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## Trauma System Providers Announce Distracted Driving Campaign

The Concho Valley Regional Advisory Council (CVRAC) working with Texas EMS, Trauma & Acute Care Foundation (TETAF) are working on a statewide Distracted Driving Campaign.

CVRAC serves a 14 county area, working with the Texas Department of State Health Services, to provide education, training and resources to all area hospitals and EMS agencies that participate, to enhance Trauma Care, Cardiac Care, Stroke Care, Disaster Preparedness, Education and Injury Prevention.

For more information contact CVRAC office at 325-456-2370 or email at [coordinator@cvrac.org](mailto:coordinator@cvrac.org)

Here are some facts about distracted driving:

When your mind or attention is not focused solely on driving, you're a distracted driver. While cell phones are a major culprit, anything that takes your mind and attention away from your driving is a distraction.

There are three main types of distractions:

- Visual — taking your eyes off the road
  - Manual — taking your hands off the wheel
  - Cognitive — taking your mind off what you're doing
- Those who text and drive are 23 times more likely to be in a motor vehicle crash, according to the Virginia Tech Transportation Institute.
  - When drivers read or send a text message, their reaction time is doubled. When asked to respond to a flashing light while texting behind the wheel, drivers were more than 11 times more likely to miss the light altogether.
  - A whopping 97 percent of teens say texting while driving is dangerous, but 43 percent admit to doing so.
  - Almost all teens (nine in 10) expect a reply to a text or email within five minutes or less, which puts pressure on them to respond while driving.
  - According to 77 percent of teens, adults tell kids not to text or email while driving – yet adults do it themselves “all the time.”
  - Crashes kill more young people than any other cause, accounting for nearly half of all teen deaths in America each year. Most teens and parents are unaware of the top five dangers of teen driving: driving at night; speeding and street racing; distractions, such as cell phones/texting and too many teen passengers; low seat belt use; and alcohol use.
  - More than 3,000 U.S. teens die each year in car crashes; that's the equivalent of a commercial jet loaded with teenagers crashing once every other week for an entire year.