

## Drunk and Drugged Driving Prevention Month

December is National Drunk and Drugged Driving Prevention Month. Impaired driving will affect one in three Americans during their lifetime. In fact, studies have shown that 39 percent of all traffic fatalities in 2004 were alcohol-related and more than 16,500 traffic fatalities were attributed to impaired driving. Too many lives are lost each year to a tragedy that can be avoided. Each and every one of us has a responsibility to be safe on the road.

### What constitutes impairment?

Impairment begins with one alcoholic drink. It doesn't matter whether that drink is liquor, wine or beer. Once alcohol is consumed, it is absorbed into the blood system. Studies show that even one drink reduces the ability to react quickly, a factor that can prove fatal when driving.

### What is BAC?

BAC is Blood Alcohol Concentration or the amount of alcohol present in one's blood system. BAC begins when an individual consumes even a minimal amount of alcohol and increases exponentially with each additional drink.

### When does drinking cause impairment?

Since studies show that one drink can affect an individual's judgment and ability to react, impairment begins at any BAC level over zero. Remember, the only real safe driving is sober driving.

### How do I know my limit?

It's important to remember that everyone is different. The rate of alcohol absorption varies according to an individual's height, weight, experience with alcohol and food consumed prior to drinking. Since the effects of alcohol vary between individuals, it's best to be safe and designate a driver before drinking or call a taxi to take you home.

Every time you get behind the wheel of a vehicle, you have a responsibility to drive safely. Think twice this holiday season before driving home after consuming alcohol. You're not the only one who has something to lose.

### Resources Are Available

Additional information, self-help tools and other resources are available online at [www.MagellanHealth.com](http://www.MagellanHealth.com). Or call us for more information, help and support. Counselors are available 24 hours a day, seven days a week to provide confidential assistance at no cost to you.