DUI Prevention – ‘Steer Clear’ and ‘Higher Education’
Presented by Jill Rybar, MPH, Training, Research and Education for Driving Safety, UC San Diego
Lifesavers Conference – April 27, 2021

DUI PREVENTION
Not Just Grown Ups:
Involving Youth in ID Prevention

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Instructional Methods

- PowerPoint
- Videos
- Case examples
- Audience interaction
- Polls

RESULTS
When consuming cannabis, the euphoric high is felt most quickly when:
A. Inhaling 55%
B. Ingesting 45%

Curriculum Topics

- Scope of the problem
- Alcohol and cannabis
- Misconceptions
- Laws and consequences
- Strategies to prevent DUI

Crashes are the leading cause of death for teens
25%
INVOLVE ALCOHOL

Delivered by law enforcement, public health, educators, and peers
Post-surveys assess knowledge, behavioral intentions, and satisfaction

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In the last 30 days, how many high school students...

- Drank Alcohol: 29%, 59%, 75%
- Used Cannabis: 22%, 42%, 62%

In the last 30 days, how many high school students...

- Drove after drinking alcohol: 2%, 5%, 12%
- Rode with driver who had been drinking: 8%, 17%, 26%

GOAL
Reduce injuries & deaths resulting from impaired driving

- Abstain and drive sober
- See something, say something

CONSIDER THIS SCENARIO
- Two girls of equal weight both drink one alcoholic beverage.
  - One has a 12-ounce bottle of beer and the other has a vodka drink.
- After one hour, will they both have the same BAC?
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IT DEPENDS

12 oz. Regular Beer
1.5 oz. Typical Vodka

CANNABIS

PRIMARY ACTIVE INGREDIENTS
CBD CANNABIDIOL
THC TETRAHYDROCANNABINOL

Non-impairing
Impairing

THC CONCENTRATION – BUD

2001 2008 2021
6% 9% 18-30%

INHALING THC
Smoking Vaping Dabbing
18-30% 80%+ UP TO 100%

EDIBLES
• Average serving is 5mg to 10mg
• Entire chocolate bar has 90mg of THC
WARNING: Danger of Overconsumption
Almost instantly 1–4 hours
30–120 minutes after ingesting 8–10 hours

**EFFECTS**

<table>
<thead>
<tr>
<th>Method</th>
<th>Onset</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inhaling</td>
<td>Almost instantly</td>
<td>1–4 hours</td>
</tr>
<tr>
<td>Ingesting</td>
<td>30–120 minutes after ingesting</td>
<td>8–10 hours</td>
</tr>
</tbody>
</table>

I ACTUALLY DRIVE BETTER WHEN I’M HIGH

**POLICE CAN’T TELL WHEN I DRIVE HIGH**

**CONSEQUENCES**

- Felony or Misdemeanor DUI
- Vehicle Impounded
- Fines
- License Suspension
- DUI on Criminal Record
- Probation
- Mandatory Education
- Jail or Detention

**Under 18? Parents called.**

**PERSONAL CONSEQUENCES**

- Removal from school clubs and teams
- College admission revoked
- Military denial
- Remorse
- Loss of respect
- Injury or death

Brian’s BAC was 0.15 percent, nearly twice the legal limit for someone over 21.

Brian was 18 years old.
BRIAN’S SECOND CHANCE
If you were at the party...
how could you have prevented Brian from driving impaired?

WHAT YOU CAN DO
CALL
• A Parent
• Siblings/Sober Friends
• Rideshare Service

ACT
• Take the keys
• Ask others for help
• Spend the night

WHAT IS A SOBER DRIVER?
• Drinks or smokes the least
• Seems unimpaired
• Stops drinking or smoking 2 hours before driving
• Has zero drinks or drugs

DUI BLOOD SAMPLES
53% POSITIVE FOR DRUGS
- Nothing Detected: 1%
- DUID Only: 21%
- Alcohol and Drugs: 32%
- Alcohol Only: 46%
USE ON THE RISE

- CDC reports 7,000 new cannabis users every day
- Close to 35 million people used cannabis in the past 30 days

CANNABIS AND DRIVING

- 14.8 million reported driving within one hour after using
- 70% think unlikely to get caught by police for driving high on cannabis

JUST SAY SOMETHING...

I had a feeling I should stay at my friend’s house... but I didn’t.

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Videos & Resources