

Distracted Driving

OVERVIEW

In 2011, the National Transportation Safety Board (NTSB) recommended that states ban use of all portable electronic devices, including hands-free devices, for all drivers. Comparing the risk of crash while driving distracted to driving under the influence, the NTSB notes that distracted driving is becoming an epidemic.

Mobile phone use while driving has been estimated to increase crash rates by 400%, and hands-free models are not associated with significantly less risk. Teen drivers are more likely to take risks behind the wheel and their inexperience with driving increases the risk of crashing while driving while using a mobile device.

As with seatbelt use, parental modeling plays an important role in the reduction of teen use of mobile devices while driving. State laws that prohibit use of portable electronic devices for all drivers are more effective in reducing rates of distracted driving by teens.

AAP POSITION

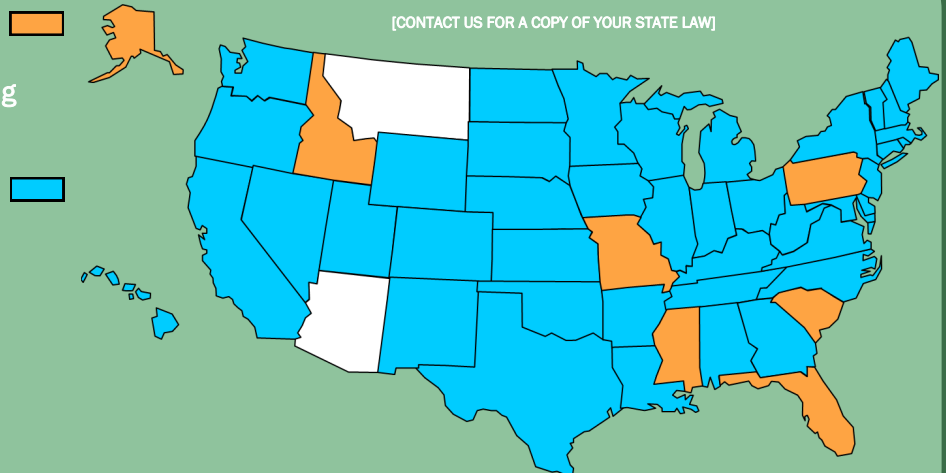
- Evidence shows that distractions may be a greater problem for the inexperienced driver. Distracted novice drivers tend to glance away from the road for longer periods of time, during which they have trouble responding to hazards and staying in their lane.
- The use of mobile phones while driving should be prohibited.

FACTS

- Nearly 2,500 US 16-19-year-olds were killed, and approximately 405,000 were treated in emergency departments, for motor vehicle crash injuries in 2012.
- Nearly 3,400 people in the US died, and 421,000 were injured, in crashes that involved a distracted driver in 2012.
- Nearly 303 million people in the US have mobile phones. At any given moment during the daylight hours, more than 800,000 vehicles are being driven by someone using a handheld mobile phone.
- Drivers using mobile phones are 4 times as likely to crash, and there is no difference in crash risk between handheld and hands-free phone use.

PROGRESS

- 7 states—laws prohibiting minors from texting while driving
- 41 states and DC—laws prohibiting minors from using mobile phones and texting while driving



Pending Legislation:
[2015 StateTrack Profile: Distracted Driving](#)

MORE

- [AAP Policy—The Teen Driver](http://pediatrics.aappublications.org/content/118/6/2570.full)—<http://pediatrics.aappublications.org/content/118/6/2570.full>
- [The Teen Safe Driving Grant Program Sponsored by The Allstate Foundation](http://www.healthychildren.org/English/our-mission/aap-in-action/Pages/AAP-Chapters-Improving-Teen-Driving-Safety.aspx)—www.healthychildren.org/English/our-mission/aap-in-action/Pages/AAP-Chapters-Improving-Teen-Driving-Safety.aspx
- [Centers for Disease Control and Prevention \(CDC\)—Distracted Driving](http://www.cdc.gov/motorvehiclesafety/distracted_driving/)—www.cdc.gov/motorvehiclesafety/distracted_driving/
- [National Safety Council—Distracted Driving](http://www.nsc.org/safety_road/Distracted_Driving/Pages/distracted_driving.aspx)—www.nsc.org/safety_road/Distracted_Driving/Pages/distracted_driving.aspx
- [National Highway Transportation Safety Administration \(NHTSA\)—Distracted Driving](http://www.distraction.gov/)—www.distraction.gov/