

DECEMBER 2021

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

Eggplant Ricotta Bites



Ingredients

- 1 medium eggplant
- Kosher salt
- All-purpose flour, for dredging
- 2 large eggs
- 3/4 cup breadcrumbs
- 1/4 cup grated Parmesan cheese
- 1 tablespoon plus 2 teaspoons extra-virgin olive oil, plus more as needed
- 2 large plum tomatoes, diced
- 2 teaspoons red wine vinegar
- 1 cup ricotta cheese
- Shredded fresh basil, for topping

Directions

1. Thinly slice the eggplant into rounds and season with salt. Pour some flour into a shallow dish. Beat the eggs in another dish. In a third dish, mix the breadcrumbs and Parmesan. Dredge the eggplant in the flour, then dip in the eggs and coat with the breadcrumb mixture.
2. Heat 1 tablespoon olive oil in a large skillet over medium heat. Working in batches, cook the eggplant until golden, about 2 minutes per side, adding more oil between batches, if necessary. Drain on paper towels and season with salt.
3. Toss the tomatoes with the remaining 2 teaspoons olive oil and the vinegar in a small bowl. Spoon some ricotta onto each eggplant slice. Top with the tomato mixture and basil.

Recipe yields 6 servings, with 243 calories per serving.