



## A MINUTE OF HEALTH WITH CDC

### *Don't Drink and Drive*

*Alcohol-Impaired Driving Among Adults – United States, 2012*

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*[Announcer] This program is presented by the Centers for Disease Control and Prevention.*

Nearly one-third of fatal crashes in the U.S. involve an alcohol-impaired driver. In 2013, more than 10,000 people died in crashes in which at least one driver's blood alcohol level was above the legal limit.

Young men between 21 and 34 are more likely to drive while impaired. Sobriety checkpoints and strict enforcement of DUI laws help prevent alcohol-related driving deaths.

If you're planning to consume alcohol, don't drive a motor vehicle. Designate a non-drinking driver *before* you start drinking. If you don't have a designated driver, call a friend or a taxi, or use public transportation.

Thank you for joining us on a Minute of Health with CDC.

*[Announcer] For the most accurate health information, visit [cdc.gov](http://cdc.gov) or call 1-800-CDC-INFO.*