

Substance-Impaired Driving

Partners in Prevention (PIP) is Missouri's higher education substance misuse consortium dedicated to creating healthy and safe college campuses. The coalition is comprised of 24 public and private colleges and universities in the state working to prevent high-risk behaviors by implementing evidence-based strategies. To measure progress and obtain data needed for the implementation of programs, PIP created the Missouri Assessment of College Health Behaviors (MACHB) Survey. The MACHB is an annual, online survey that has been implemented each spring since 2007. The survey assesses the roles that alcohol, drugs (illegal and prescription), tobacco/nicotine, interpersonal violence, and mental health have on student health and wellness. This brief will focus on substance-impaired driving among Missouri college students, including impairment by alcohol, marijuana/cannabis, and prescription drugs.

Background

According to the National Institute on Alcohol Abuse and Alcoholism (NIAAA), approximately 1,500 college students ages 18-24 die from alcohol-related unintentional injuries, including motor vehicle crashes, each year.¹ Related to drug-impaired driving, according to the 2018 National Survey on Drug Use and Health (NSDUH), in 2018, 12.6 million people ages 16 and up drove under the influence of illicit drugs, and a higher percentage of adults aged 21 to 25 drive after taking drugs or drinking than do young adults aged 16 to 20 or adults 26 or older.²

Missouri Data

In 2021, 71% of Missouri college students report using alcohol, 28% report using cannabis and 8.3% report prescription drug misuse (either use without a doctor's prescription, or misuse of their own

prescription) in the past year. The MACHB also asks students to report if they have driven after consuming alcohol, after misusing prescription drugs, and after using cannabis. Trend data for each of those impaired driving behaviors among students who have used in the past year are listed in chart 1.

Additionally, in 2021 13% of Missouri college students reported riding with someone who drove after drinking. A new question was also added to the survey to gauge how soon after drinking individuals reported driving, and 24% of students who consumed alcohol in the past year reported that they had driven within 2 hours of drinking at least once in the past year.

Demographics of Students Who Drive Impaired

Rates of impaired driving among various demographics are shown in chart 2. Overall, men have higher rates of driving after using alcohol and cannabis than women and students who live in Fraternity or Sorority housing or off-campus have higher rates of alcohol and cannabis impaired driving than students who live on-campus. All rates among subpopulations of driving after misusing prescription drugs were approximately 1.0% or less and are not included in chart 2.

Chart 1: Impaired Driving Trend Data

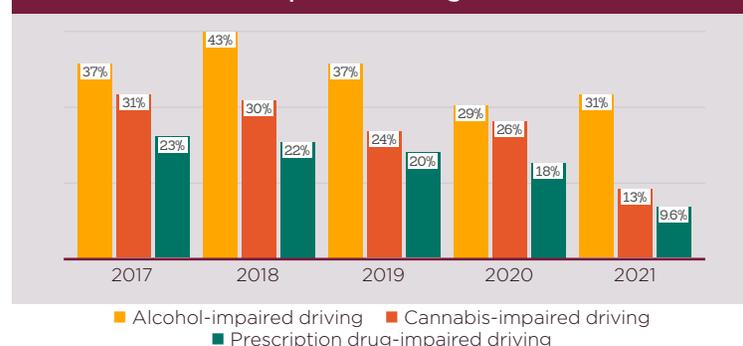
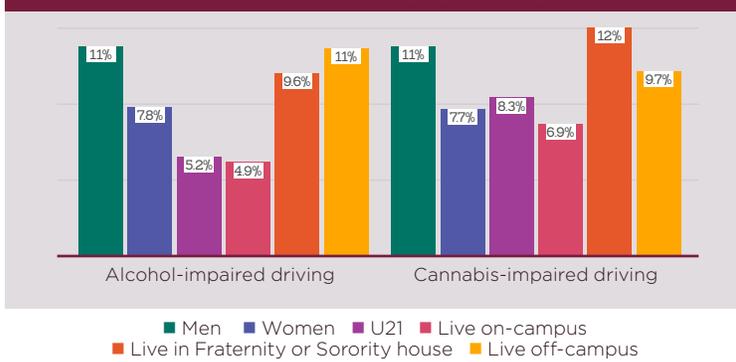


Chart 2: Impaired Driving by Demographics



Use of Designated Drivers (DDs)

Most Missouri college students (56%) report using a designated driver at least half the time that they needed one after drinking. However, it is important to note that over one third (35%) reported that they did not need a designated driver because they either walked or stayed where they were drinking. The percentage of students who always/almost always used a designated driver decreased in 2021, and the percentage of students who reported staying where they were drinking doubled from 2020 to 2021. This is likely due to COVID-19 and a shift in the locations that students reported typically consuming alcohol (a lower percentage of students in 2021 reported drinking at social gathering’s/friend’s houses and at bars/restaurants than in 2020).

In the last academic year, how often have you used a designated driver (or DD, defined as someone who had no alcoholic drinks) when you drank and needed a ride home?

100% (Always)	39%
75-99% (Almost always)	14%
51-74% (More than half the time I drank)	2.8%
50% (About half of the time I drank)	1.7%
25-49% (Less than half of the time I drank)	1.5%
1%-24% (Almost never)	2.4%
No, I have never needed a DD because I walked	4.0%
No, I have never needed a DD because I just stayed where I was drinking	31%
No, I don't use a DD	3.8%

Missouri college students report using a variety of options for designated drivers, including friends/family members/acquaintances (93%), ride share programs like Uber/Lyft, etc. (47%), and a Fraternity or Sorority designated driver (16%) in the past year*.

Additionally, 90% of Missouri college students correctly identified a designated driver as someone who has not consumed any alcohol, an increase from 87% in 2020.

Conclusion

While rates of driving after consuming alcohol and prescription drugs continue to decline, there has been an increase in the percentage of students who report driving after using cannabis. Cannabis consumption and related impairment are not as easily quantifiable as alcohol (i.e. the body processes approximately one standard alcohol drink per hour), and the current recommendation is to wait 5-6 hours after consuming cannabis before driving. More education is needed with students on waiting a significant amount of time before driving after using cannabis. Similarly, as almost 1 in 4 students who drink report driving within 2 hours of consuming alcohol, messaging and education should focus on waiting until BAC (blood alcohol content) has reached zero and that students cannot gauge their level of impairment without knowing their BAC.

Prevention Initiatives

Institutions of higher education in Missouri have worked to prevent impaired driving using statewide initiatives funded by the Missouri Department of Transportation delivered through Partners in Prevention.

CHEERS

CHEERS is a statewide program that works with bars, restaurants, and nightclubs to provide free non-alcoholic drinks to designated drivers. CHEERS also promotes messages on social media and on campuses to promote using sober designated drivers. Learn more at mopip.org/CHEERS

Drive Safe Drive Smart

Drive Safe Drive Smart (DSDS) is an educational program working to promote safe driving behaviors and reduce impaired driving among college students in Missouri. Drive Safe Drive Smart provides resources and materials to campuses including brochures and

handouts, social media, and more to assist in messaging and education. DSDS also promotes billboards in communities throughout the state. Learn more at mopip.org/DSDS

Party Safe

Party Safe is a free, online training for college students to learn about hosting safe and responsible parties and events. The training focuses on general party planning, alcohol and host responsibilities, and dealing with issues that arise. Learn more at mopiptraining.org/partysafe

SMART

The State of Missouri Alcohol Responsibility Training (SMART) program is a free, online training for people who sell or serve alcohol in the state of Missouri. The training focuses on recognition of fake ID's, acceptable

forms of identification, preventing service to minors and intoxicated individuals, and more. Learn more at mopip.org/SMART

Contact Partners in Prevention at (573) 884-7551.

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1. Methodology for arriving at estimates described in Hingson, R.; Zha, W.; and Smyth, D. Magnitude and trends in heavy episodic drinking, alcohol-impaired driving, and alcohol-related mortality and overdose hospitalizations among emerging adults of college ages 18-24 in the United States, 1998-2014. *Journal of Studies on Alcohol and Drugs* 78(4):540-548, 2017.

2. Center for Behavioral Health Statistics and Quality. Results from the 2018 National Survey on Drug Use and Health: Detailed Tables. Rockville (MD): SAMHSA; 2019. <https://www.samhsa.gov/data/report/2018-nsduh-detailed-tables>. Accessed December 31, 2019.

*question is select all that apply