

# DECEMBER 2022

# Healthy Living

*Did you know that December is Impaired Driving Prevention Month?*



Every day, 29 people in the United States die in motor vehicle crashes that involve an alcohol-impaired driver. This is one death every 50 minutes. The annual cost of alcohol-related crashes totals more than \$44 billion.

## How big is the problem?

- In 2016, 10,497 people died in alcohol-impaired driving crashes, accounting for 28% of all traffic-related deaths in the United States.
- Of the 1,233 traffic deaths among children ages 0 to 14 years in 2016, 214 (17%) involved an alcohol-impaired driver.
- In 2016, more than 1 million drivers were arrested for driving under the influence of alcohol or narcotics. That's one percent of the 111 million self-reported episodes of alcohol-impaired driving among U.S. adults each year (figure below).
- Drugs other than alcohol (legal and illegal) are involved in about 16% of motor vehicle crashes.
- Marijuana use is increasing and 13% of nighttime, weekend drivers have marijuana in their system.
- Marijuana users were about 25% more likely to be involved in a crash than drivers with no evidence of marijuana use, however other factors—such as age and gender—may account for the increased crash risk among marijuana users.

## Who is most at risk?

- **Young people:** At all levels of blood alcohol concentration (BAC), the risk of being involved in a crash is greater for young people than for older people.
- **Motorcyclists:** Among motorcyclists killed in fatal crashes in 2016, 25% had BACs of 0.08% or greater.
- **Drivers with prior driving while impaired (DWI) convictions:** Drivers with a BAC of 0.08% or higher involved in fatal crashes were 4.5 times more likely to have a prior conviction for DWI than were drivers with no alcohol in their system (9% and 2%, respectively)

## What safety steps can I take?

- Before drinking, designate a non-drinking driver when with a group. Don't let your friends drive while impaired.
- If you have been drinking alcohol and/or using drugs, get a ride home, use a ride share service, or call a taxi.
- If you're hosting a party where alcohol will be served, remind your guests to plan ahead and designate a sober driver. Offer alcohol-free beverages, and make sure all guests leave with a sober driver.

*Brought to you by Conner Strong & Buckelew*

*Data referenced above is aggregated from various public agencies published by the CDC.*



## FEATURED RECIPE

# Chicken and White Bean Soup



## Ingredients

- 2 teaspoons extra-virgin olive oil
- 2 leeks, white and light green parts only, cut into ¼-inch rounds
- 1 tablespoon chopped fresh sage, or ¼ teaspoon dried
- 2 14-ounce cans chicken broth
- 2 cups water
- 1 15-ounce can cannellini beans, rinsed
- 1 2-pound roasted chicken, skin discarded, meat removed from bones and shredded

## Directions

- 1.** Heat oil in a Dutch oven over medium-high heat. Add leeks and cook, stirring often, until soft, about 3 minutes.
- 2.** Stir in sage and continue cooking until aromatic, about 30 seconds.
- 3.** Stir in broth and water, increase heat to high, cover and bring to a boil.
- 4.** Add beans and chicken and cook, uncovered, stirring occasionally, until heated through, about 3 minutes. Serve hot.