

DRINKING AND DRIVING

Partners in Prevention (PIP) is a statewide coalition of 21 public and private colleges and universities in Missouri with the mission of building safe and healthy campuses. PIP tracks efforts to reduce high-risk behaviors with trend data gathered through the annual implementation of the Missouri College Health Behavior Survey (MCHBS). Data from the 2015 MCHBS can be used to better understand drinking and driving among Missouri college students.

DISCUSSION

According to the Centers for Disease Control and Prevention* drinking and driving, even below the legal limit, increases the risk of an accident. For people who are at least 21 years old, the legal limit to drive is 0.08; however, having a BAC of 0.05 doubles your risk of having a crash and a BAC of 0.08 equates to 7 times the risk of an accident as compared to not drinking at all. Research shows that impairment is evident at a 0.02 BAC level. The consequences of drinking and driving can include jail time, fines of up to \$500, suspension of driving privileges, or revocation of a license.

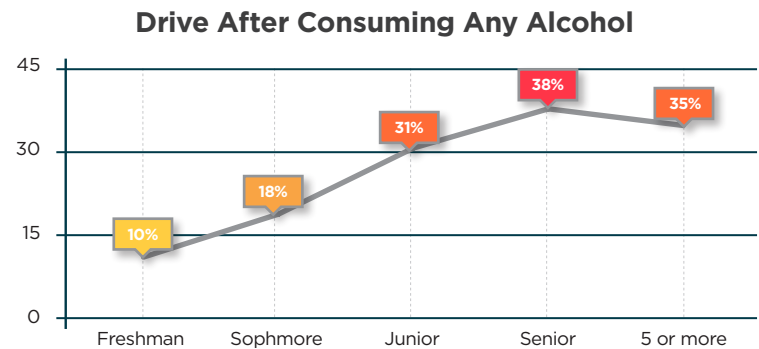
PREVALENCE

According to the 2015 Missouri College Health Behavior Survey approximately 21% of students report driving a motor vehicle after consuming any alcohol in the past year. Most students reported driving after drinking only one (8%) or two (5%) times in the past year. However, 4% reported drinking and driving 3 to 5 times and 4% reported drinking and driving more than five times in the past year. Less than 1% of students reported being arrested for a drinking and driving violation.

In the past year

Drove after consuming any alcohol	21%
Drove after consuming any alcohol 1 time	8%
Drove after consuming any alcohol 2 times	5%
Drove after consuming any alcohol 3 to 5 times	4%
Drove after consuming any alcohol more than 5 times	4%
Been arrested for DUI-DWI	0.7%

Some student groups report higher levels of drinking and driving. Groups with identified higher risk included male students (27%), gay male students (31%), female lesbian students (33%), students who report having ADD or ADHD (26%), and male Greek students (29%). Interestingly, female Greek students (21%) were below the overall student average. The most telling group, however, was upperclassmen with the prevalence of drinking and driving clearly increasing from freshman to senior year, in as depicted the chart below.



PROGRAMS

Of the students who reported drinking in the past year, 67% reported that they usually (18%) or always (49%) used designated drivers. Additionally, 82% of Missouri college students defined the designated driver as someone who has not consumed any alcohol. In comparison, 17% define the designated driver as someone who had a couple of alcoholic beverages but was sober enough to drive, and less than 1% define the designated driver as the least drunk person in the group.

CHEERS AND DRIVE SAFE DRIVE SMART



As of 2015, **37%** of Missouri college students have heard of the CHEERS program.

CHEERS was designed to increase the number of designated drivers throughout the state of Missouri. Participating bars, restaurants, and nightclubs provide free non-alcoholic beverages to the acknowledged designated driver in a group of two or more. It's a way of thanking these individuals for caring about the safety of their friends and community. Establishment owners all across the state have been invited to join CHEERS and to play an active role in ensuring the health and safety of their patrons in exchange for free promotional and supply items and limited advertising.

Please support bars, restaurants, and nightclubs that participate in CHEERS, and, if your favorite place is not a member, encourage them to adopt the program.

PIP member campuses and the Missouri Department of Transportation are driven to help Missouri's college students Drive Safe Drive Smart (DSDS). DSDS is a safe driving campaign reaching students via social media, tabling events, and posted educational materials and encouraging them to not only make smart decisions behind the wheel, but also to act as an active bystander and keep their friends driving safely. Currently, DSDS has billboard campaigns throughout the state, encouraging drivers to designate a texter and a sober driver.

**Impaired Driving: Get the Facts. (2016). Retrieved May 24, 2016, from http://www.cdc.gov/motorvehiclesafety/impaired_driving/impaired-driv_factsheet.html*

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