

SAFE DRIVING: BRINGING AWARENESS NOT ONLY FOR YOURSELF BUT FOR OTHERS ON THE ROAD

**With Holiday Season Vastly Approaching
Having Useful Knowledge Can Help Drivers Stay Safe**

SPRINGFIELD, IL - December is “**National Impaired Driving Month**,” which is a reminder to create awareness about the dangers of driving under the influence of drugs or alcohol. With the holiday season right around the corner, the consumption of alcohol can become more prevalent. This can be seen with family in town, holiday celebrations, office parties, New Year’s Eve, or any situation where friends and family come together to celebrate. While the month of December marks a time of year for togetherness and appreciation, it also is statistically one of the most dangerous months for driving.

According to research, the average American consumes double the number of alcoholic drinks over the holidays than any other time of the year. This statistic explored how much more social people are over the time between Thanksgiving and New Years Day. While people tend to be more social during this time, the average American will attend three times more social functions and parties as well which leads to more drivers on the road.

[\[Source: *nypost.com/2018/12/04/people-drink-twice-as-much-alcohol-over-the-holidays*\]](https://nypost.com/2018/12/04/people-drink-twice-as-much-alcohol-over-the-holidays)

In December 2018, 839 people died in traffic crashes involving a drunk driver. The period between Christmas and New Year’s Day had more drunk-driving related fatalities than any other holiday period that year with an increasing number of 285. Driving under the influence of alcohol is a very serious problem, but its also important to bring attention to the risks of driving under the influence of drugs too. According to the 2018 National Survey on Drug Use and Health (NSDUH), 20.5 million people drove under the influence of alcohol that year and an additional 12.6 million drove under the influence of illegal drugs.

[\[Source: *samhsa.gov/data/report/2018-nsduh-detailed-tables*\]](https://samhsa.gov/data/report/2018-nsduh-detailed-tables)

With this in mind, we can do our part to keep roads safe for not only for ourselves, but for family and friends as well. Any celebration can be more fun if you act and plan ahead to know how you or others will be getting home. It is never okay to drink and drive, so be proactive and find the smartest way to safely get where you want to go.

- *Choose a designated sober driver who has agreed to not use drugs or alcohol so they can drive safely.*
- *Consider Uber, Lyft or another rideshare service, public transportation, or a cab service.*
- *Stay with a friend or family member or book a hotel room.*

Is a friend or family member too impaired to drive? Stay proactive and help them find a ride home or a place to sleep so they do not get behind the wheel or even include them in your plan to get them home safely. Impaired driving is 100-percent preventable and by doing your part, you can keep the roads safe. The fact is we share the road, and those driving impaired not only endanger themselves, but put others at risk. For this reason, please take time this holiday season to encourage family and friends to drive responsibly. By setting a good example, we can strive to limit the number of impaired drivers on the road so we all can safely enjoy the holiday season together.

Resources:

https://www.cdc.gov/transportationsafety/impaired_driving/impaired-drv_factsheet.html

<https://www.ghsa.org/resources/DUID18>

<https://www.drugabuse.gov/publications/research-reports/marijuana/does-marijuana-use-affect-driving>

https://www.ilsos.gov/departments/drivers/traffic_safety/DUI/home.html

Visit [prevention.org](https://www.prevention.org) for additional information and resources.