

Your Decision, THEIR LIVES.

If you've been drinking,
don't drive. Get a ride.

The Facts

- ◆ Drinking and driving death rates are higher for American Indians and Alaska Natives than for any other racial group in the United States.¹⁻³
- ◆ Two out of three crashes on reservations are related to drunk driving.⁴

Drinking and driving is dangerous. Just a small number of drinks can make you unsafe behind the wheel and put your life and the lives of others at risk.

Look at the chart below to see some of the more common symptoms people exhibit at various Blood Alcohol Concentration (BAC) levels, and the probable effects on driving ability.⁵

Blood Alcohol Concentration (BAC) Levels

.15% About 7 beers		<ul style="list-style-type: none"> ◆ Serious difficulty controlling the car and focusing on driving
.10% About 5 beers		<ul style="list-style-type: none"> ◆ Markedly slower reaction time ◆ Difficulty staying in lane and braking when needed
.08% About 4 beers		<ul style="list-style-type: none"> ◆ Trouble controlling speed ◆ Difficulty processing information and reasoning
.05% About 3 beers		<ul style="list-style-type: none"> ◆ Reduced coordination and ability to track moving objects ◆ Difficulty steering
.02% About 2 beers		<ul style="list-style-type: none"> ◆ Loss of judgment ◆ Trouble doing two tasks at the same time

Keep Your Community Safe

You can 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.

Talk with your health care provider if drinking is causing problems with your health, safety, work, or friends and family.

Learn more at

www.cdc.gov/motorvehiclesafety/native or call 1-800-CDC-INFO

www.cdc.gov/motorvehiclesafety/impaired_driving

References

1. Voas RB, Tippetts AS, Fisher DA. Ethnicity and alcohol related fatalities: 1990 to 1994. Landover, MD: Pacific Institute for Research and Evaluation; 2000. DOT HS 809 068.
2. Naimi TS, Cobb N, Boyd D, Jarman DW, Espey D, Snesrud P, Chavez P. Alcohol-attributable deaths and years of potential life lost among American Indians and Alaska Natives—United States, 2001–2005. *MMWR* 2008; 57(34):938–941.
3. U.S. Department of Transportation, National Highway Traffic Safety Administration. Traffic safety facts 2006 Data: Race and Ethnicity August 2009. DOT HS 810 995.
4. U.S. Department of Transportation, National Highway Traffic Safety Administration. Fatal motor vehicle crashes on Indian reservations 1975–2002. April 2004. DOT HS 809 727.
5. 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.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention



The Centers for Disease Control and Prevention's National Center for Injury Prevention and Control and the Indian Health Service Injury Prevention Program work in partnership with American Indian/Alaska Native communities to implement proven programs.

Local Information

