

## For help and information

Help is available from a doctor, nurse, social workers, pastor, clinics and programs near you.

### For confidential information contact:

**St. John Health**  
**NA HOT LINE**  
248-543-7200

### Alcoholics Anonymous (AA)

3208 Gratiot Ave.  
Detroit, MI 48207  
313-921-1967  
24-hour Hot line: 313-831-5550  
Email: [www.aa.org](http://www.aa.org)

### The National Council on Alcoholism and Drug Dependence, Greater Detroit Area (NCADD-DETROIT)

18954 James Cousins Hwy.  
Detroit, MI 48235  
313-345-9400

### National Council on Alcoholism and Drug Dependency (NCADD)

20 Exchange Place, Suite 2902  
New York, NY 10005  
212-269-7797; FAX: 212-269-7510  
HOPE LINE: 800 NCA-CALL  
(24-hour Affiliated referral)  
Email: [national@ncadd.org](mailto:national@ncadd.org)

## Would you like referral resources available in your community?

### Closest VA Medical Center

Address \_\_\_\_\_

Phone \_\_\_\_\_

### Churches

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

### Shelters

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

### Detoxification Centers

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

### Hospital Based Treatment Programs

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

# DRINKING AND DRIVING

(prevent injury,  
just say no)



**ST. JOHN**  
**HOSPITAL**  
**& MEDICAL**  
**CENTER**

## Get the facts

- A blood alcohol level of 0.08% is equal to or greater than the legal limit in most states.
- About 1.5 million drivers were arrested in 2002 for driving under the influence of alcohol or narcotics.
- Alcohol-related motor vehicle crashes injure someone every two minutes.
- Someone dies every 31 minutes in alcohol-related motor vehicle crashes.
- In the United States 17, 013 people died in alcohol-related motor vehicle crashes in 2003.
- Alcohol-related motor vehicle crashes represent 40% of all traffic-related deaths.
- Alcohol-related crashes in the United States cost about \$51 billion each year.
- Those convicted of driving while impaired are heavy drinkers (alcohol abusers) or alcoholics.

Modified from: *Impaired Driving Facts*. National Center for Injury Prevention and Control. [www.cdc.gov/ncipc/factsheets/driving.htm](http://www.cdc.gov/ncipc/factsheets/driving.htm)

## Straight Answers

### Drinking and driving: Who is more likely to drive under the influence of alcohol?

- Individuals between 21 and 34 years of age
- Repeat offenders or chronic impaired drivers
- Underage drinkers between the ages of 15 and 20

### Impaired driving crashes: When are they most likely to occur?

- In the evening hours
- On weekends
- On holidays
- Special occasions such as prom/graduation celebrations, and spring breaks

### Alcohol-related crashes: What is the cost?

- In 2000, alcohol-related crashes accounted for 20 billion dollars in auto insurance payments in the United States.

### On the road with impaired drivers: What is the risk?

- At some point in their lives, about three in every 10 Americans will be involved in an alcohol-related crash

Modified from: *Impaired Driving Prevention Toolkit*, National Highway Traffic Safety Administration and the Community Anti-Drug Coalitions of America (CADCA) January 2003.

## How can I recognize signs of an alcohol problem?

Please check all that apply:

- Drinking to calm nerves, forget worries or boost a sad mood
- Guilt about drinking
- Unsuccessful attempts to cut down/stop drinking
- Lying about or hiding drinking habits
- Causing harm to oneself or someone else as a result of drinking
- Needing to drink increasingly greater amounts in order to achieve desired effects
- Feeling irritable, resentful or unreasonable when not drinking
- Medical, social, family or financial problems caused by drinking
- Spending a great deal of time getting and drinking alcohol
- Drinking in risky situations such as before driving or before engaging in unwanted/unprotected sex

If you checked any of the circles above, please consider talking with a health professional today or get a referral with a health professional.

Source: Adapted from Greenfield, S. Educational Lecture for National Alcohol Screening Day, 1999, Updated by Richard Saitz, MD, MPH