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December is National Impaired Driving Prevention Month

[Springfield, IL] – November 20, 2024 – National Impaired Driving Prevention Month is observed in December, during the holiday season, when traffic accidents and fatalities increase due to celebrations and travel. Heightened awareness of the dangers of impaired driving can help communities reduce these tragedies.

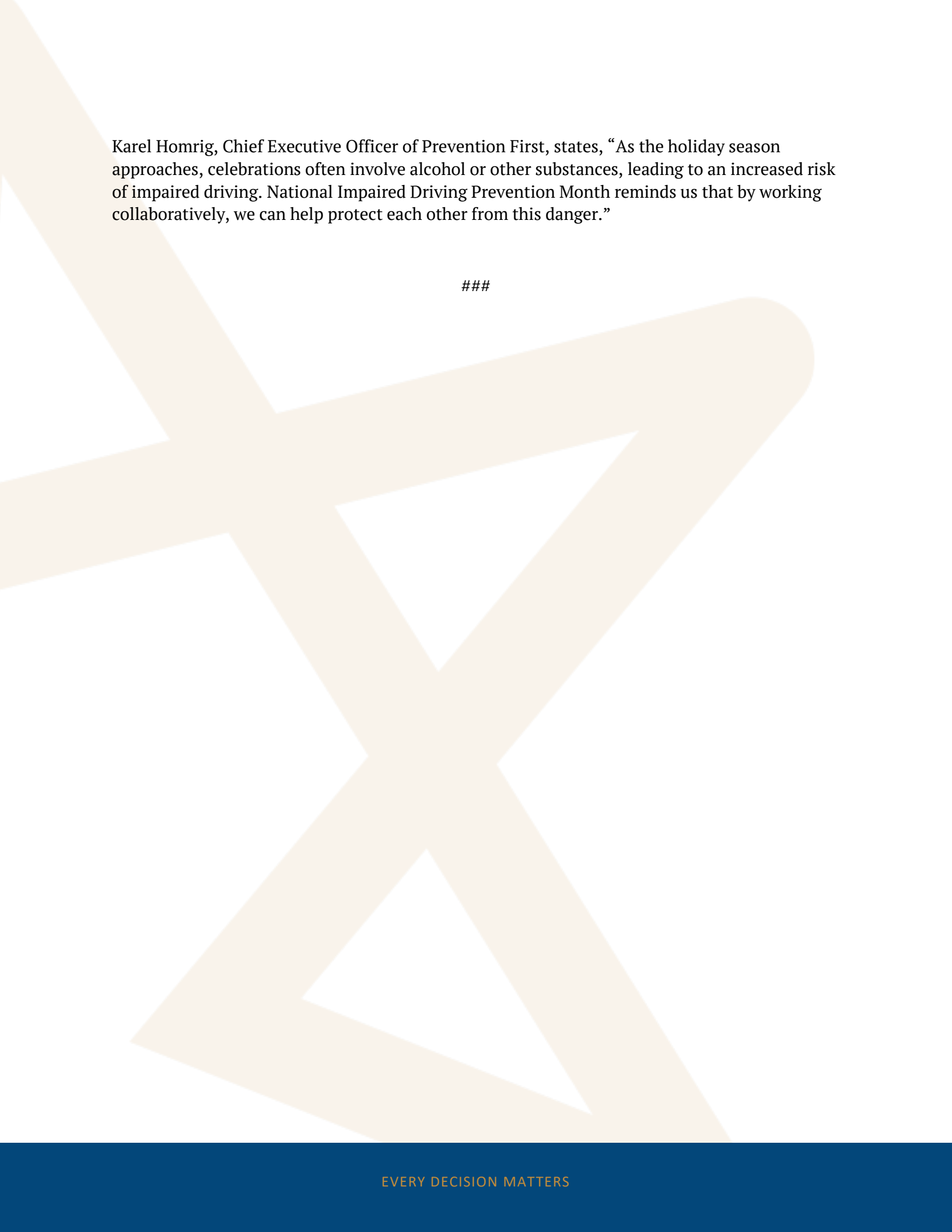
Substance misuse, being distracted, and driving while feeling drowsy are several types of driving impairment.

According to the [Illinois Department of Transportation \(IDOT\)](#), 47% of motor vehicle fatalities in Illinois involve alcohol. Alcohol, as well as cannabis and other substances, can slow reaction time and impair coordination. In 4 out of 7 states that legalized recreational cannabis, deaths from car crashes rose 10%, according to a University of Illinois Chicago study. Check out the Prevention First [Cannabis Policy Resource Center](#) (CPRC) for more information about cannabis use and its effects

Despite these statistics, the good news is that impaired driving is preventable. Here are some tips to share with your community:

- If you plan to drink, choose a designated driver before the drinking begins.
- If you feel impaired, call a friend, [share a ride, or use a ride-hailing app](#).
- If you are hosting a holiday gathering, provide plenty of non-alcoholic drinks, and make sure all guests leave with a sober driver.
- If you see a driver who seems impaired, pull over and call local law enforcement.
- Always wear a seatbelt. It's your best defense in a crash.

The Prevention First Alcohol Policy Resource Center (APRC) has free resources related to impaired driving. Community law enforcement can implement [Alcohol compliance checks](#) to reduce the availability of alcohol to underage youth from commercial sources such as bars, restaurants, liquor stores, grocery stores, and convenience stores. By preventing youth access from commercial sources, communities can reduce the negative consequences associated with underage drinking. [Roadside safety checks](#) can also help law enforcement detect and deter impaired driving.



Karel Homrig, Chief Executive Officer of Prevention First, states, “As the holiday season approaches, celebrations often involve alcohol or other substances, leading to an increased risk of impaired driving. National Impaired Driving Prevention Month reminds us that by working collaboratively, we can help protect each other from this danger.”

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