New Data on Drowsy Driving

Have you ever arrived at your destination and don’t remember the last few miles? The AAA Foundation just released a study with more accurate data on drowsy driving.

In a study of over 700 motor vehicle crashes, the AAA Foundation found that 9.5% of crashes are caused by drowsiness. That is more than 8 times what the National Highway Traffic Safety Administration reports. The AAA study used in-vehicle camera footage of the drivers and examined the footage of the drivers’ faces three minutes prior and leading up to the time of the crash. The large gap between the percentages is likely to be that it is harder for law enforcement to determine drowsiness as a factor unless the driver admits to it.

The AAA Foundation suggests at least 7 hours of sleep before driving but the Center for Disease Control states that at least 35% of drivers get less than that.

Drivers should know that the antidote for drowsiness is sleep. Drinking coffee, singing, and rolling down the window will not work. AAA recommends that drivers travel at times they are normally awake, avoid heavy foods, and avoid medications that cause drowsiness or other impairment.

Find more at http://newsroom.aaa.com/2018/02/drowsy-driving-dont-asleep-wheel/

Does it Help or Hurt? Parents Supplying Alcohol to Teens

While parents may try to justify supplying alcohol for their teen, a study published in The Lancet Public Health found that teens who were given alcohol in early adolescence only by their parents were “at an increased risk of experiencing at least one alcohol-related harm in the past year and reporting two or more symptoms of alcohol use disorder.”

Continued pg. 2
From the President’s Desk

As you go through life and keep an open mind, you can pick up some nuggets of wisdom. Several of those moments came for me at the 2017 Congress for the National Safety Council.

Alexi Carli, Vice President for Global Health and Safety at UPS, accepted the Marion Martin Award and in her acceptance speech, she urged the audience to “Lead a life of significance”. I love that. Alexi is intent on leading such a life and earned the Marion Martin Award that celebrates the accomplishments of women in the field of safety who have achieved professional excellence and have helped pave the way to success for other women in safety.

What does a life of significance look like to you? We know it’s a noble endeavor to save lives and prevent injuries on our nation’s roadways. It means more than knowing the numbers and just doing your job. It means working creatively to address the causes, staying tuned to recent research and innovative programs flourishing elsewhere, educating our broader community and bringing them on-board to address the causes of traffic related injuries and deaths. It means never losing sight of our goals and staying enthusiastic and committed.

There’s plenty to do in the traffic safety field. Take your place and make your stay a significant one.

Yours in Safety,
Kay Brodbeck
NAWHSL President

Parents Supplying Alcohol to Teens  Continued from page 1

Richard Mattick and colleagues followed 1,927 adolescents recruited in the first year of secondary school in three cities in Australia, followed them for six years, and considered “whether supply of alcohol from parents, other sources, or both, in early adolescence predicts alcohol-related harms in later adolescence.”

“Parental supply doubled the odds of subsequent supply from other sources, which was in turn associated with an even greater increase in risk.”1 Parents need to know that providing alcohol to adolescents is not a protection for them, but rather increases the risks for their teen.

This study also points to the need for additional research on why parents choose to supply and with more inclusion of participants from lower socioeconomic status.

1 Lancet, Volume 3, No. 2, February 2018
In Memoriam: Debra Garvin

NAWHSL past president, Debra Garvin, passed from this earth on February 6, 2018, at age 64. She served in numerous capacities for NAWHSL and as national president from 2007 – 09. We will remember Deb for her kind heart, easy smile and humble attitude. She was exceptionally organized and worked hard to fulfill her responsibilities. Once a member, she never missed a NAWHSL conference. Her favorite conference was the one in Hawaii where she wished to return for a vacation. Deb served as Program Manager for the New Hampshire Highway Safety Agency, having joined the staff in 1977.

Deb valued personal relationships and that’s why we will miss this sweet lady. Donations may be made in her memory for Alzheimer’s research to www.alzwalkMANH.org. NAWHSL also welcomes memorial donations that will be used for traffic safety programs; send to Treasurer Cindy McKay, 24425 Marine View Drive S, Des Moines, WA 98198.

New Member: Whitney Braziel, California

Whitney began working for the California Office of Traffic Safety (OTS) in June 2013 as a Program Coordinator managing a variety of traffic safety grants. She was recently promoted to a Program Manager who oversees special projects along with being the Child Passenger Safety Coordinator for California. During her time with OTS, she has been a committee member for two of California’s Strategic Highway Safety Plan Challenge Area Teams that combine stakeholders with similar goals to identify and combat specific traffic safety related problems.

Whitney prepares California’s Highway Safety Plan and Annual Performance Reports. She has been the lead for planning statewide summits, as well as working with national committees to plan conferences when hosted in California: The GHSA Annual Meeting and Lifesavers. Whitney is working on the new Grants Electronic Management System that OTS has implemented for their online grants system. She is the lead for developing statewide workshops, along with numerous internal projects. Whitney attended California State University, Fresno earning a Bachelor of Science Degree in Agricultural Business. After college she returned to Sacramento, California, where she currently resides.

Welcome Whitney!
NAWHSL member, Tiffany Duvall, keeps a packed schedule in the spring. Beginning next month, selected high schools in Kentucky devote a week to combating traffic crashes, culminating with Ghost Out on Fridays. As the Impaired Driving Program Coordinator for the Kentucky Office of Highway Safety (KOHS), Tiffany coordinates these intensive programs throughout April and May. Each one takes at least six weeks to plan. She states, “When the program was created over 20 years ago, it only focused on alcohol impaired driving. It has evolved to include the other dangers such as drugged, distracted and unbelted driving.”

KOHS makes the Ghost Out Program available to the top 40 problematic counties (of 120 counties) in the state and upon invitation from the school. The focus is adapted for each county based upon crash and fatality reports. The ultimate goal is to arm students with the information and motivation to make better decisions as drivers and passengers.

The mock funeral held at the end of the day leaves the assembly speechless. It is powerful and enlightening. The Grim Reaper had tapped 12 “victims” during the school day who wrote their own obituaries that are read as the victims stand at the front of the student body with lit candles.

Tiffany describes the assembly content, “One by one, their life candle is snuffed out as a fictional, yet possible, scenario is read, perhaps it was driving impaired, distracted or unbelted, or a combination. Guest speakers who have been impacted by dangerous decisions share their story, whether from MADD, local law enforcement, EMTs, a coroner or local SADD chapter.” A KOHS representative delivers a closing statement including the state’s laws, options such as phone apps to handle phone use behind the wheel, having a designated driver, and more. Making wise choices is stressed.

Teen drivers in 2015: 99,000 injured in traffic crashes and 1,972 lost their lives. (Source: NHTSA)
Tiffany encourages other Ghost Out organizers to involve the community as it is a “wonderful opportunity to develop relationships and can raise the emotional level exponentially”.

When requests outnumber the time and energy available, the Kentucky OHS office has four kits available for schools to organize the event themselves. For information on organizing Ghost Out, contact Tiffany Duvall, Impaired Driving Program Coordinator, Education Branch, KOHS, tiffany.duvall@ky.gov.

As the obituaries for the “victims” are read, the Reaper approaches them to extinguish their “life” candle. Emergency personnel lay them down and cover them with a sheet to signify their death.

The Fifth Limb

Humans have evolved yet again, this time with the growth of an extra limb, at least that’s how the cell phone is viewed by many users. In a recent study of Baylor University students, 34% agreed with the statement “I cannot imagine life without my mobile.”

The study found that women students spent 600 minutes on their cell phone a day – that’s 10 hours! Men were not far behind with 459 minute a day – nearly 8 hours. The Journal of Behavioral Addiction describes the study on a sample of 1,415 students at this Waco, Texas college. Alarms blare as the journal also reported cell phone addiction is on the rise due to its integration in multiple industry facets.

Conquering phone use behind-the-wheel is particularly challenging, so how do we deal with this ferocious evolution? Phone companies have apps that will silence notifications and send a text message to the caller that the driver is behind the wheel and will call back. (AT&T’s app is called Drive Mode.) Of course, “off” and airplane mode will also work. Users can adopt personal limits and set specific times to handle their tech devices.

What we’ve suspected is true, that cell phone use can be an addiction and a force to reckon with.

Roadside Drug Testing, by Chris Bortz

From the 2017 NAWHSL Conference

The Governors Highway Safety Association’s (GHSA) 2015 report on Drug-Impaired Driving concluded that drugged driving has significantly increased and recommended the use of roadside oral fluid test kits in support of the existing Drug Recognition (DRE) and the Advanced Roadside Impaired Driving Enforcement (ARIDE) programs. Unlike alcohol impairment (DUI) driving under the influence of drugs (DUID) is much harder to prosecute due to the fact that PBTs and INTOX 9000s measure alcohol only.

There are currently two types of DUID testing. The first is preliminary testing which includes ARIDE and DRE exams, both are subjective evaluations. The second is Evidentiary testing including breath (measures alcohol only), blood (requires a search warrant and many medical facilities will not perform the function for non-medical reasons), urine (is not an active substance like saliva or blood and is not “in the system”), and saliva testing of which is the only testing that can be done roadside.

In response to the issue, the Kansas DOT set out to more easily identify drivers under the influence of drugs in a more efficient and effective manner and which would be legally admissible. The only handheld device measuring the presence of drugs in drivers’ saliva at the time of the research project was the Alere DDS2. In four blind data sets officers in the field recruited participants for an initial screening, a DRE screening, a blood draw, a lab saliva test, and a DDS2 saliva test. Results showed a good correlation between the DDS2 and the DRE observations, oral fluids, and the lab tests with no false positives.

The conclusion of the research was that Roadside Oral Fluid Testing is complementary to the DRE’s assessment and would be used to assist the officer in making the decision to arrest the suspected drug-impaired driver.

Drugged Driving Initiative

Driving under the influence of drugs (DUID) is a growing problem in the U.S. With a national opioid epidemic and marijuana being legal in some states, NHTSA is making the drugged-driving problem a top priority.

A summit will be hosted by NHTSA on March 15 to lead a national dialogue and call-to-action. It will explore best practices for educating the public, data and tracking DUID’s, testing driver impairment levels and enforcing DUID laws. Additional details will be available at www.NHTSA.gov.
The goal is to eliminate traffic fatalities by 2050. While this is a lofty goal, traffic safety leaders maintain that it is attainable. The National Safety Council leads this initiative. You may join the coalition and watch meeting webcasts at [http://www.nsc.org/learn/NASC-Initiatives/Pages/The-Road-to-Zero.aspx](http://www.nsc.org/learn/NASC-Initiatives/Pages/The-Road-to-Zero.aspx)

The topic this time will be commercial vehicles. The 2018 Road to Zero Safe System Innovation Grant winners will be announced.

The organization will be producing the Long-term Visioning Report outlining how the U.S. can reach the zero-goal by 2050. The report is due to be released in 2018.

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**Our Friends at FCCLA**

Do you know of chapters in your state with Family, Career, and Community Leaders of America (FCCLA) that are active in traffic safety? Urge them to apply for program awards by March 1 through the national FCCLA. Ford Driving Skills for Life is supporting $500 awards to winning entries. Learn more at [http://fcclainc.org/programs/documents/FCCLA_FordDSFLPoster.pdf](http://fcclainc.org/programs/documents/FCCLA_FordDSFLPoster.pdf).

Beth Carpenter at FCCLA can give more information on FACTS projects, Families Acting for Community Traffic Safety. Reach her at [bcarpenter@fcclainc.org](mailto:bcarpenter@fcclainc.org).

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**SAVE THE DATE: NAWHSL CONFERENCE 2018**

We are so excited for the 51st annual National Association of Women Highway Safety Leaders conference! This year the conference will be August 23-26 in Atlanta, Georgia at the Westin Peachtree Plaza. The registration packet will come soon by email.

Y’all come to the South this year!
Our Mission:
To disseminate information and conduct educational programs to promote safe behavior among high risk populations and to assure vigorous, effective public policy and programs to reduce highway crashes and crash severity.

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The annual Lifesavers National Conference on Highway Safety Priorities is the largest gathering of highway safety professionals in the United States. Multiple tracks of information make it valuable for every facet of traffic safety. San Antonio is rolling out the river for participants this year with a festival happening right on the famed Riverwalk during the conference. See more at https://lifesaversconference.org/. Check right away for the best rate on registration!