

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 Indian and Alaska Native people are 2 to 11 times higher than other racial/ethnic groups in the U.S.¹
- » The percentage of crash deaths involving alcohol-impaired drivers among American Indian and Alaska Native people on reservations is 1.8 times as high as the U.S. overall.²

Drinking and driving is dangerous.

Just a small amount of alcohol 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 various blood alcohol concentration (BAC) levels.⁴

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



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/transportationsafety/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. National Highway Traffic Safety Administration. Unpublished 2016–2020 data from the Fatality Analysis Reporting System (FARS). Washington, DC: U.S. Department of Transportation, National Highway Traffic Safety Administration, National Center for Statistics and Analysis; August 2023.
2. National Highway Traffic Safety Administration. Fatality and Injury Reporting System Tool (FIRST). Washington, DC: U.S. Department of Transportation, National Highway Traffic Safety Administration, National Center for Statistics and Analysis. Available at <https://cdan.dot.gov/query>. Accessed August 30, 2023.
3. 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.