent of the 111 million self-reported episodes of alcohol-impaired driving among U.S. adults each year."

What You Can Do:

- **Plan Responsibly:** Make a plan before you start the party or get behind the wheel. Decide who will be your designated driver and make sure that individual stays sober.
- **Make the Call:** If you are not sober, do not drive for any reason. It is not worth risking your life or the lives of others. Call a taxi or order a ride through a transportation service like Lyft or Uber.
- **Be a Helpful Host:** If you host a party where alcohol or other substances are served, be sure that all guests leave with a designated driver or that they have a safe way to travel home. Also be sure to offer non-alcoholic beverages to your guests.
- **Safety is Key:** Wear your seatbelt when in your vehicle. NHTSA shares that wearing a seatbelt is the best defense against impaired drivers. If you see or know of someone driving under the influence of drugs, call law enforcement.

Information obtained from: [cdc.gov](https://www.cdc.gov/); [dmv.ny.gov](https://www.dmv.ny.gov/); [nhtsa.gov](https://www.nhtsa.gov/)

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