



IMPAIRED DRIVING ARRESTS ARE OFTEN PRECIPITATED BY A MAJOR LIFE STRESSOR

- A domestic argument
- An end of a relationship, or abandonment
- An illness or death in the family
- Job loss or financial problems

MANY STRUGGLE WITH ALCOHOL ABUSE OR DEPENDENCE

- They feel depressed, isolated and anxious
- They are dealing with mental health issues and self-medicate with alcohol, or combine alcohol with prescription meds
- Lack a stable support network
- Many are survivors of abuse or have a history of trauma

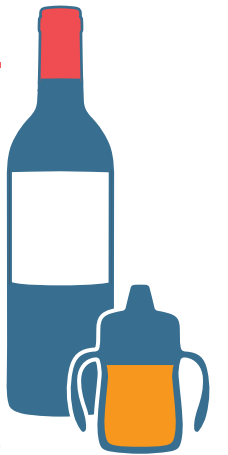


MANY ARE ARRESTED WITHIN A FEW BLOCKS OF THEIR RESIDENCE

Some had their children in the car at the time

WOMEN DRINK AND DRIVE FOR MANY DIFFERENT REASONS

- Young women trying to fit in
- Women in relationships with heavy drinkers
- New mothers struggling with depression or anxiety
 - Some cope together, by drinking on playdates
- Older empty-nesters or recent divorcees who are lonely



IT'S A HIDDEN, BUT INCREASING, PROBLEM

The number of women who admit to drunk driving hasn't changed since the '80s

But the number of arrests among women has increased almost

30%
since the late 1990s

WHY WOMEN DRIVE DRUNK

The Facts

Men do the majority of impaired driving

But drunk driving arrests are on the rise among women of all ages

Many have a blood alcohol concentration (BAC) equal to, or higher than, men

WOMEN'S PROBLEMS NEED TARGETED SOLUTIONS

RESEARCH shows that many women, as the sole caregivers and providers for their children, require:

- Affordable treatment and health services
- Flex hours for appointments
- Alternative transportation to sessions
- On-site childcare

TREATMENT programs must address women's issues:

- Women-only groups that provide a safe place to discuss the experiences that contributed to their substance use
- Comprehensive support for contributing factors such as:
 - Domestic violence
 - Mental health
 - Trauma



PREVENTION MUST START EARLY WITH TARGETED, ONGOING ALCOHOL EDUCATION FOR GIRLS AND WOMEN

TO LEARN MORE VISIT TIRF.CA



Funding provided by: **CENTURY COUNCIL**
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