



STATE OF ALABAMA DEPARTMENT OF
PUBLIC HEALTH

DISTRACTED DRIVING 60-SEC

This is State Health Officer, Doctor Scott Harris. Each day in the United States, more than eight people are killed and more than one thousand people are injured in crashes that are reported to involve a distracted driver.

Distracted driving is driving while doing any activity that takes your attention away from driving, increasing the chance of a crash. Distractions can include visually taking your eyes off the road, manually taking your hands off of the steering wheel, and or cognitively taking your mind off of driving. Distracted driving activities include things like using a cell phone, texting and eating. Using in-vehicle technologies, such as navigation systems, can also be sources of distraction.

Distracted driving is one of the three primary contributing factors to teen driver deaths, along with the use of alcohol and not wearing a seatbelt, so it's important to talk to your teen drivers about these dangers.

For more information and resources, visit our website at alabama-public-health-dot-gov-slash-teendriving.

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