



December is Impaired Driving Prevention Month



Adobe Road (May 18, 2011 – Photo credit: Diane Durden)
<http://www.marines.mil/Photos.aspx?igphoto=160978>.

In the United States, approximately 30 people die per day in car crashes that involve alcohol-impaired drivers.¹ Even at levels below the legal limit, alcohol can seriously impair judgment and coordination as well as slow reaction time. Drugged driving is also becoming a serious issue because drugs, even when prescribed by a medical provider, can have similar negative effects to alcohol such as impaired judgment, perception, and motor skills.

In the 2013 Fleet and Marine Corps Health Risk Assessment Annual Report, four percent of respondents (including active duty and reserve Sailors and Marines) indicated they had driven after having too much to drink, while 20 percent said they engaged in heavy drinking.² While four percent may not seem like a high number, no one should be driving when they've had too much to drink given the risks of accident, injury, and death.

The effects of a DUI or DWI from alcohol or drugs on a Sailor or Marine's career can be devastating both to that individual and their unit.

NMCPHC urges you to help prevent the problem of impaired driving by using the resources provided under "Resources You Can Use."

NMCPHC Launches New Website for the Navy's ShipShape Program

NMCPHC recently launched a revitalized [website](#) for the Navy's ShipShape Program.

The ShipShape Program is the official Navy weight management program that assists active duty Sailors, beneficiaries, and government civilians with making healthy behavior changes in order to lose weight. The program consists of eight sessions that focus on three important components for weight management: mindset, nutrition, and physical activity.

The new [ShipShape Program website](#) is intuitively organized and boasts an improved layout and standardized navigation structure to enhance the quality and availability of information. It also contains new and refreshed resources, such as FAQs, updated roster and reporting forms, newsletters, and products that align to each of the program's eight sessions. Further, the site promotes greater collaboration between ShipShape Program facilitators and the Program Managers by providing access to the new ShipShape Program Facilitators Group on milSuite.

Please contact [Erin Healy](#) with any questions you may have.





Resources You Can Use

Please consider distributing the following resources to your audiences throughout the month of December. If you reuse or reproduce any of these materials, we request that you please include the following attribution: "Content courtesy of the Navy and Marine Corps Public Health Center's Health Promotion and Wellness Department" and [email](#) to let us know so that we may track the reach of our materials.

Factsheet: Celebrate Safely this Holiday Season

The holidays are a time to celebrate, but holiday gatherings can sometimes create environments that increase the risk for Sailors and Marines to engage in unhealthy behaviors that impair driving, especially drinking and driving. [Click here](#) for tips on how to celebrate and drink responsibly!

Infographic: Don't Get Wrecked

Do you want to present information about impaired driving in a graphic format designed to make the data easily understandable at a glance? [Click here](#) for our infographic with statistics on the risks, costs, and consequences associated with impaired driving, as well as how to take action and prevent impaired driving.

Factsheet, Brochure, and Poster: Preventing Drug Abuse and Excessive Alcohol Use

Increase awareness and understanding of how drug abuse and excessive alcohol use can impact health and readiness within the Navy and Marine Corps community by disseminating the HPW Preventing Drug Abuse and Excessive Alcohol Use [factsheet](#), [brochure](#), and [poster](#).

Additional HPW Resources

Check out all the other resources available to you! These innovative and evidence-based health promotion and wellness resources and services were developed to facilitate readiness and resilience, prevent illness and injury, hasten recovery, and promote lifelong healthy behaviors and lifestyles for Sailors and Marines.

- [HPW Homepage](#)
- [HPW Partnership Factsheet](#)
- [HP Toolbox](#)
- [Archived Webinars](#)
- [Reproducible Materials](#)

To learn how our programs can help your service members, please visit our [December Health Promotion Toolbox](#).



Social Media Messages

The following social media messages will direct you to resources for Sailors and Marines. Please feel free to use the messages below to post to your local social media channels and share with your audiences. Like us on [Facebook](#) and follow us on [Twitter](#) and [Pinterest](#)!

Social media message 1:



Never underestimate "just a few."
#BuzzedDrivingIsDrunkDriving <http://go.usa.gov/FcQA>

Social media message 2:



December is Impaired Driving Prevention Month. Check back for resources to keep everyone safe all year long. #DrinkResponsibly
<http://go.usa.gov/FcUY>

Social media message 3:



The new year is about setting goals. Want to cut back your drinking? Small changes can make a big difference in reducing your chances of having an alcohol-related incident. Whatever strategies you choose, give them a fair trial. <http://go.usa.gov/FcPh>

Social media message 4:



85% of drinking and driving episodes were reported by binge drinkers. Do you drink too much? Learn more with this new factsheet! <http://go.usa.gov/FcPi>

Social media message 5:



For the love of snowmen everywhere, don't drink and drive! #BuzzedDrivingIsDrunkDriving
<http://go.usa.gov/FcEP>

Contact us if your organization would like to collaborate with us on social media messages or if you would like us to share your messages on our [Facebook page](#).

Upcoming Training

Our education and training courses equip Navy and Marine Corps command personnel with the tools, programs, and interventions to implement at the local command level. To learn more, visit our [Health Promotion training page](#).

Contact Us

Please let us know how we can help highlight your resources for service members, veterans, families, and health professionals. We welcome your [feedback and suggestions](#), and look forward to continued collaboration with your organization.





Partnership News

Preventing impaired driving requires an all hands on deck approach. That is why NMCPHC partners with other departments across the Navy to support Sailors and Marines.

Navy Alcohol and Drug Abuse Prevention (NADAP): Keep What You've Earned! Give the Gift of a Designated Driver

The statistics are shocking – over 800 people lost their lives in crashes involving a drunk driver in December 2012. It's crucial to communicate the importance of drinking responsibly, especially during the holiday season. [Pledge](#) to give the gift of a designated driver this holiday, and [keep what you've earned](#).

NADAP: Pier Pressure Mobile Application

NADAP recently released the *Pier Pressure* mobile application game! The multi-part app is based on the “tower defense” game genre and is coupled with resources to help Sailors and Marines practice responsible drinking behaviors in real life, including a blood alcohol content (BAC) calculator and local taxi cab search. The app is now available on Apple iTunes and Google Play. [Click here](#) to learn more and download the free app on your device today!

References

¹ Injury Prevention and Control: Motor Vehicle Safety. The Centers for Disease Control. http://www.cdc.gov/Motorvehiclesafety/Impaired_Driving/. Updated 2 October 2012.

² Navy and Marine Corps Public Health Center. EpiData Center Department. Fleet and Marine Corps Health Risk Assessment Annual Report, 2012. http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/HRA/HRA2012_FINAL.pdf. Prepared April 2013.

