Distracted Driving

Distracted driving is driving without full attention to road conditions. In the last 10 years, there has been a significant increase in deaths related to motor vehicle crashes as a result of distracted driving.

Causes of Distracted Driving
Distracted driving is caused by
• Taking your eyes off the road, mirror, and speedometer for tasks other than driving
• Taking your hands off the steering wheel for tasks other than driving
• Not being fully focused on the task of driving.

Examples of distracted driving are using a cell phone, eating and drinking, talking to passengers, and changing the radio station. Talking on a handheld cell phone and text messaging are especially dangerous because these actions combine all 3 types of distraction.

Dangers of Talking and Texting While Driving
In 2012, 421,000 people were injured in motor vehicle crashes involving a distracted driver. About 1 in 5 car crashes caused by distracted driving involves a driver using a cell phone. This number is even higher with teenaged drivers. Distracted driving is a serious public health hazard, and lawmakers in many states are taking action to limit cell phone use while driving.

Save Driving Habits
• Avoid all cell phone tasks while driving.
• Do not program GPS devices or use portable music or video players or computers while driving.
• Ask a passenger to handle telephone calls and text messages for you.
• Set a safe example for teens by not using a cell phone or other mobile devices while driving.

FOR MORE INFORMATION
Centers for Disease Control and Prevention
www.cdc.gov/motorvehiclesafety/distracted_driving/

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