



June 2023

Traffic Safety Newsletter

Alcohol Impaired Driving

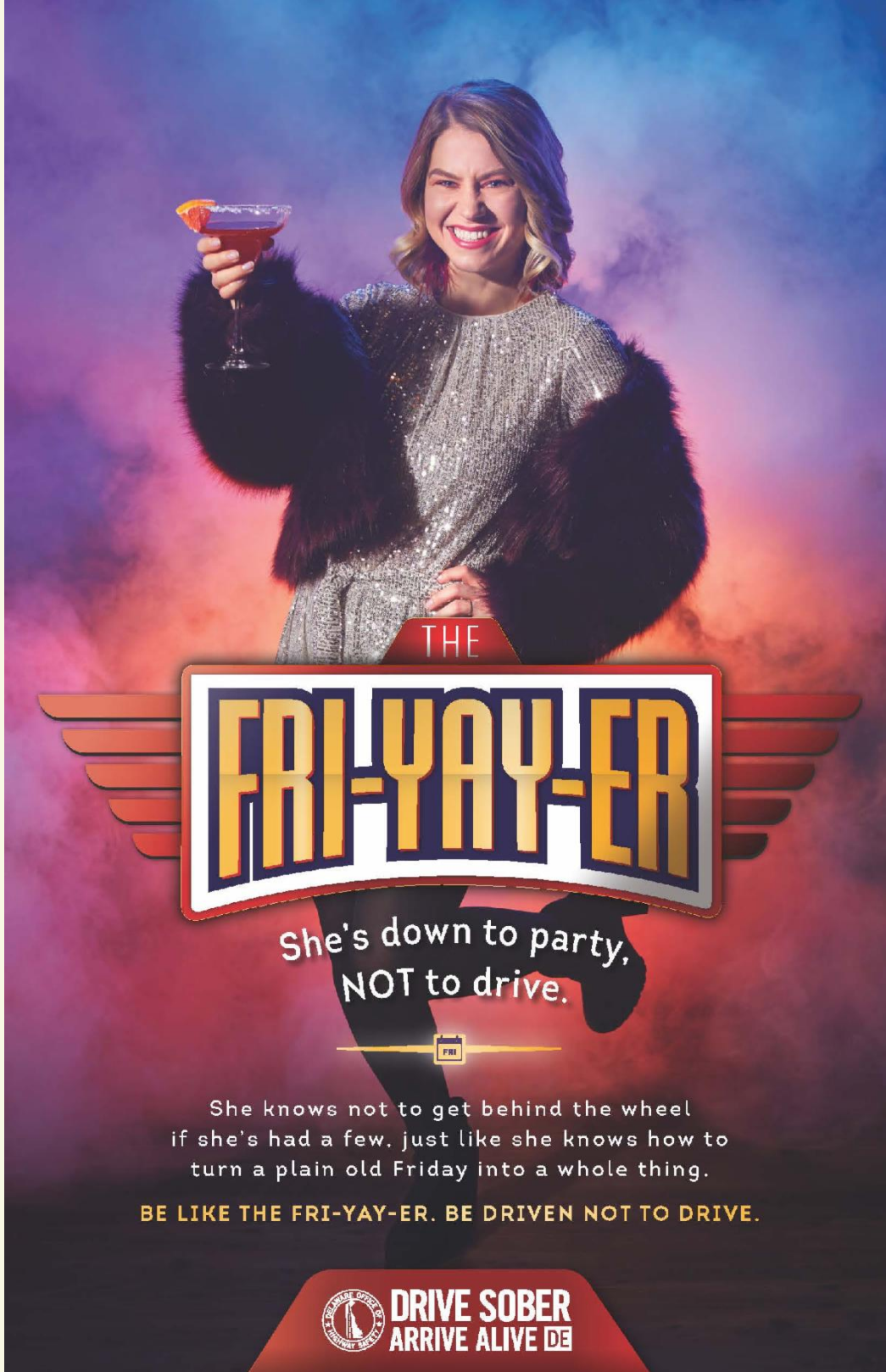


You can't drive safely if you're impaired. That's why it's illegal everywhere in America to drive under the influence of alcohol, marijuana, opioids, methamphetamines, or any potentially impairing drug—prescribed or over the counter. According to NHTSA, in 2021, 13,384 people died in alcohol-impaired driving traffic deaths — a 14% increase from 2020. This equates to one person killed every 39 minutes in a drunk-driving crash on our nation's roads. According to the 2022 Annual Traffic Statistical Report from the Delaware Information and Analysis Center, 27% of fatal crashes were alcohol-involved. These deaths were all preventable. Getting a DUI carries many costs, including, but not

limited to, monetary fines, medical bills, increased insurance costs, and points to your license or loss of your license, which could then lead to the loss of your job. Read on to learn about impairment from alcohol.

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More](#)

Drive Sober



THE

FRI-YAY-ER

She's down to party,
NOT to drive.

FBI

She knows not to get behind the wheel
if she's had a few, just like she knows how to
turn a plain old Friday into a whole thing.

BE LIKE THE FRI-YAY-ER. BE DRIVEN NOT TO DRIVE.

 **DRIVE SOBER
ARRIVE ALIVE** 

It's never acceptable to get behind the wheel after you've been drinking; the risks are far too great. Follow these tips to ensure a safe ride home:

- Plan ahead. If you plan to be drinking at an event, also plan to have a safe way to get home. Designate a driver, make sure you have Uber or Lyft downloaded, or pack a bag to stay where you are.
- If you are the designated driver, **do not drink.**
- Friends don't let friends drink and drive. If you see that one of your friends is about to get behind the wheel after drinking,

- take their keys and call a sober ride for them.
- If you're the one hosting the party, make sure every guest has a sober ride home. Have plenty of non-alcoholic beverages available for party guests.
- Never get in the car with an impaired driver.

Learn
More

The Effects of Blood Alcohol Concentration

buzzed
driving is
drunk
driving

Alcohol is a substance that reduces the function of the brain, impairing thinking, reasoning and muscle coordination. Alcohol is absorbed directly through the walls of the stomach and small intestine. Then it passes into the bloodstream where it accumulates until it is metabolized by the liver. A person's alcohol level is measured by the weight of the alcohol in a certain volume of blood. This is called Blood Alcohol Concentration, or BAC. Even a small amount of alcohol can affect a person's driving ability. Use the chart below to see the effect of alcohol on you and your driving at different BAC levels.

BAC	Effects on You	Effects on Driving
	Some loss of judgment; relaxation, slight body warmth,	Decline in visual functions (rapid tracking of a moving

.02	altered mood	target), decline in ability to perform two tasks at the same time (divided attention)
.05	Exaggerated behavior, may have loss of small-muscle control (e.g., focusing your eyes), impaired judgment, usually good feeling, lowered alertness, release of inhibition	Reduced coordination, reduced ability to track moving objects, difficulty steering, reduced response to emergency driving situations
.08	Muscle coordination becomes poor (e.g., balance, speech, vision, reaction time, and hearing), harder to detect danger; judgment, self-control, reasoning, and memory are impaired	Concentration, short-term memory loss, speed control, reduced information processing capability (e.g., signal detection, visual search), impaired perception
.10	Clear deterioration of reaction time and control, slurred speech, poor coordination, and slowed thinking	Reduced ability to maintain lane position and brake appropriately
.15	Far less muscle control than normal, vomiting may occur (unless this level is reached slowly or a person has developed a tolerance for alcohol), major loss of balance	Substantial impairment in vehicle control, attention to driving task, and in necessary visual and auditory information processing

Nothing can lower your BAC except time. Use the calculator at the link below to estimate BAC, but don't forget that everyone metabolizes alcohol differently. Remember - if you've been drinking, do not drive.

**BAC
Calculator**

Costs and Consequences

The Delaware Office of Highway Safety is pleased to be able to offer educational trainings for your employees. Our Training Administrator, Roy Bryant, offers a course called Costs and

Consequences, which looks at the problem of alcohol impaired driving and focuses on what factors cause someone to drive impaired. It also covers how often an impaired driver drives and does not get caught. Roy will give up-to-date statistics in relation to alcohol-related arrests, crashes, and crashes resulting in a fatality. The course shows how good people are arrested for DUI and what the consequences of a DUI arrest are. Roy discusses why people think they are okay to drive, and why they 'think' they can handle it. He brings an aspect of wanting drivers to own their decision and decide not to drive after drinking. Attendees also learn about good alternatives to get home safely. If you are interested in hosting this course for your workplace, contact [Roy Bryant](#).

Traffic Safety Spotlight

Back when Julie Willey began her study of forensic science, DNA was not being used to solve crimes. Today, the independent testing she performs confirms conclusively when people are driving impaired and, just as importantly, when they're not. Watch the video above for an inside look at the Delaware State Police Crime Lab.

Mocktails



Having a party? De-emphasize alcohol and mix up some mocktails -

alcohol-free drinks that taste even better than alcoholic beverages. Listed below are the recipes to some of our favorite mocktails!

Baby Bellinis

- 2 ounces peach nectar
- 4 to 5 ounces sparkling cider
- Peach slice, for optional garnish

Gather the ingredients. Pour the peach nectar into a champagne flute. Slowly add the sparkling cider. Garnish with a peach slice. Serve and enjoy.

Virgin Sangria

- 1 orange, sliced 1/4-inch thick
- 1 lemon, sliced 1/4-inch thick
- 1 lime, sliced 1/8-inch thick
- 2 medium apples, cored and chopped
- 3 cups red grape juice
- 1 cup white grape juice
- 1 1/2 cups freshly squeezed orange juice
- 1/4 cup freshly squeezed lemon juice
- 2 tablespoons freshly squeezed lime juice
- 1 (25 7/16-ounce) bottle sparkling apple cider, or plain seltzer

Gather the ingredients. Layer half of the orange, lemon, lime slices, and chopped apples in the bottom of a 4-quart glass pitcher. Repeat with the remaining fruit to create a second layer. Pour in the grape juices, orange, lemon, and lime juices. Use a long spoon or sturdy skewer to gently stir it until well mixed. Cover and chill for at least 4 hours or overnight. When ready to serve, add the sparkling cider to the pitcher. Stir gently to stir. Serve over ice.

Pink Lady Punch

- 1 quart cranberry juice cocktail
- 1 1/2 cups sugar (optional)
- 4 cups unsweetened pineapple juice
- 2 quarts ginger ale

Place cranberry juice, sugar, pineapple juice, and ginger ale in a punch bowl. Stir and enjoy.

Visit us on **Facebook**, **Twitter**, and **Instagram** and follow **#ArriveAlive**.

Thank You

The Delaware Office of Highway Safety would like to extend our gratitude and thanks to all of our corporate partners! We would love to highlight partners who share our traffic safety mission or have a similar traffic safety mission. Who are we missing? Share groups that we need to connect with to aubrey.klick@delaware.gov.

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