

PREVENTION PLAYBOOK

DECEMBER 2023

Each December, we go out for fun, parties and drinks with family and friends. But we ask you to stop and think for a second about being responsible. **December is National Drunk and Drugged Driving Prevention Month** and since the holiday season has a higher accident rate than others on average, it is important to echo the message of consciousness of being in a proper state behind the wheel. According to the National Safety Council, over 40,000 people died in alcohol-related traffic accidents last year. So this year, stay safe during the holidays.

In an average year, 30 million Americans drive drunk, and 10 million Americans drive impaired by illicit drugs. A survey by the Substance Abuse and Mental Health Services Administration (SAMHSA) revealed that 13.2 percent of all people aged 16 or older drove under the influence of alcohol and 4.3 percent drove under the influence of illicit drugs during the past year.

Furthermore, rates of impaired driving differed dramatically by age.

- While 11.8 percent of people aged 26 and older drove drunk, 19.5 percent of people aged 16 to 25 drove drunk.
- 2.8 percent of the older group drove drugged, while 11.4 percent of younger drivers did so. All 50 States and the District of Columbia enforce the minimum legal drinking age of 21 years. SAMHSA asks minors to avoid alcohol and encourages parents and other caregivers to make a new or renewed commitment to never cater a party to underage drinking.

If someone you know is drinking, do not let that person get behind the wheel. If you see an impaired driver on the road, contact law enforcement. Your actions may save someone's life, and inaction could cost a life. Families play an essential part in stopping impaired driving. By talking about the risks and setting clear expectations, parents and other caregivers can help their children stay safe, sober, and focused on the road.

INTERESTING TIDBITS

Marijuana users were about 25 percent more likely to be involved in a crash than drivers with no evidence of marijuana use. Other factors—such as age and gender—appear to account for the increased crash risk amount marijuana users.

Teens who think marijuana is acceptable may be more likely to drive drunk or ride with a drunk driver when they reach high school, a new study suggests.

PREVENTION PLAYBOOK RESOURCES

[Underage Drinking - Facts vs Myths](#) | [Alcohol Use Among Girls and Young Women](#)

CONTACT: DR. SHERI FLEMING - PROGRAM MANAGER
SHERI.FLEMING@SDE.OK.GOV | 405-522-9997

