

Healthcare Heroes Against Impaired Driving

is a collaboration of the CT Department of Transportation and Connecticut's 15 verified Trauma Center hospitals. Together, they share a common goal: not one more tragedy caused by impaired driving. Doctors, nurses, and other healthcare heroes who deal with trauma caused by impaired driving do not want to see one more victim. They urge Connecticut drivers to say "not one more" when thinking about getting behind the wheel after having a drink, edible, or joint.



Make a Plan: Your Actions Could Save Someone's Life

- Arrange a safe ride home before the party starts.
- Don't let friends drive under the influence. Take their keys and find them a ride.
- If you do drink, don't drive. Phone a friend or a ride service.
- If you're the party host, make sure your guests leave safely with a designated driver.
- If you see an impaired driver on the road, contact local law enforcement.

Get Help:

Utilize services for sober rides and alcohol intervention, including:

- Taxi, Uber, Lyft, or public transit
- Alcohol screening and intervention programs
- Hospital-placed social worker
- MADD, SADD
- BAC Calculator: <https://alcohol.org/bac-calculator/>

Note about BAC Calculator: While apps are helpful, the truth is that it's very hard to get an accurate measurement of your BAC without a breathalyzer, blood draw, or complicated math. In addition to age and gender, your BAC can be affected by so many variables: body type, fat/muscle content/metabolism, emotional state, etc.

NotOneMore.org

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Scan for more information.



HAD ONE MORE?



NotOneMore.org



"That one decision, for a short-term gain, can sometimes lead to a lot of other bad decisions and bad outcomes that have very long-term consequences."

— Carla Pruden, *CT Children's Hospital*

"That one moment that they took to have that extra drink, that one more hit of a marijuana cigarette, that one more pill, that one more gummy... really changed the course of their life forever, and they can't get that back."

— Ruth Piehler, *Danbury Hospital*

"When we see someone coming in with an injury they sustained from impaired driving, drunk driving, we think this is completely preventable."

— Monika Nelson, *Hartford Hospital*

"We can't tolerate any more.
We can't just reduce the rate.
We have to work toward zero."

— Kevin Dwyer, *Stamford Hospital*

"That's probably the worst part of my profession, is having to inform family members of the death of family members, due to somebody else's poor judgment."

— Kent Burgwardt, *Trinity Health*

"It can change your entire life. It can change the entire life of your family members, your friends... someone you've injured, because you had that one more drink."

— Monica Valente, *Waterbury Hospital*

"It's really important to realize that one more is never OK. You'll make decisions that you normally wouldn't make."

— Rohit Sangal, *Yale New Haven Hospital*

BAC Facts

Blood Alcohol Content (BAC) of .08 g/dL or higher is impaired. A BAC of .08 — often the legal level — indicates that you have 80mg of alcohol per 100ml of blood in your body. Any amount of alcohol will affect the ability to operate a motor vehicle. Driving while impaired is illegal in the U.S.

BAC and Areas of Impairment

Impairment Starts With Your First Drink

 • Increased Risk of Aggression • Decision Making Dangerously Impaired • Blackouts, Vomiting and Other Signs of Alcohol Poisoning • Loss of Consciousness	.15	
	.14	
	.13	
	.12	
	.11	
	.10	• Concentrated Attention • Speed Control
	.09	
	.08	
	.07	
	.06	
• Information Processing • Judgment	.05	• Mild Speech, Memory, Attention and Balance
	.04	
	.03	
	.02	
	.01	
• Eye Movement Control • Standing Steadiness • Emergency Responses		• Coordination • Tracking and Steering • Divided Attention • Choice Reaction Time • Visual Function

Fatality Statistics

Every day, about 32 people in the U.S. die in drunk-driving crashes — **one person every 44 minutes**. In 2024, **11,904 people** died in alcohol-impaired driving traffic deaths.

Polysubstance Uses

Driving impairment isn't caused by alcohol alone. **Alcohol, marijuana, opioids, stimulants**, and **some medications** can all affect driving.

When two or more substances are used together, their effects are amplified—making crashes more severe and outcomes more deadly.

56% of drivers involved in serious injury and fatal crashes tested positive for at least one drug.

Alert in CT

In CT during 2022, the percentage of alcohol-related driving fatalities was **37%** — higher than the national average.

38.5% of CT's fatal crashes were estimated to have been alcohol-impaired driving crashes — again higher than the national average of **31%**.

Characteristics of Fatally Injured Drinking Drivers from 2018-2022:

The drivers involved in fatal crashes with BAC of .08 or more tend to be younger men. The ages of 25-44 made up **48%** of the drinking drivers' fatalities.

8% of the fatally injured drinking drivers were under the legal drinking age.

Age of Fatally Injured Drinking Drivers from 2018-2022:

Under 21: 8%	35-49: 26.7%
21-34: 42.7%	50+: 22.5%

source: NHTSA