

CONNECTING HEALTH AND TRAFFIC SAFETY FOR IMPAIRED DRIVING PREVENTION

Impaired Driving Forum 2025

Presented by:

Lisa Minjares-Kyle, Associate Research Scientist
Texas A&M Transportation Institute

Youth Transportation
SAFETY
PROGRAM



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Driver inexperience
is the #1 contributor for teen crashes.



DISTRACTIONS



**NIGHT
DRIVING**



SPEEDING



**SEAT
BELTS**



**IMPAIRED
DRIVING**

NSC

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Youth are at
higher risk of a
crash.

Drivers between ages 16 - 20 are 17 times more likely to die in a crash when they have a BAC of .08% compared to when they have not been drinking.

17x that
amount of
risk



Normal risk
of dying in a
car crash

Life is costly to
lose.

366
impaired related
deaths in 2023

14,270
potential years
of life lost



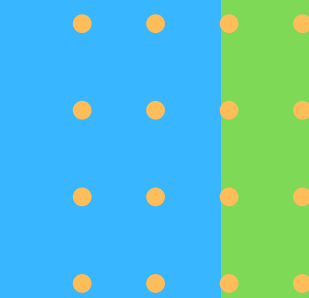
Car Crashes

WE ONLY SEE THE SURFACE

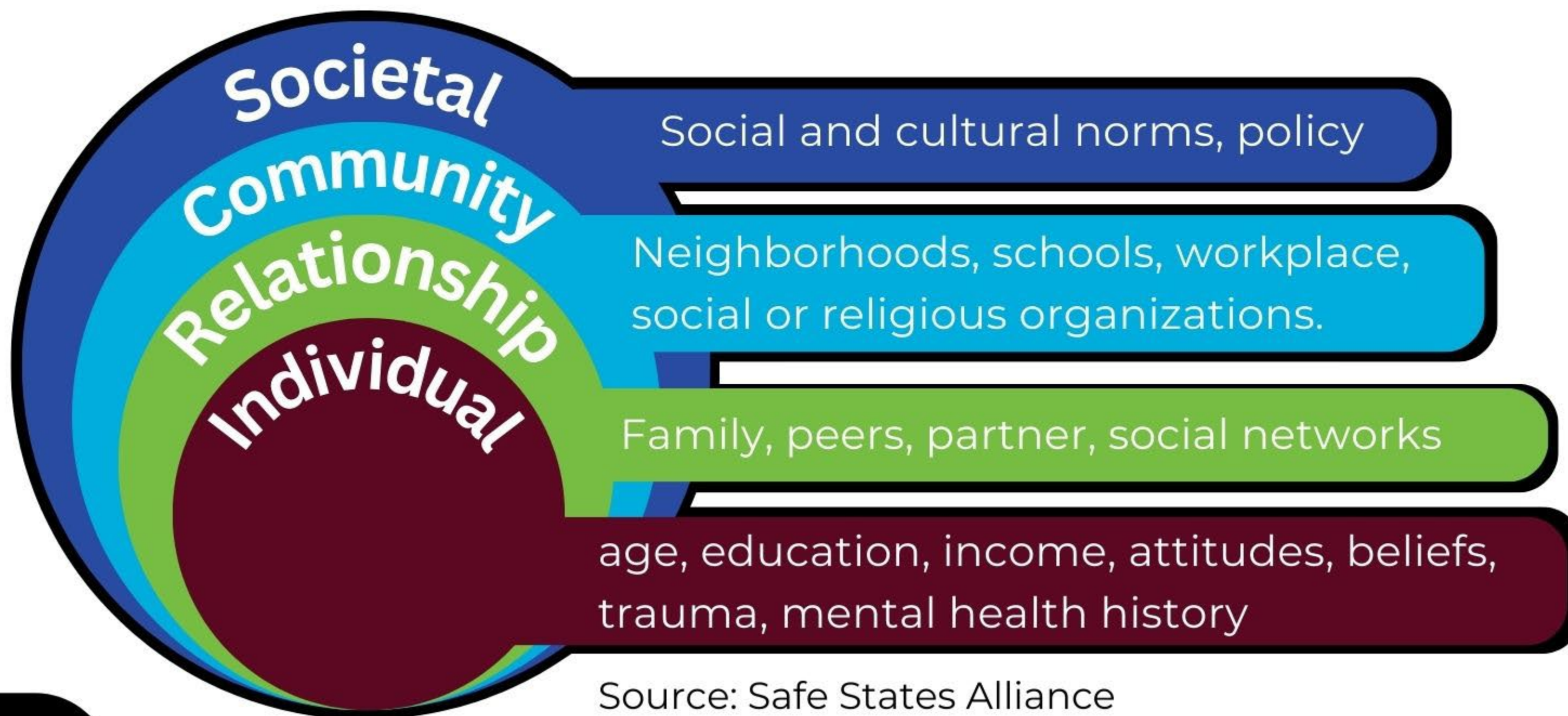
Systems Innovation, 2020. Iceberg Model & Systems Thinking.

Patterns
Structure

Mental
Models



Mental models are influenced by Social Environment



RISK FACTORS

Characteristics at the biological, psychological, family, or community level that precedes and are **associated with a higher likelihood of negative outcomes.**



PROTECTIVE FACTORS

characteristics at the biological, psychological, family, or community level that are **associated with a lower likelihood of negative outcomes or that reduces the negative impact of a risk factor**

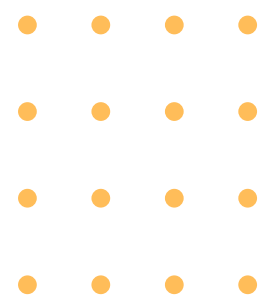


Lifestyle and Mental Health

A person's lifestyle and emotional state can put them at a higher risk of drugged driving.

(Safe States Alliance, 2019)

RISK



Binge Drinking/Daily Drinking



Substance Abuse, Depression/Anxiety



High levels of risk taking and peer norms that model the behavior

Mental
wellbeing



Access to community programs



Positive group and social norms

But don't worry,
these can help.

Lifestyle choices and mental
health can also help prevent a
person from engaging in drugged
driving.

(Safe States Alliance, 2019)

PROTECT

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GROW PROTECTIVE AND REDUCE RISK





Involving youth is critical.





What are youth peer-to-peer programs?

- Provide systemic approaches to empower youth to help each other.
- Address relevant topics for youth.
- Provide training for peer helpers and staff.
- Create or enable opportunities for peer helpers to help others.
- Have a vision, mission, goals that guide the program.
- Provide resources to accomplish program goals.
- Conduct evaluation of these efforts to measure efficacy and improvement.

What Youth Peer Programs ARE NOT



Replacements

Teen programs do not serve as replacements for certified professionals, training (especially driver education), or replacements of parental or legal guardian influences.



All Encompassing

Teen programs cannot address all the aspects of teen lives within a single program. Instead, the work best when combined with other initiatives that help provide a more holistic approach to teen safety and wellness.



Get out of Jail Free Card

While it's tempting to see these programs as a way to free up more of your time, successful programs will still require meaningful time and energy spent to achieve their goals and have more impact.



The Only Solution

The complexity of car crashes and youth development are not caused by a single issue - therefore cannot be solved by a single program. Think about how the program can enhance your efforts instead of supplant them.

Why Peer Programs?



Finances

Funding is a significant barrier for many and can be costly when considering time, training, supplies, etc.



People as Resources

Recognizes that people are valuable resources to be leveraged across multiple points in the system.



Peer Helpers & Youth

Peer helpers have more credibility, bring understanding, serve as role models and learn lifelong skills.



Societal Problems

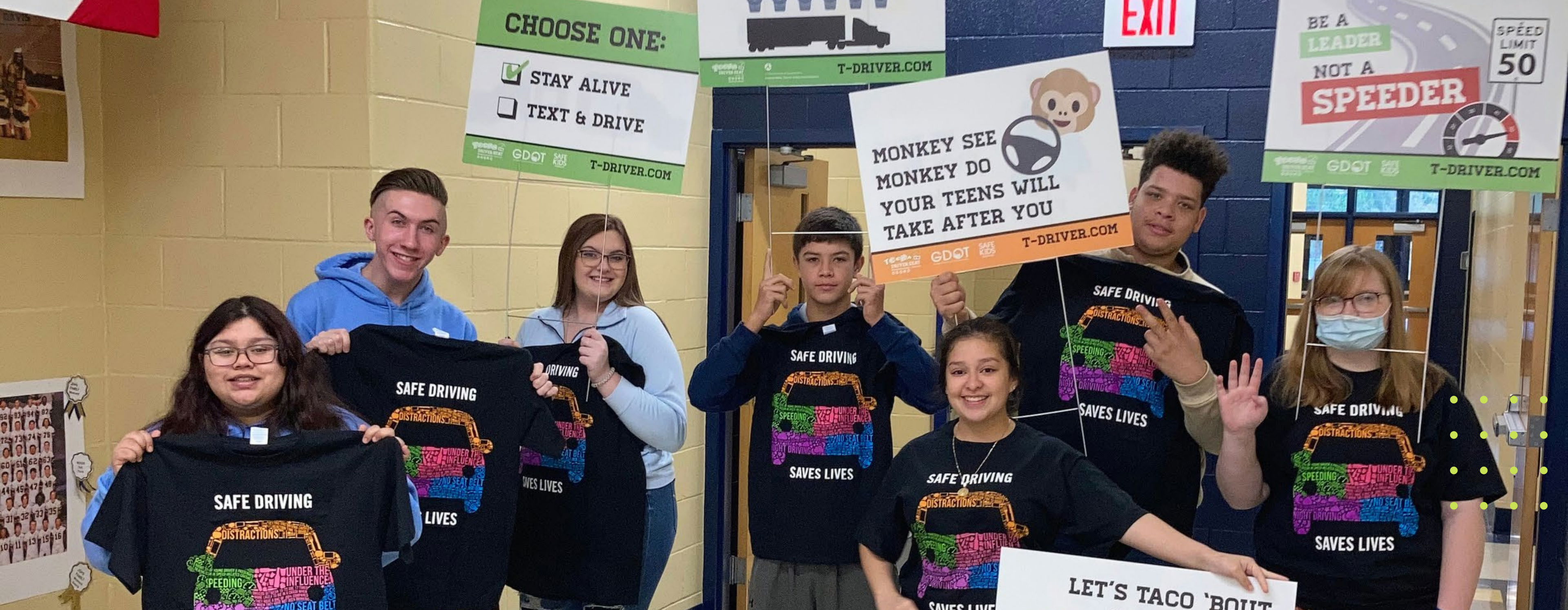
Young individuals contend with a complex array of social issues that require comprehensive solutions.



They Work

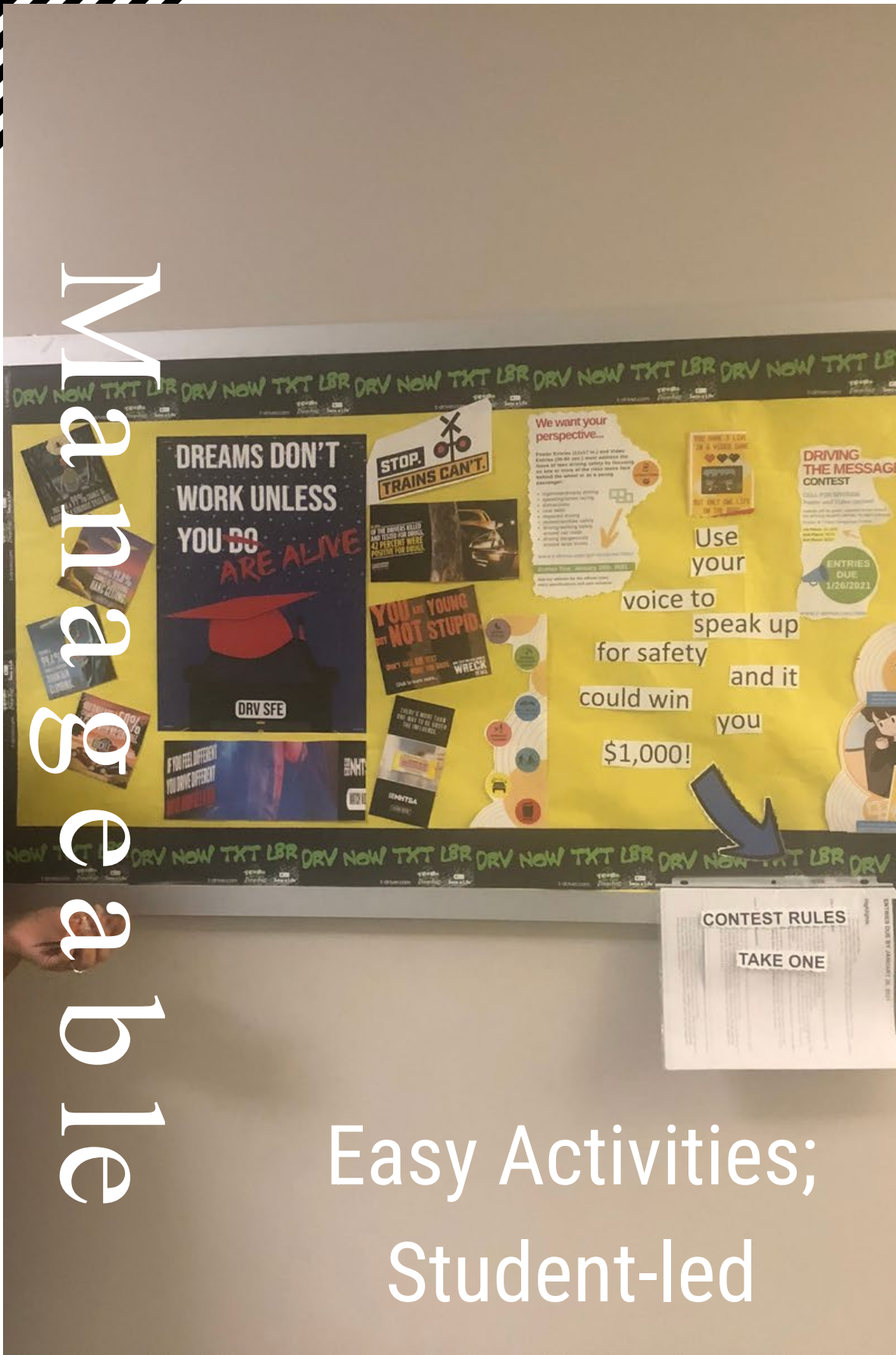
Peer programs are effective in sexual health, substance abuse, and traffic safety.

(Tindall & Black, 2009)



Teens in the Driver Seat

CREATING A CULTURE OF TRAFFIC SAFETY



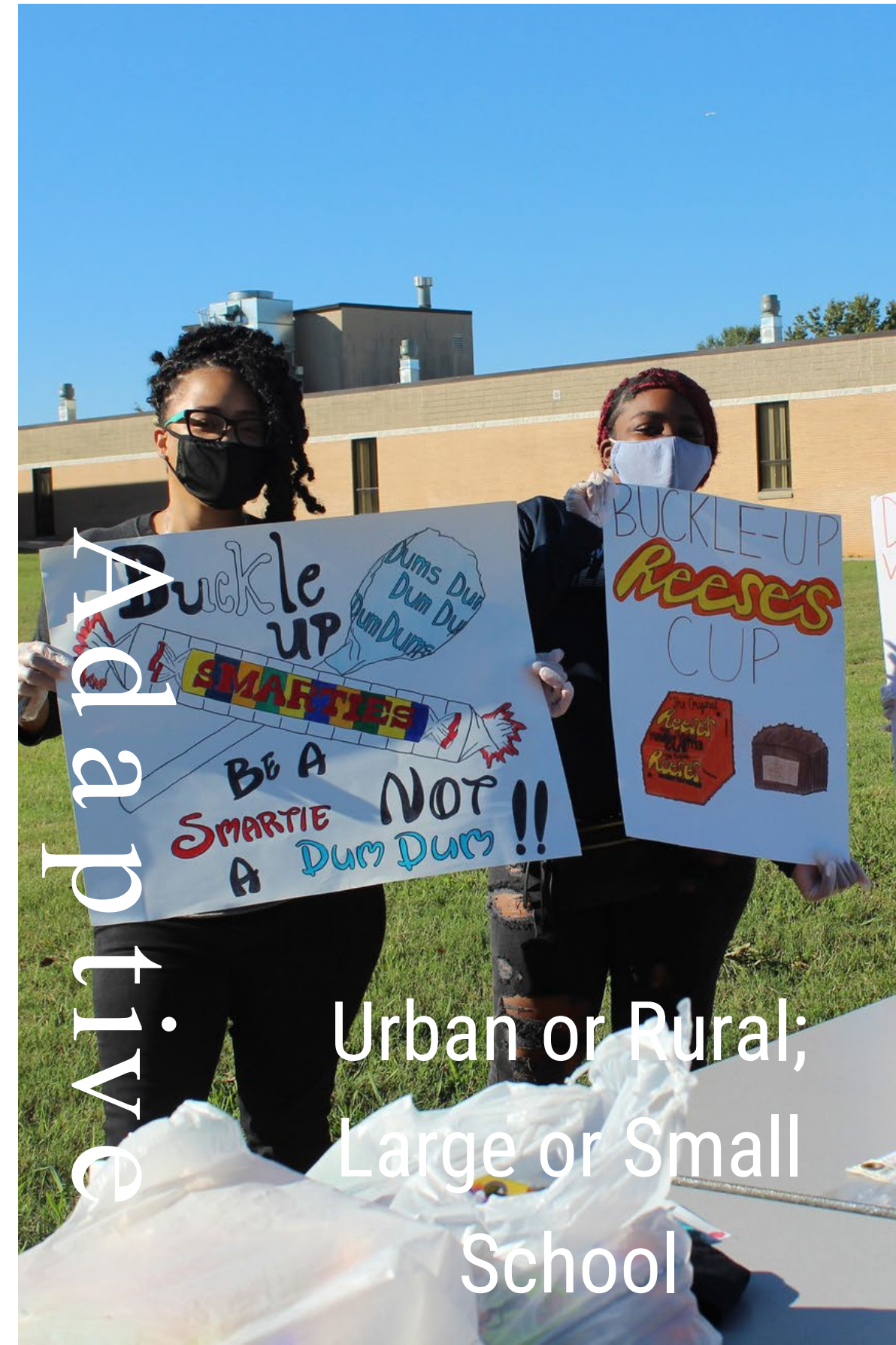
Managable

Easy Activities;
Student-led



Continuous

Frequent
Messaging;
Consistent
Reminders



Adaptive

Urban or Rural;
Large or Small
School

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Community Partnering

Who are the partners in your area and how can they help?

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**YTS Programming aims to
impact change across all
levels of the model.**



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**For More Information
about our programs please
visit:**

cts.tti.tamu.edu/youth-transportation-safety/



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Lisa Minjares-Kyle, Associate Research Scientist

l-minjares@tti.tamu.edu

210-321-1214

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