

Drinking, Drugged, Driving (3D Campaign)

Army Substance Abuse Program

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Dec. 8, 2008 -- If you drink, make sure that you remember the acronym HALT (don't drink if you are Hungry, Angry, Lonely, or Tired), and that you have a buddy you can trust and have planned a safe, sober ride home.

Use these easy tips to assist in making the responsible decision if you decide to drink:

- Eat before and during drinking
- Don't gulp or chug your drinks; drink slowly and make the drink last – try to drink no more than one alcoholic drink per hour and no more than three on any given day (have higher rates of health and impairment problems)
- Alternate between alcohol and non-alcoholic drinks
- Remember the word - HALT
- Before you celebrate, designate – identify a responsible driver who will not drink, or plan ahead to use public transportation

Know what to look for - Signs of impairment can include:

- Lack of coordination
- Aggressive behavior
- Very talkative
- Very indifferent
- Slurred speech and incoherent

Pennsylvania DUI

- PA's laws are among the strictest in the country
- .08 Blood Alcohol Content (BAC) is considered legally drunk in PA
- There's a possibility of fines up to \$10,000 depending on the level of impairment and the offense
- There may be jail time depending on the level of impairment and the offense
- You may have your driver's license suspended depending on the level of impairment and the offense
- Refusal to take a chemical test will result in automatic and immediate loss of license for one year

REMEMBER – It is always OK not to drink.

What is High-Risk Drinking?

HIGH-risk drinking, also known as episodic drinking, is defined as "the consumption of five or more drinks in a row on one occasion". High-risk drinkers are not necessarily alcoholics, but they do have a greater chance of being involved in other high-risk behaviors. According to a recent Harvard School of Public Health alcohol study, drinkers who frequently participate in high-risk drinking are 21 times more likely to:

Fall behind at work

-Damage property

-Be hurt or injured

-Engage in unplanned or unprotected sexual activity

-Drive while intoxicated

Impaired Driving

IMPAIRED driving, or driving while under the influence (DUI) of alcohol or another drug such as marijuana or cocaine, is an enormous problem throughout the Army and the United States as a whole. A National Highway Traffic Safety Administration study states that every 30 minutes someone is killed in an alcohol-related crash and that every two minutes someone will be non-fatally injured. In 2002 alone, 17,149 people died as a direct result of impaired driving. This represents 41 percent of all of the traffic-related deaths that year.

While traffic accidents cannot always be prevented, alcohol-related crashes CAN BE. Before celebrating or going out, plan ahead, choose one person who will not drink to be your designated driver, or use public transportation. Many areas around the country also offer Safe-Ride Programs or free cab rides during holiday weekends such as: Independence Day, Christmas and New Years.

Check with your local Army Substance Abuse Program (ASAP) at 245-4576 to find out if these programs are offered in your area.