**IMPAIRED DRIVING**

Driving under the influence of drugs or alcohol is illegal and puts the driver, passenger(s), and others on the road at risk of injury or death.

When driving under the influence, the drivers’ judgement, reflexes and coordination are all compromised.

**Common effects of being under the influence include:**

- Reduced reaction time
- Impaired depth perception
- Hyperactivity from a high
- Poor peripheral vision
- Confusion
- Fatigue
- Lack of awareness of surroundings

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**DID YOU KNOW?**

Impaired driving accounts for more than **16,000 deaths**, **one million injuries**, and costs **$45 billion** each year.


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**Injury Prevention and Trauma Services**

1 Hospital Drive
Columbia, MO 65212

**To schedule an Is It Worth It event at your location, please contact:**

Kassie Campbell, RN, BSN
(573) 884-6381
campbellkr@health.missouri.edu

**Resources:**

- Substance Abuse and Mental Health Administration, 2010
- National Highway Insurance Institute for Highway Safety, 2012
- Savemolives.com
- Mothers Against Drunk Driving/MADD, 2015

**Funded by:**

- State Farm

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**IS IT WORTH IT?**

Injury Prevention and Trauma Services

Frank L. Mitchell Jr., MD
Trauma Center
University of Missouri Health Care

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IS IT WORTH IT is a program offered by MU Health Care’s Injury Prevention and Trauma Services team for alternative schools. The program is an interactive and educational 60-90 minute classroom presentation, with topics to include:

- Why you should wear your seat belt
- The dangers of distracted driving
- The risks of impaired driving

SEAT BELT SAFETY
Understanding the importance of wearing a seat belt is critical to your overall safety while in a vehicle.

Motor vehicle crashes are the leading cause of death for 15 to 20 year olds in the United States.

Missouri law requires all drivers and front-seat passengers to wear seat belts.

If the driver holds an intermediate driver license, all passengers must wear seat belts.

When fastened, seat belts reduce the risk of fatal injury to front seat passengers by 45%.

Out of any driving demographic, teen drivers are the least likely to buckle up.

THE DANGERS OF DISTRACTED DRIVING
There are three main types of potential distractions while driving: visual, manual and cognitive. Visual is taking your eyes off the road, manual is taking your hands off the wheel and cognitive is taking your mind off what you are doing.

Eating and/or drinking, texting, talking on the phone, putting on make-up, fixing your hair and having conversations with friends are all examples of distracted driving.

When you are distracted while driving, crashes are more likely to occur.

For example, when you text and drive:

- You are 23 times more likely to crash.
- You spend 10% of the time outside of your lane.
- You spend an average of 5 seconds with your eyes off the road.