

Driven to Wellness

Healthy Driving Habits Fact Sheet: DISTRACTED DRIVING

- 🍏 The National Highway Transportation Safety Administration ([NHTSA](#)) estimates that 9 percent of all drivers at any given time are using cell phones.
- 🍏 In 2017, [NHTSA](#) reported 3,166 lives were lost due to distracted drivers.
- 🍏 The National Safety Council (NSC) estimates about 1 in 4 motor vehicle crashes involve cell phone use at the time of the crash.
- 🍏 [Manipulating a cellphone was a contributing factor in more than 800 crash deaths in 2017.](#)
- 🍏 [National observation surveys](#) indicate the rate of drivers texting at any moment during the day has risen since 2009, especially among younger drivers.
- 🍏 In 2017, [2 percent of all drivers and 3.9 percent of drivers estimated to be 16-24 years old were observed texting or otherwise manipulating hand-held devices.](#)



- 🍏 According to the NHTSA:
 - [About 10 percent of fatal crashes involve a distracted driver.](#)
 - According to NHTSA, [3.2 percent of drivers on the road on any given day are talking on cellphones.](#)
- 🍏 There are three types of distraction:
 - Visual - reading a text message, looking up directions, “rubber necking” (i.e., craning one’s neck to get a better view) at a crash site.
 - Manual - reaching for things inside the vehicle, using a hand-held device, adjusting the radio, eating or drinking, applying makeup.
 - Cognitive - talking on the phone, arguing with a passenger, thinking about your next appointment.
- 🍏 Hands-free devices often are seen as a solution to the risks of driver distraction because they help eliminate visual and manual distractions, however, cell phones do not eliminate cognitive distractions.



"Navigating safe driving through healthy habits and lifestyles".