



Prevention Beat

December 7, 2011

December is National Impaired Driving Prevention Month

Every day, 30 people in the United States die, and approximately 700 more are injured, in motor vehicle crashes that involve an alcohol-impaired driver.

This December, during National Impaired Driving Prevention Month consider what you and your community can do to make injuries and deaths from impaired driving less of a threat.

The Problem

- According to the National Highway Traffic Safety Administration (NHTSA), about three in every ten Americans will be involved in an alcohol-related crash at some point in their lives.
- In 2009, 10,839 people died in alcohol-impaired driving crashes, accounting for nearly one-third of all traffic-related deaths in the United States.
- In one year, over 1.4 million drivers were arrested for driving under the influence of alcohol or narcotics. This accounts for less than 1% of the 159 million self-reported episodes of alcohol-impaired driving among U.S. adults each year.
- Among drivers with BAC levels of 0.08 % or higher involved in fatal crashes in 2009, more than one out of every 3 were between 21 and 24 years of age (35%). The next two largest groups were ages 25 to 34 (32%) and 35 to 44 (26%).
- Drivers with a BAC of 0.08% or higher involved in fatal crashes were eight times more likely to have a prior conviction for DWI than were drivers with no alcohol in their system.
- Drugs other than alcohol (e.g., marijuana and cocaine) are involved in about 18% of motor vehicle driver deaths. These other drugs are often used in combination with alcohol.
- Alcohol-related crashes in the United States cost about \$51 billion a year.

Protect Yourself and Your Family and Friends

During the holiday season, and year-round, take steps to make sure that you and everyone you celebrate with avoids driving under the influence of alcohol. Following these tips from NHTSA can help you stay safe:

- **Plan ahead.** Always designate a non-drinking driver before any holiday party or celebration begins.
- **Take the keys.** Do not let a friend drive if they are impaired.
- **Be a helpful host.** If you're hosting a party this holiday season, remind your guests to plan ahead and designate their sober driver, always offer alcohol-free beverages, and make sure all of your guests leave with a sober driver.
- **Self responsibility.** If you have been drinking, get a ride home or call a taxi.

Know How Communities Can Help

Proven community and state-level methods for reducing alcohol-impaired driving include:

- **Sobriety checkpoints.** Studies found that fatal crashes thought to involve alcohol dropped by about 22% following implementation of sobriety checkpoints.
- **Minimum legal drinking age (MLDA) laws.** Studies found that raising the MLDA to 21 reduced crashes by about 16% among people ages 18-20 years.
- **0.08% BAC laws.** Fatal alcohol-related crashes declined about 7% after 0.08% BAC laws were passed.
- **"Zero tolerance" laws for young drivers.** Three studies found that zero tolerance laws resulted in declines in fatal crashes among drivers ages 18-20 years of between 9% and 24%.

Don't become a statistic! The holiday season should be a time to celebrate with friends and family. Unfortunately, all too often, too much holiday "spirit" has tragic consequences when revelers make the reckless decision to drink and drive. Consider taking a trolley (<http://www.kctrolleytours.com/>) or a cab (<http://kctg.com/>) if you will be out celebrating this holiday season.

Adult Quick Care would like to wish you and your family a Safe and Happy Holiday Season!

Adult Quick Care now has flu shots available at all Kansas City area locations as well as our St. Joseph location.

******We are now open Saturdays at our Independence location from 9am – 1pm to serve your occupational medicine and urgent care needs. Our Independence location is open 5pm – 9pm Monday – Friday to serve your after hour needs as well******



Adult Quick Care is now on Facebook (www.facebook.com/aggUrgentCare).

Become a fan to keep up with current happenings with AQC as well as Prevention Tips.

****Please feel free to forward this information to any member of management in your company who would benefit from it.****

To learn more about services Adult Quick Care or OHS-COMP CARE has to offer, contact our Client Services Team at (816) 561-2105 option 1 or by e-mail at clientservices@ohscompcare.com. You can also visit us at www.adultquickcare.com or www.ohscompcare.com.

OHS-COMP CARE now featuring Adult Quick Care (Urgent Care Services) has seven (7) area clinical facilities:

Independence Clinical Facility
19000 E. Eastland Center Crt, St. 200
Independence, MO 64055
816-478-9299

After Hours Available

***Now open Saturday 9am – 1pm**

Johnson County Clinical Facility
10415 Lackman Road
Lenexa, KS 66219
913-495-9905

St. Joseph Clinical Facility
904 Edmond Street
St. Joseph, MO 64501
816-233-7702

Grandview Clinical Facility
13830 S Us Highway 71
Grandview, MO 64030
816-761-4664

KCMO/Broadway Clinical Facility
1650 Broadway
Kansas City, MO 64108
816-842-2020

KCMO/Front Street Clinical Facility
6501 East Commerce, Suite 110
Kansas City, MO 64120
816-483-5550

Wyandotte County Clinical Facility
1333 Meadowlark Lane, Suite 200
Kansas City, KS 66102
913-596-2774



Adult Quick Care provides Urgent Care to Adults and Adolescents Age 14 and Older. No appointment is necessary at Adult Quick Care.

When you are sick or have a new injury, Adult Quick Care is your affordable, time saving choice for quality care.

To learn more about **Adult Quick Care** please call 816-559-6320 or visit www.adultquickcare.com.