

## Teens and Nighttime Driving Risks

**Ruth A. Shults, PhD, MPH**

**Moderator and Presenter**

Division of Unintentional Injury Prevention  
National Center for Injury Prevention and Control  
Centers for Disease Control and Prevention

**Lifesavers 2017**

March 26, 2017



**When Do Teens Drive?**

**When Do Teens Crash?**



**When Do Teens Drive?**  
**and**

**When Do GDL Night Restrictions Begin?**



## Graduated Driver Licensing Night Driving Restrictions and Drivers Aged 16 or 17 Years Involved in Fatal Night Crashes — United States, 2009–2014

Ruth A. Shults, PhD<sup>1</sup>; Allan F. Williams, PhD<sup>2</sup>

Fatal crash risk is higher at night for all drivers, but especially for young, inexperienced drivers (1). To help address the increased crash risk for beginner teen drivers, 49 states and the District of Columbia include a night driving restriction (NDR) in their Graduated Driver Licensing (GDL) system. NDRs

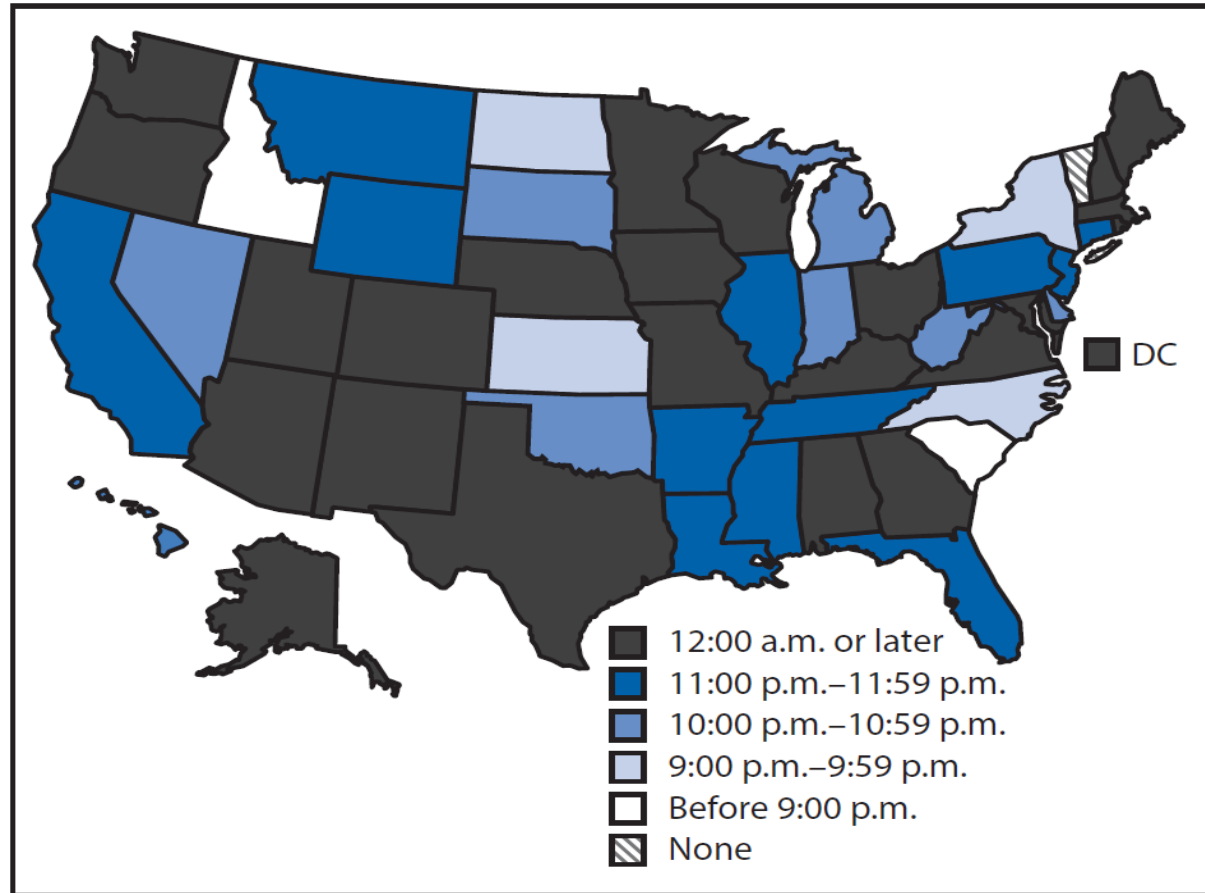
NDRs are applied when teen drivers receive their GDL provisional license, which permits driving without an adult supervisor in the vehicle under prescribed conditions. NDRs specify the nighttime hours that a teen holding a GDL provisional license may not drive without an adult supervisor.

# Teen Driver Trips by End Time in Millions of Miles

Age	6 a.m.–8:59 p.m.		9 p.m.–11:59 p.m.		Midnight–5:59 a.m.		Total	
	No.	(%)	No.	(%)	No.	(%)	No.	(%)
16	1,047	(31)	102	(3)	8	(0.2)	1,158	(34)
17	2,012	(59)	230	(7)	17	(0.6)	2,260	(66)
<b>Total</b>	<b>3,060</b>	<b>(90)</b>	<b>332</b>	<b>(10)</b>	<b>24</b>	<b>(0.8)</b>	<b>3,417</b>	<b>(100)</b>

Source: 2009 National Household Travel Survey, <http://nhts.ornl.gov>

FIGURE. Graduated driver licensing night driving restriction starting hours\* — United States,† 2016



Source: Insurance Institute for Highway Safety, <http://www.iihs.org>

# Conclusions

- **Nearly all nighttime trips by drivers 16 & 17 years old end before midnight**
- **Night driving restrictions in 23 states & D.C. begin at midnight or later**
  - **These restrictions provide minimal protection**

# Implications for Practice

**As states examine strategies to further reduce total fatal crashes among newly licensed teen drivers, they could consider updating their night driving restrictions to include earlier nighttime hours.**



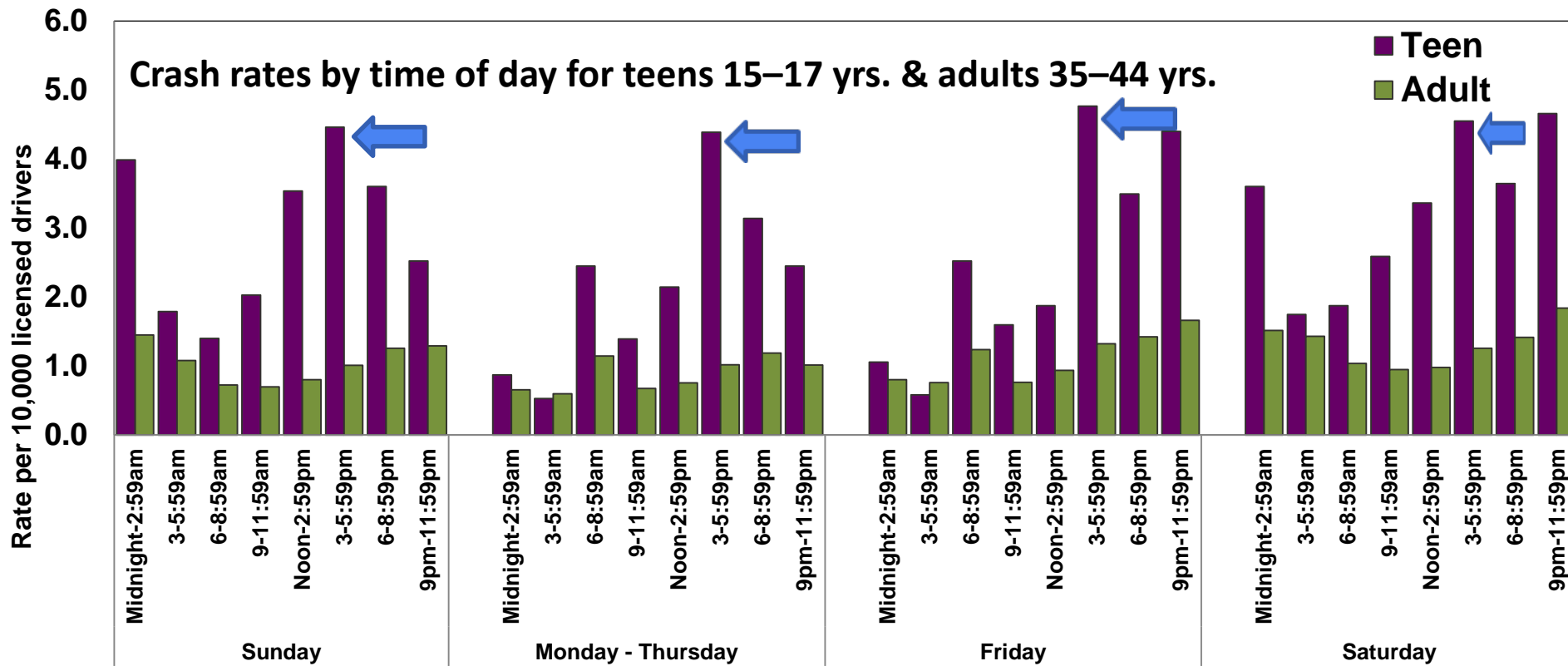
# When Do Teens Crash?

**A look at teen nonfatal single-vehicle  
crashes in South Carolina, 2005–2008**

Ruth A. Shults, Gwen Bergen, Tracy J. Smith, Larry Cook, John Kindelberger, Bethany West

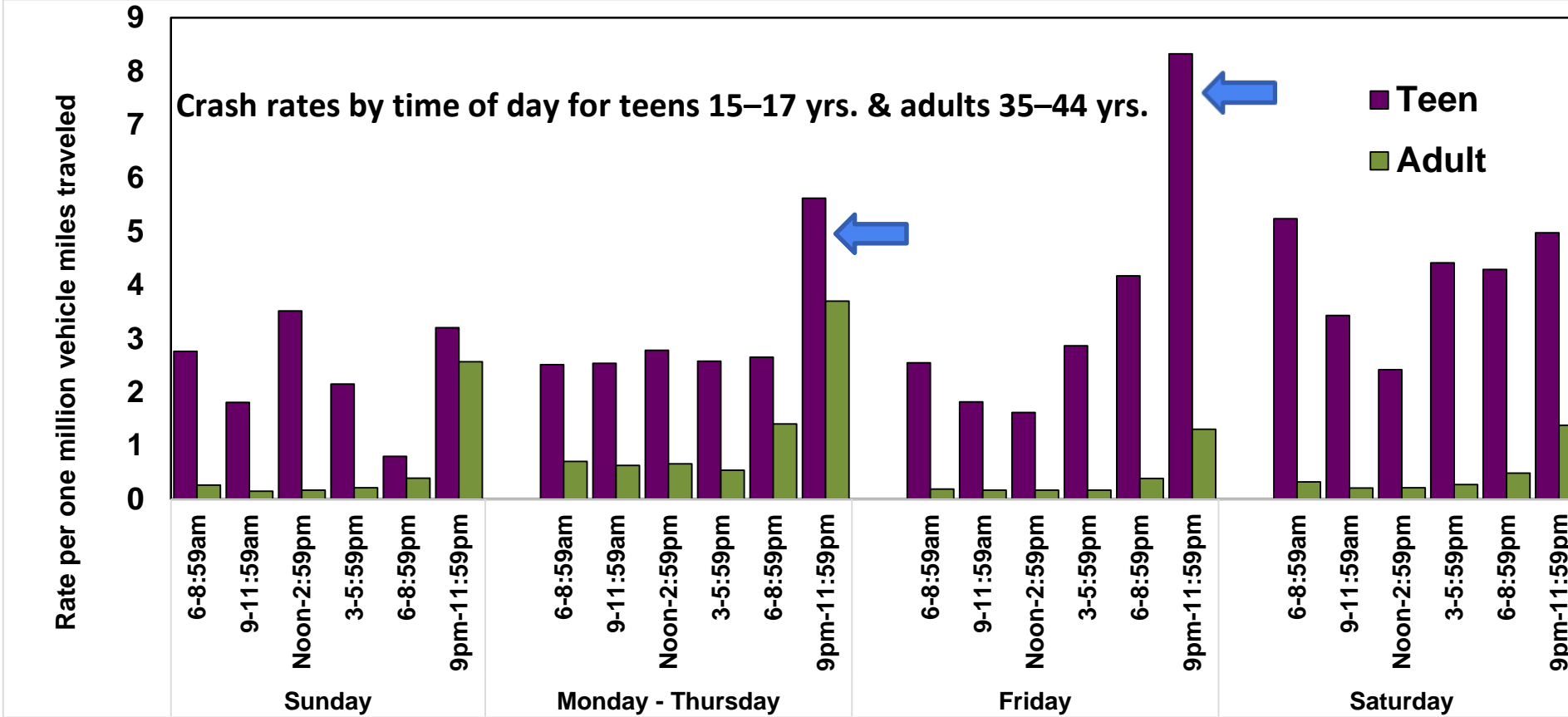


# Teen Crash Rates per Licensed Driver are Highest 3–5:59 pm



Sources: South Carolina CODES and South Carolina Department of Motor Vehicles

# Teen Crash Rates per Mile Driven are Highest 9–11:59 pm\*



Sources: South Carolina CODES and 2009 National Household Travel Survey

\* Crashes during the hours of midnight to 5:59 am were excluded due to sample sizes <20 for some cells

# Teen Crash Circumstances

- **Teens nearly twice as likely as adults to be speeding**
- **66% of teen drivers were alone**
- **When only teen passengers were present, crashes were twice as likely to result in serious injury**
- **90% of teen drivers were restrained**
- **Teen passengers >5 times more likely to all be restrained if the teen driver was restrained**
- **When the teen driver was unrestrained, serious injury was 6 times more likely**

# Conclusions

- Per mile driven teens crashed at 15 times the rate of adult drivers
- Teen crashes per mile driven were highest during 9–11:59 pm
- Teen crashes per licensed driver were highest during 3:00–5:59 pm

# Implications for Practice

**As SC examines strategies to further reduce teen driver crashes, the state could consider updating its GDL passenger restriction to either none or one passenger <21 years and dropping the passenger restriction exemption for trips to and from school.**

# Teen Driver & GDL Resources

- CDC's Prevention Status Reports <https://www.cdc.gov/psr/index.html>
- Children's Hospital of Philadelphia's (CHOP) Teen Driving Program Planning & Evaluation Guide  
[http://www.teendriversource.org/more\\_pages/page/program\\_evaluation\\_for\\_driving\\_safety/researcher](http://www.teendriversource.org/more_pages/page/program_evaluation_for_driving_safety/researcher) and You Tube channel  
<https://www.youtube.com/channel/UCNgQVTMwa0lqVn9d2EEfasw>
- Governors Highway Safety Association's (GHSA) Teen Driver Safety website  
<http://www.ghsa.org/issues/teen-drivers>
- Insurance Institute for Highway Safety's (IIHS) teenagers website  
<http://www.iihs.org/iihs/topics/t/teenagers/topicoverview>
- Traffic Injury Prevention Foundation's (TIRF) Young and New Driver Resource Centre <http://yndrc.tirf.ca/index.php>

**Thank you!**







**For more information please contact Centers for Disease Control and Prevention**

1600 Clifton Road NE, Atlanta, GA 30333

Telephone: 1-800-CDC-INFO (232-4636)/TTY: 1-888-232-6348

E-mail: [cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov)

Web: [www.cdc.gov](http://www.cdc.gov)

The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.

