



October 2011 Partnership Update

Halloween is a particularly deadly night due to the high number of drunk drivers on the roads. In 2009, 48 percent of all highway fatalities across the nation on Halloween night (6 p.m. Oct. 31 to 5:59 a.m. Nov. 1) involved a driver or a motorcycle rider with a BAC of .08 or higher, which is illegal in every state. Talking with your children at a young age can make a difference and result in them making safer decisions. Knowledge is power and let be it YOU who first talks to them about alcohol, underage drinking, and drinking and driving!

- Drugs now kill more people than motor vehicle accidents in the U.S. -- a monumental shift that reflects gains in road safety amid a troubling rise in prescription drug abuse. Drug overdoses and brain damage linked to long-term drug abuse killed an estimated 37,485 people in 2009, the latest year for which preliminary data are available, surpassing the toll of traffic accidents by 1,201. And the number is likely to rise as the U.S. Centers for Disease Control and Prevention prepares to release its official statistics in December.
- Fatal overdoses from prescription painkillers more than tripled to 13,800 in the United States in 1999 through 2006, according to the Centers for Disease Control and Prevention.
- About 70 percent of U.S. high school students don't get enough sleep on school nights and this is linked to health-risk behaviors, according to a study conducted by the Centers for Disease Control and Prevention.

They concluded that insufficient sleep is associated with a variety of health-risk behaviors, including: physical inactivity, drinking alcohol, smoking cigarettes, drinking soda, fighting, being sexually active, marijuana use and seriously considering attempting suicide. To see the complete article, go to:

<http://www.cadca.org/resources/detail/insufficient-sleep-among-high-school-students-associated-drinking-smoking-and-smoki>

- Marijuana and hallucinogens are the only illicit drugs that have shown recent increases in the number of past year users, according to data from the National Survey on Drug Use and Health (NSDUH). An estimated 29.2 million U.S. residents ages 12 and older reported using marijuana in the past year in 2010, compared to 25.8 million in 2008. The number of past year hallucinogen users also increased (from 3.7 million in 2008 to 4.5 million in 2010), primarily due to an increase in the number of ecstasy users.

- Forty percent of U.S. youth report seeing pictures of kids getting drunk, passed out, or using drugs on Facebook, Myspace, or other social networking sites, according to data from a 2011 survey by the National Center on Addiction and Substance Abuse at Columbia University. Of these youth, approximately 90% had first seen such pictures at age 15 or younger. While the majority reported that their first exposure was at age 12 or 13 (36%) and 14 or 15 (42%), more than one in ten reported that their first exposure was as young as 10 or 11. These findings corroborate those of another study that found that much of the alcohol-related content on Facebook is easily accessible by those under the age of 21.
- Adults drank too much and got behind the wheel about 112 million times in 2010. That is almost 300,000 incidents of drinking and driving each day, according to a CDC *Vital Signs* study released this week by the Centers for Disease Control and Prevention.
- According to the National Highway Traffic Safety Administration:
 - Roughly one in eight weekend, nighttime drivers tested positive for illicit drugs.
 - In 2009, of the drivers who were killed in motor vehicle crashes (and were subsequently tested and had results reported), one in three tested positive for drugs.
 - One in ten high school seniors self-reported that in the last two weeks they had driven a car after using marijuana.
- A newly released (October 17, 2011) study found that excessive alcohol consumption cost the United States \$223.5 billion or about \$1.90 per drink. For the complete article see <http://www.cdc.gov/Features/AlcoholConsumption/>

Keep tabs on your Kids. Encourage them to call you and send text messages to them throughout the night. Let's ensure that Halloween night is a memorable occasion for all the right reasons.