

ROAD TO SAFER TRIBAL COMMUNITIES

# YOUR DECISION, THEIR LIVES






If you've been drinking,  
don't drive. Get a ride.

## THE FACTS

- ▶ Alcohol-impaired driving death rates among American Indians and Alaska Natives are 2 to 17 times higher than other racial/ethnic groups in the U.S.<sup>1</sup>
- ▶ The percentage of alcohol-impaired driving deaths among American Indians and Alaska Native people on reservations is 1.5 times as high as the national average.<sup>2-3</sup>

## Drinking and driving is dangerous.

Just a small number of drinks can make you unsafe behind the wheel and put your life and the lives of others at risk. This chart shows the predictable effects on driving at the various blood alcohol concentration levels.<sup>4</sup>

Blood Alcohol Concentration (BAC)*	Predictable Effects on Driving
<b>.02%</b>  About 2 drinks	<ul style="list-style-type: none"><li>• Decline in visual functions (rapid tracking of a moving target)</li><li>• Decline in ability to perform two tasks at the same time (divided attention)</li></ul>
<b>.05%</b>  About 3 drinks	<ul style="list-style-type: none"><li>• Reduced coordination</li><li>• Reduced ability to track moving objects</li><li>• Difficulty steering</li><li>• Reduced response to emergency driving situations</li></ul>
<b>.08%</b>  About 4 drinks	<ul style="list-style-type: none"><li>• Difficulty concentrating</li><li>• Short-term memory loss</li><li>• Difficulty controlling speed</li><li>• Reduced information processing capability (e.g., signal detection, visual search)</li><li>• Impaired perception</li></ul>
<b>.10%</b>  About 5 drinks	<ul style="list-style-type: none"><li>• Reduced ability to maintain lane position and brake appropriately</li></ul>
<b>.15%</b>  About 7 drinks	<ul style="list-style-type: none"><li>• Substantial impairment in vehicle control, attention to driving task, and necessary visual and auditory information processing</li></ul>

\*Blood Alcohol Concentration Measurement. The number of drinks listed represents the approximate amount of alcohol that a 160-pound man would need to drink in one hour to reach the listed BAC in each category.



## KEEP YOUR COMMUNITY SAFE

Help keep yourself, your loved ones, and your community safe from drinking and driving by:

- Choosing not to drink and drive.
- Getting a ride if you drink.
- Stopping friends from drinking and driving.

LEARN MORE AT

[www.cdc.gov/motorvehiclesafety/impaired\\_driving](http://www.cdc.gov/motorvehiclesafety/impaired_driving)  
or call 1-800-CDC-INFO



The Centers for Disease Control and Prevention's National Center for Injury Prevention and Control and the Indian Health Service's Injury Prevention Program work in partnership with American Indian and Alaska Native communities to implement proven programs.

### LOCAL INFORMATION

#### References

1. Fatality Analysis Reporting System [online]. National Highway Traffic Safety Administration, US Department of Transportation. Available at <https://cdan.dot.gov/query>. Accessed March 23, 2020.
2. NHTSA. 2020. Native American Traffic Safety Facts FARS 2013-2017. Available at: [https://cdan.nhtsa.gov/NA\\_report/NA\\_Report.htm](https://cdan.nhtsa.gov/NA_report/NA_Report.htm). Accessed March 20, 2020.
3. National Highway Traffic Safety Administration. Traffic Safety Facts: Alcohol-Impaired Driving. US Department of Transportation, Washington, DC; 2018. Publication no. DOT-HS-812-630. Available at <https://crashstats.nhtsa.dot.gov/Api/Public/ViewPublication/812630>. Accessed March 24, 2020.
4. Adapted from The ABCs of BAC, National Highway Traffic Safety Administration, 2005, and How to control your drinking, WR Miller and RF Munoz, University of New Mexico, 1982.
5. U.S. Department of Transportation, National Highway Traffic Safety Administration. Fatal motor vehicle crashes on Indian reservations 1975-2002. April 2004. DOT HS 809 727. Available at <https://crashstats.nhtsa.dot.gov/Api/Public/ViewPublication/809727>. Accessed May 12, 2020.