



# DISTRACTED DRIVING

Distracted driving is a public health issue that affects us all. The latest statistics show motor vehicle fatalities are up 6% from 2015. **More than 40,000 people were killed** on our nation's roadways last year, and distracted driving is a major contributor.

Each death is 100% preventable. From cell phones to dashboard infotainment systems to evolving voice command features—all pose a threat to our safety. Just one second of your attention is all it takes to change a life forever.

**New NHTSA data from 2016 shows at least 3,450 people were killed in motor vehicle crashes involving distracted drivers.**

**To prevent tragedies due to distracted driving, motorists are urged to:**

- Turn off electronic devices and put them out of reach before starting to drive.
- Be good role models for young drivers and set a good example. Talk with your teens about responsible driving.
- Speak up when you are a passenger and your driver uses an electronic device while driving. Offer to make the call for the driver, so his or her full attention stays on the driving task.
- Always wear your seat belt. Seat belts are the best defense against unsafe drivers.



I pledge to be an attentive driver

## TAKE THE PLEDGE!

You can pledge to your children or other loved ones that you will be an attentive driver. Share your pledge on social media!

I pledge to **Just Drive** for my own safety and for others with whom I share the roads. **I choose to not drive distracted in any way—I WILL NOT:**

- Have a phone conversation—handheld, hands-free, or via Bluetooth
- Text or send Snapchats
- Use voice-to-text features in my vehicle's dashboard system
- Update Facebook, Twitter, Instagram, Vimeo or other social media
- Check or send emails
- Take selfies or film videos
- Input destinations into GPS (while the vehicle is in motion)
- Call or message someone else when I know they are driving

**Take the pledge at:**

[www.nsc.org/forms/DistractedDriving-Pledge](http://www.nsc.org/forms/DistractedDriving-Pledge)

**95%** of drivers disapprove of distracted driving...



...yet **71%** engage in smartphone activities while driving



### 7 FREE APPS to PREVENT TEXTING while DRIVING

<https://www.honkforhelp.com/explore/2016/5-free-apps-to-prevent-texting-while-driving/>

## TOP 10 Distracted Cities

- |                   |                  |
|-------------------|------------------|
| 1 CHICAGO IL      | 6 DENVER CO      |
| 2 PHILADELPHIA PA | 7 LOS ANGELES CA |
| 3 NEW YORK NY     | 8 AUSTIN TX      |
| 4 BURLINGTON VT   | 9 HOUSTON TX     |
| 5 PORTLAND OR     | 10 MIAMI FL      |

**LEAST DISTRACTED CITY: SEATTLE WA**

DEADLY DISTRACTED DRIVING ACCIDENTS ARE GROWING

**126% FASTER**  
THAN THOSE FROM DRUNK DRIVING

PERCENTAGE CHANGE OF FATALITIES IN MAJOR FORMS OF CAR ACCIDENTS 2010-2016



DISTRACTED DRIVING IS PREVALENT, BUT

**100% PREVENTABLE**



**For more information, visit:**

<https://www.nhtsa.gov/risky-driving/distracted-driving>  
<https://www.nsc.org/road-safety/safety-topics/distracted-driving>

