

WHAT YOU SHOULD KNOW ABOUT...

IMPAIRED DRIVING AMONG COLLEGE STUDENTS



PREVALENCE & CONSEQUENCES

- In 2016-2020, among full-time college students attending 4-year colleges at ages 19-22, 17.4% reported driving under the influence of alcohol, marijuana, or another illicit drug in the past 2 weeks.

Source: Monitoring the Future Panel Study, Institute for Social Research, University of Michigan.

- Of students who drove a car in the last 30 days, 9.3% did so after drinking any alcohol, and 5.7% did so within 6 hours of using cannabis/marijuana.

Source: American College Health Association-National College Health Assessment (Fall 2021).

VARIOUS DRUGS & THEIR EFFECTS ON DRIVING

- Driving skills differ depending on how various drugs act in the brain. For instance:
 - ✓ marijuana can slow reaction time, impair judgment of time and distance, and decrease coordination, and use of alcohol with marijuana makes drivers more impaired, causing even more lane weaving.
 - ✓ drivers who have used cocaine or methamphetamine can be aggressive and reckless when driving; and
 - ✓ certain kinds of prescription medicines, including benzodiazepines and opioids, can cause drowsiness, dizziness, and impair cognitive functioning (i.e., thinking and judgment).
- It is clear that drugs alter perception, mental processes, attention, coordination, reaction time, and other skills needed for safe driving.
- With lesser reaction time and impaired judgment, crashes are more likely to occur, which can result in injury or even death.

Source: National Institute on Drug Abuse. *Drugged Driving DrugFacts*. Retrieved June 6, 2022, from <https://nida.nih.gov/publications/drugfacts/drugged-driving>

THINGS YOU CAN DO TO PREVENT IMPAIRED DRIVING

- Consider adding a question about impaired driving to campus-based surveys to get an accurate sense of the prevalence of this behavior among your students.
- Identify and correct misperceptions students may have about impaired driving, including how various drugs affect driving skills.
- Talk with students about having a plan to get home safely from parties or other social gatherings.
- Collaborate with local law enforcement personnel to stay current on impaired driving trends and prevention strategies in the surrounding community.
- Get involved! Join your campus's or local community's coalition to prevent impaired driving.

RESOURCES

- DEA Website
www.campusdrugprevention.gov
- DEA Drug Fact Sheets
<https://www.campusdrugprevention.gov/content/drug-fact-sheets>
- DEA Publication
Prevention with Purpose: A Strategic Planning Guide for Preventing Drug Misuse Among College Students
www.campusdrugprevention.gov/preventionguide

Campus Drug Prevention

www.campusdrugprevention.gov

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