



Impaired Driving Prevention Month

Activity Ideas

As a health information disseminator, you understand how important it is to ensure that the information and resources you distribute are relevant for your target populations. You want to provide impaired driving prevention materials that are easy to understand and follow. Below are a few ideas that you as a health promotion coordinator or health educator can conduct throughout December to promote impaired driving prevention at your command while partnering with command leadership and your Drug and Alcohol Program Advisor (DAPA).

Provide Materials with Impaired Driving Prevention Information

Develop an information rack of materials or set up an impaired driving prevention health display.

- Pack the rack with materials and resources from the DOD's Own Your Limits, Too Much To Lose, and the Navy and Marine Corps Public Health Center's (NMCPHC) [Impaired Driving Prevention Health Promotion Toolbox](#) to include fact sheets, brochures, and handouts.
- You can also get information from the [Centers for Disease Control and Prevention](#), the [National Institute on Alcohol Abuse and Alcoholism](#), and the [National Highway Traffic Safety Administration](#).
- Place the information rack in high traffic and high visibility areas such as building entrances, gyms, offices, galleys, and waiting areas.
- Share the information on social media platforms such as FaceBook, Twitter, Instagram, etc.

Hang posters to increase awareness about impaired driving prevention in high traffic areas.

- Find posters on the NMCPHC [Impaired Driving Prevention Health Promotion Toolbox](#).
- Order posters and other materials from the [DOD's Own Your Limits](#) website and [Too Much To Lose](#).
- Hang posters in high traffic and high visibility areas such as building entrances, gyms, offices, galleys, and waiting areas.



Send out email messages that discourage excessive alcohol use and drunk driving.

- Share one message each week from the Plan of the Week with your command.
- Provide information about common risks surrounding alcohol use.
- Encourage your command to celebrate safely this holiday season by drinking responsibly and establishing a safe transportation plan before arriving to a party.
- Party hosts play an important role in promoting safe drinking behavior during the holiday season. Provide these tips to Sailors, Marines, civilian personnel, their families, and friends so they can help their loved ones and each other get home safely after celebrations.
 - Plan party games, raffles, or random door prize giveaways. Engaging people in activities other than drinking will cause them to consume less alcohol.
 - Offer non-alcoholic beverages, or mocktails, for guests who would like to stay sober or who are designated drivers.
 - Provide the number of a local taxi service to your guests ahead of time.
 - Serve plenty of food so guests don't drink on an empty stomach.
- Share information and clear up common misconceptions about how alcohol affects the body. Consider using these calculators.
 - [DOD's Own Your Limits Calculator](#)
 - [Calculators](#) for cocktail content, alcohol spending, drink size, and alcohol calories

Partner with Your DAPA to Discourage Drunk Driving

Support your DAPA on a presentation about impaired driving that Sailors, Marines, and civilian personnel can attend.

- Presentations should focus on excessive alcohol use, prescription drug misuse, and ways to avoid drunk and/or drugged driving throughout the holiday season.
- Ask a medical professional, health promotion staff member, or other helping professional to participate in the discussion.