

Wellness Culture

December Observance: National Drunk and Drugged Driving (3D) Prevention Month

Key Information: Since 1981 every president has demonstrated a commitment in proclaiming December as National Drunk and Drugged Driving (3D) Prevention Month. Statistics show that an alcohol related car accident kills somebody every 31 minutes and a non fatal injuries occur every 2 minutes. The National Highway Traffic Safety Administration states that it is estimated that 10-22% of motor vehicle crashes are related to drug use and often in combination with alcohol.

Alcohol – Signs of a Problem

The four questions below can help a person find out if they may have a drinking problem. One “yes” response may suggest an alcohol problem. If you respond “yes” to more than question it is more likely that a problem exists. (Note that the first letter of a key word is each of the questions spells “CAGE”; this will help you remember these questions)

- Have you felt you should **C**ut down on your drinking?
- Have people **A**nnoyed you by criticizing your drinking?
- Have you ever felt bad or **G**uilty about your drinking?
- Have you ever had a drink first thing in the morning to steady your nerves or to get rid of a hangover (**E**ye Opener?)

<http://alcoholism.about.com/cs/homework/a/blsigns.htm>

Average Alcohol–Calorie Amounts (1 pound of weight gain = 3500 calories)

1 regular beer (12 oz) = 149 calories

- If a person consumes on average 1 drink a week it will amount to 596 calories a month or 7,152 calories a year

1 light beer (12 oz) = 110 calories

- If a person consumes on average 1 drink a week it will amount to 440 calories a month or 5,280 calories a year

1 4 oz glass of Red Wine = 80 calories

- If a person consumes on average 1 drink a week it will amount to 320 calories a month or 3,840 calories a year

1 4 oz glass of Dry White Wine = 75 calories

- If a person consumes on average 1 drink a week it will amount to 300 calories a month or 3,600 calories a year

<http://www.getfit.samhsa.gov/Alcohol/Tests/alcoholcalc.aspx>

Health Risks associated with excessive alcohol consumption

- Cancer (i.e. pancreas, liver, esophagus)
- Sudden Death increases if you have current cardiac conditions
- High Blood Pressure
- Chronic obstructive pulmonary disease (COPD)
- Liver Disease
- Weight Gain
- Suicide
- Depression
- Impaired Driving

Action Steps Made Easy:

1. **Be pro-active; find out if you are at risk by talking to your healthcare provider.**
2. **If you are at risk, seek help; talk to your doctor, friends, and/or counselor.**

Life Impact: Before you heal or help others, heal yourself.

Resources:

<http://www.nida.nih.gov/about/welcome/aboutdrugabuse/magnitude/>

<http://www.mayoclinic.com/health/alcohol/SC00024>

<http://www.cdc.gov/ncipc/duip/spotlite/3d.htm>

(OVER)



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(916) 364-1281 • (916) 362-0904 fax • www.sia-jpa.org

WETIP
WWW.WETIP.COM
1-800-78- CRIME

Alcohol Impairment Chart

This chart is intended as a guide, NOT a guarantee!

<http://www.medicinenet.com/script/main/art.asp?articlekey=52905>

Men									
Approximate Blood Alcohol Percentage									
Drinks	Body Weight in Pounds								
	100	120	140	160	180	200	220	240	
0	.00	.00	.00	.00	.00	.00	.00	.00	Only Safe Driving Limit
1	.04	.03	.03	.02	.02	.02	.02	.02	Impairment Begins
2	.08	.06	.05	.05	.04	.04	.03	.03	Driving Skills Affected - Possible Criminal Penalties
3	.11	.09	.08	.07	.06	.06	.05	.05	
4	.15	.12	.11	.09	.08	.08	.07	.06	
5	.19	.16	.13	.12	.11	.09	.09	.08	
6	.23	.19	.16	.14	.13	.11	.10	.09	Legally Intoxicated
7	.26	.22	.19	.16	.15	.13	.12	.11	
8	.30	.25	.21	.19	.17	.15	.14	.13	Criminal Penalties
9	.34	.28	.24	.21	.19	.17	.15	.14	
10	.38	.31	.27	.23	.21	.19	.17	.16	

Your body can get rid of one drink per hour. One drink is 1.5 oz. of 80 proof liquor, 12 oz. of beer, or 5 oz. of table wine.

Women										
Approximate Blood Alcohol Percentage										
Drinks	Body Weight in Pounds									
	90	100	120	140	160	180	200	220	240	
0	.00	.00	.00	.00	.00	.00	.00	.00	.00	Only Safe Driving Limit
1	.05	.05	.04	.03	.03	.03	.02	.02	.02	Impairment Begins
2	.10	.09	.08	.07	.06	.05	.05	.04	.04	Driving Skills Affected - Possible Criminal Penalties
3	.15	.14	.11	.10	.09	.08	.07	.06	.06	
4	.20	.18	.15	.13	.11	.10	.09	.08	.08	
5	.25	.23	.19	.16	.14	.13	.11	.10	.09	
6	.30	.27	.23	.19	.17	.15	.14	.12	.11	Legally Intoxicated
7	.35	.32	.27	.23	.20	.18	.16	.14	.13	
8	.40	.36	.30	.26	.23	.20	.18	.17	.15	Criminal Penalties
9	.45	.41	.34	.29	.26	.23	.20	.19	.17	
10	.51	.45	.38	.32	.28	.25	.23	.21	.19	

Your body can get rid of one drink per hour. One drink is 1.5 oz. of 80 proof liquor, 12 oz. of beer, or 5 oz. of table wine.



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