

WHAT WORKS

The strategies in this section are effective for reducing or preventing alcohol-impaired driving. They are recommended by *The Guide to Community Preventive Services* and/or have been demonstrated to be effective in reviews by the National Highway Traffic Safety Administration.* Different strategies might require different resources for implementation or have different levels of impact. **Find strategies that are right for your state.**

Strategies to Reduce or Prevent Alcohol-Impaired Driving

- **Alcohol-impaired driving laws** make it illegal to drive with a BAC at or above a specified level (0.05% or 0.08%, depending on the state). For people under 21, **zero tolerance laws** make it illegal to drive with any measurable amount of alcohol in their systems. These laws, along with laws that maintain the **minimum legal drinking age** at 21, are in place in all 50 states and DC and have saved tens of thousands of lives.
- **Publicized sobriety checkpoints** allow police to briefly stop vehicles at specific, highly visible locations to check drivers for impairment. Police may stop all or a certain portion of drivers. Sobriety checkpoints should be well publicized (e.g., through **mass media campaigns**) and conducted regularly for greatest impact.
- **High-visibility saturation patrols** consist of a large number of police patrolling a specific area, usually at times and locations where alcohol-impaired driving crashes are more common. Like sobriety checkpoints, these patrols should be well publicized and conducted regularly.
- **Ignition interlocks for all, including first-time, convicted offenders** can be installed in vehicles to measure alcohol on drivers' breath. Interlocks keep vehicles from starting if drivers have a BAC above a certain level, usually 0.02%. Interlocks are highly effective at preventing repeat offenses while installed. Incorporating **alcohol problem assessment and treatment** into interlock programs shows promise in reducing repeat offenses once interlocks are removed.
- **Alcohol problem assessment and treatment programs** can be used for those arrested for alcohol-impaired driving. Treatment is most effective when combined with other sanctions and when offenders are closely monitored. Assessment and treatment are critical to the success of **DWI courts**, which are specialized courts focused on changing the behavior of alcohol-impaired driving offenders.
- **Alcohol screening and brief interventions** take advantage of “teachable moments” and can be delivered in health care, university, and other settings to identify people at risk for alcohol problems and get them treatment as needed.
- **Multi-component interventions** combine several programs or policies to prevent alcohol-impaired driving. The key to these comprehensive efforts is **community mobilization**, which involves coalitions or task forces in design and implementation.
- **School-based instructional programs** are effective at teaching teens **not to ride with** alcohol-impaired drivers.

IN NORTH DAKOTA:

- It is illegal to drive with a BAC at or above 0.08%.
- Publicized sobriety checkpoints are allowed.
- Ignition interlocks are not required for any convicted offenders.

For up-to-date information on laws in your state, check with the Insurance Institute for Highway Safety at www.iihs.org.



Find more information at www.cdc.gov/motorvehiclesafety

- Injuries, costs, and other data related to alcohol-impaired driving.
- Detailed information on effective strategies to reduce or prevent alcohol-impaired driving.
- An interactive calculator to estimate the expected number and monetized value of injuries prevented, lives saved, and costs of implementation for 14 effective interventions.

*Source: The Guide to Community Preventive Services (The Community Guide), Motor Vehicle-Related Injury Prevention, at www.thecommunityguide.org, and National Highway Traffic Safety Administration (2018) Countermeasures that work: a highway safety countermeasures guide for State Highway Safety Offices, Ninth edition, at www.nhtsa.gov/sites/nhtsa.dot.gov/files/documents/812478_countermeasures-that-work-a-highway-safety-countermeasures-guide-pdf