

Driven to Wellness

Healthy Driving Habits Fact Sheet: SPEEDING

- More than 112,500 people died in speeding-related US highway crashes from 2005-2014.
- It is commonly known that most drivers speed. This is because the perception of getting caught is low.
- Speeding-related fatalities historically comprise approximately one-third of total fatalities in the U.S. This is similar to the number of impaired-driving fatalities on our roadways each year.
- In a speeding-related crash, there is a greater chance of being injured and the injuries are likely to be more severe or fatal.
- Speed limits are increasing on U.S. roadways. In some rural areas across the country, the speed limit is 80 mph. Research has shown that the amount of time saved by speeding is minimal.
- Avoiding a crash at high speeds is difficult and often results in serious and fatal injuries.



- The Insurance Institute for Highway Safety reports that speed influences the risk of crashes and crash injuries in three ways:
 - The distance a vehicle travels from the time a driver detects an emergency to the time the driver reacts is increased.
 - The distance needed to stop a vehicle once the driver starts to brake is increased.
 - The exponential increase in crash energy. For example, when impact speed increases from 40 to 60 mph (a 50 percent increase), the energy increases by 125 percent
- The economic cost of speed-related crashes is about \$52 billion each year.
- National surveys have reported that on high volume roads 48 percent in 2007 and 72 percent in 2009 exceeded posted speed limits.

"Navigating safe driving through healthy habits and lifestyles".