

ThinkFirst

Southern Illinois University
School of Medicine



Volume 1, Issue 2

DID YOU KNOW? - YOU CAN PROTECT THE ONES YOU LOVE

MK's Think Tank



Happy Birthday to Us! During this school year 2005-2006, our Think First program will celebrate it's 16th birthday! We started developing our program in the Fall of 1999, and gave our first injury prevention presentations in January, 1990.

We are proud of all that we have accomplished throughout these years and are very grateful for the funding that has allowed us to focus on saving lives and preventing injuries. Our program is funded through a grant from the National Highway Traffic Safety Administration (NHTSA) administered by the Illinois Department of Transportation/Division of Traffic Safety.

The theme of this newsletter is "Did You Know?" We want to make sure you have the latest traffic safety laws and information available and have provided many resources to help you. Despite the major gains that have been made in reducing motor vehicle fatalities and injuries over the last few years, there is still work to be done. The primary challenge in Illinois is get everyone to buckle up—"every trip, every time". IDOT has set the goal to get at least 90% of our citizens to buckle up by 2006.

Our Think First program will focus on populations including teens, elderly, rural and parent/grandparents of young children. These are the people that mean the most to us—our kids, our families, our friends. Together we can make a difference—help us prevent injuries and get everyone to BUCKLE UP!

Mary Kay Reed
Program Coordinator

Too often people say "I didn't know I would be **fined**. I didn't know where to go get help. I didn't understand the **law**. I didn't know there was a **problem**." Over the years working with parents, teens and children we have learned many people often get confused or don't pay attention to a law or statistics until they or their children are directly involved.

This newsletter is all about informing interested people—parents/families/teens and children about:

The hazards of underage drinking:

1. Risk taking behavior
2. Illinois statistics for alcohol related deaths and injuries
3. Fake ID'S (Illinois)
4. Zero tolerance penalties (Illinois)
5. Class A misdemeanors, possible imprisonment for parents/people contributing to the delinquency of a minor (Illinois)

News Flash! New Laws!

- **DUI Penalties (Illinois)**
- **Occupant Protection Laws (Illinois)**
- **Motor Vehicle Occupant Deaths and Injuries Statistics (Illinois)**
- **Motorcycle/Pedal-cyclist (bicycle) Death Statistics**
- **Prevention programs**
- **Resources**

If people are knowledgeable about these **hazards, laws, programs and resources** they **can** protect the ones they love. **Thinking first** before they act, making a **conscious decision to follow the laws, supporting prevention programs and using resources when appropriate are simple rules to follow**. Read on and see if there is a law or risk that applies to you, your family or friend. If so, do something about it. **PROTECT THE ONES YOU LOVE!**

Special Attention to Parents of Teens:



- **DID YOU KNOW?** A new law passed in July, 2005 and is now in effect. Cell phone use is prohibited by teenage drivers under 18 while operating a vehicle unless there is an emergency. \$75 Fine

- **DID YOU KNOW?** Each year an estimated 500,000 people in the United States suffer head and spinal cord

injuries, often resulting in life-long disabilities. **Young people ages 15 to 24 are in the highest risk category for head and spinal cord injuries with males leading at 82%. Alcohol related motor vehicle crashes are the # 1 cause of these injuries.** (National ThinkFirst)

- **DID YOU KNOW?** Although 15-24 year olds comprise only 15% of the licensed drivers in Illinois, they are involved in 33.3 % of all fatal alcohol-related crashes. This age group is more likely to drink at a faster pace than older, more experienced drinkers, and have little experience judging self-impairment. (Illinois Secretary of State DUI Fact Book, 2004)
- **DID YOU KNOW?** Motor vehicle crashes are the leading cause of death for 15-24 year olds. (Illinois Secretary of State DUI Fact Book, 2004)
- **DID YOU KNOW?** Youth who drink before the age of 15 are four times more likely to develop alcohol dependency than those who begin drinking at age 21. (Illinois Department of Transportation Safety Magazine/CAUTION)
- **DID YOU KNOW?** Drinking alcohol before the age of 21 can damage your hypothalamus? My what? It's part of your brain that controls your "autonomic nervous system". It regulates heartbeat, breathing, and other bodily functions. If this happens you will never reach your full potential. And it may make it easier for you to become addicted to alcohol. (Illinois Churches in Action)
- **DID YOU KNOW?** According to the National Institute on Alcohol Abuse and Alcoholism 1,400 college students aged 18-24 die each year from alcohol-related injuries.(Illinois Department of Transportation Safety Magazine/CAUTION)
- **DID YOU KNOW?** To reduce alcohol-related fatal crashes among youth, Illinois has adopted a Minimum Legal Drinking Age (MLA) of 21. While alcohol was involved in 57 percent of U.S. vehicular fatalities in 1982, the ratio today stands at about 40 percent. **The raising of the legal drinking age to 21 throughout the country is credited with significantly reducing the death toll among younger drivers.** The National Highway Traffic Safety Administration (NHTSA) estimates that state laws establishing 21 as the minimum legal drinking age have saved more than 20,000 lives between 1975 and 2000 and will continue to save 1,000 lives each year. (National Highway Traffic Safety Administration/SAFE LANES ON CAMPUS)
- **DID YOU KNOW?** There are laws and penalties regarding use of Fake ID's. (Illinois Liquor Control Commission)
- **DID YOU KNOW?** (Purchase or Attempted Purchase of Alcohol by a Minor) Any person under age 21 convicted of violating the Liquor Control Act of 1934 for the illegal purchase, attempting to purchase, accepting, possession or consumption of alcohol will have his or her **driving privileges suspended or revoked for one year.** (Illinois Secretary of State DUI Fact Book 2004)

Special Attention to Parents of Teens:

- **DID YOU KNOW? (Illegal Transportation)** Offenders may have their driving privileges suspended for **one year** for a first offense and **revoked** for a subsequent offense. (Illinois Secretary of State DUI Fact Book 2004)
- **DID YOU KNOW? (Zero Tolerance Penalties)** If you are **under 21** years of age and your **BAC is greater than .00**, you will-
 - Lose your driving privileges for 3 months -1st offense-test failure
 - Lose your driving privileges for 6 months 1st offense-test refusal
 - Lose your driving privileges for 1 year-2nd offense-test failure
 - Lose your driving privileges for 2 years-2nd offense-test refusal (Illinois Department of Transportation)
- **DID YOU KNOW? (Parental Responsibility)** Applies to parents or guardians knowingly allowing underage consumption of alcoholic beverages at gatherings at a residence. **A Class A misdemeanor with possible imprisonment for up to one year and fines of \$500 - \$2,500.** (Secretary of State DUI Fact Book 2004)
- **DID YOU KNOW? (Providing Alcohol to a Person under 21)** A **Class A misdemeanor** with possible imprisonment for up to one year and fines of **\$500 - \$2, 500.** (Secretary of State DUI Fact Book 2004)
- **DID YOU KNOW? (Knowingly Permitting a Driver Under the Influence to Operate a Vehicle)** A **Class A misdemeanor** with possible imprisonment of up to **one year** and **fines of up to \$2,500.** (Secretary of State DUI Fact Book 2004) **Possible Civil Liability Suit (parents can be exposed to civil liability)** (Illinois States Attorney's Office)
- **DID YOU KNOW THAT IN ILLINOIS? (DUI Penalties)** If you are convicted of a DUI it is a **permanent part of your driving record** If you are **21 years age or older, you will - Pay out about \$11,200** (cost of conviction).
 - Lose your driving privileges** for a number of years, depending on number of offenses.
 - If you are **under 21, you may - Lose your driving privileges for a minimum of 2 years.** (Illinois Department of Transportation)
- **DID YOU KNOW? Reckless Homicide - A DUI resulting in the loss of life.** A **Class 2 felony** with possible imprisonment for three-14 years and fines of up to \$25,000. Possible **imprisonment for six-28 years** for multiple fatalities. **Two-year minimum revocation of driving privileges.** (Secretary of State DUI Fact Book 2004)
- **DID YOU KNOW? (Occupant Protection Laws)**
 - Each driver and front seat passenger** must wear a safety belt.
 - Children **under age 8** must be secured in an appropriate child seat or booster seat **in every position in the vehicle.**
 - Children and young people **8 and up to 19 years of age** must be properly secured **in a safety belt in every position in the vehicle.**
 - Parent or legal guardian of a child **under age 8** is responsible for providing a safety safety or booster safety to anyone transporting the child.
 - Each **driver under age 18**, and each of the driver's **passengers under age 18** must be properly secured in a safety belt, child safety safety, or booster safety. (Illinois Department of Transportation)



New Legislation

- **DID YOU KNOW? Motor Vehicle Occupant Deaths and Injuries Statistics – Illinois Fatality Rates**
1,454 persons were killed in 1,308 fatal crashes in 2003
An additional 131,279 persons were injured in crashes.
There was an average of 1.1 deaths per fatal crash.
26.4 percent of the fatal crashes occurred at intersections.
81.3 percent of the fatal crashes occurred on dry roadways.
47.7 percent of the fatal crashes occurred during daylight hours.
56.4 percent of the fatal crashes occurred on urban roadways.
30.4 percent of the fatal crashes involved a collision with a fixed object. (Illinois Department of Transportation/
HIGHWAY SAFETY PROGRAM/2004 ANNUAL EVALUATION REPORT)
- **DID YOU KNOW? Motorcycle/Pedal - cyclists Deaths Statistics – Illinois Fatality Rates**
There were 4,376 **motorcycle crashes** in the year 2003.
The number of **motorcyclists killed increased by 43.0 percent** over the previous year.
Pedal-cyclists killed in 2003 were 17. (Illinois Department of Transportation/Division of Traffic Safety,
HIGH SAFETY PROGRAM 2004 ANNUAL EVALUATION REPORT)
- **DID YOU KNOW? (Prevention Programs really do make a difference).** One program we are highlighting in this newsletter is **Victim Impact Panels**. Read what an impact they have on prevention.
- **DID YOU KNOW?** There are great **resources/websites** available: Read and see which one applies to you or your family.
- www.siumed.edu/thinkfirst - Check out our ThinkFirst website, resources and safety scavenger hunt
- www.nhtsa.dot.gov - National Highway Traffic Safety –Mobilization Planner
- www.dot.state.il.us - Illinois Department of Transportation Division of Traffic Safety
- www.cyberdriveillinois.com - Illinois Secretary of State
Bicycle Rules of The Road, Bicycle Safety Tips
- **Parent Help Line** - Support Information Referrals
7 days a week, 10 A.M. to 10 P.M.
1-217- 544-5808 in Springfield
1- 888-727-5889 Toll-free



Safety belts save lives - just ask Joe



“Just put it on ...don’t worry about it.” This is the message Joe Candioto passes on to others after buckling his safety belt saved his life.

Joe Candioto wants to be an actor. He has acted in “Big” - the Muni Opera Production, “Chicago”- Billy Flynn – lead role at Glenwood High School and infomercials for credit companies. In fact Joe has many interests. He is a multi-talented guy who also loves to trap shoot (won national title 2003), golf (won the Springfield Drysdale Golf Tournament summer 2004) and loves to go “frog gigging” for fun.

This happy-go-lucky college freshman has big plans for his future!

However, Joe might not have had a future if he didn’t “Just put it on”. February 2, 2004, Joe Candioto, then a junior at Glenwood High School in Chatham, IL was getting ready to drive to school. Before he left his house his Mom told him to take the frontage road instead of his usual route along the country road since the weather was cold and road conditions icy.

However, Joe thought he would be safe on the country road. (“I’d driven on that road lots of times,” he recalls.) He always wears his safety belt. Joe’s older brother was killed in a motor vehicle crash at age sixteen. Joe shares that his brother did not have a safety belt on and speeding was probably a factor. Joe was just ten years old at the time. The lesson he learned from his brother’s death certainly saved his own life.

It was around 7:30 a.m. and Joe was driving alone in his car (a 1994 two door Chevy Tahoe) when he met a car with two of his friends. He proceeded to follow his friends down the country road. The road was covered with an invisible black ice. As the road veered to the right Joe’s car started to slide. Hitting the brakes without thinking, Joe remembers the car sliding sidewise down the road 100 yards, barely missing a telephone pole by about 4 ft. It then rolled 200 yards, hitting a ditch. The front end of the car hit at an angle and flipped three times into a cornfield. The passenger side was completely smashed. Joe stayed completely alert through it all and when the car stopped, he remembers hanging upside down. “The seat belt kept me in one place. It kept me right where I needed to be”. He remembers dirt and glass flying in front of him as he went flying through the field. The rear view mirror hit him in the head. Joe was most afraid the car was going to blow up since the exhaust pipe was bent toward the gas tank. His friends saw him crash and reversed immediately to come and help him. Joe was able to crawl out of the car before they reached him. His first reaction was to call his Dad on his cell phone, tell him what happened and that he was ok. **One can only imagine the look on Joe’s parents’ faces when they arrived at the scene and saw their son was alive after such a bad crash!**

Joe was taken to the hospital for evaluation. He ended up with very minor injuries—a cut on the forehead and glass fragments in his hand. He was lucky and he knows it. Luck may have been on his side, yet the seat belt saved his life.

Joe’s message to others... “Don’t speed, and it shouldn’t even be a thought – you should have an automatic reaction to buckle up. The cops are cracking down on it and the seat belt will keep you safe”.

“Just put it on ...Don’t worry about it.”

Let's Work Together To Get Everyone Buckled Up!

Here are some of the activities we will be working on this year—take a look - how can we help you?

- Think First for Teens-these safety presentations can be given either to classroom or assembly groups-great for Driver's Ed classes, health classes or before Homecoming or Prom.
- Think First for Kids-appropriate for K-6th grade-reviews bike safety, buckling up, bus safety, swimming safety and violence prevention. Includes fun hands-on activities
- Crash re-enactment programs - these are mock crash community events that include EMS, law enforcement, coroner, and funeral home. These demonstrate the reality of a crash and are great for pre-prom or pre-homecoming assemblies
- Little Convincer Program - Buckle Up program for pre-school children
- Child Passenger Safety workshops or checkpoint events--these are community education events for parents and child care providers to check car seats for proper use and installation
- Think First Program Expansion in Illinois-This year Think First chapters in Illinois will be working together to "fill the gaps". We want to make sure that all areas of the state have the opportunity to benefit from our injury prevention materials and activities. Please contact us for more information about this program in your community!

Here's How Our Numbers Add Up

Each year we keep track of how many presentations we do and how many people we reach. This information is then submitted to National Think First as well as our granting agencies. We thought you might like to see the how it all adds up!

July 1, 2004 --- June 30, 2005

Think First Program-SIU School of Medicine-Central Illinois

High School Programs - 123 presentations in grades 9-12 reaching 8,293 students

Middle School Programs - 9 presentations in grades 7-8 reaching 192 students

Elementary School - 13 presentations in grades K-6 reaching 478 students

Crash re-enactments - Victim Impact Panels and adult presentations were done in a total of 50 presentations reaching over 4,477 students and adults.

20 Exhibits were displayed at health fairs and community events reaching over 10,000 people.

Think First staff assisted with the distribution of 1560 bike helmets and worked with other community groups at bike rodeo events.

July 1, 2004 --- June 30, 2005

Think First Program-Southern Illinois

These presentations are coordinated and presented by staff from the Center for Comprehensive Services in Carbondale, IL. Funds are provided through the SIU School of Medicine IDOT grant for program activities.

High School Programs - 28 presentations in grades 9-12 reaching 1433 students

Middle School Programs - 3 presentations in grades 7-8 reaching 111 students

3 presentations were given in other locations such as Juvenile Detention Centers and to college students reaching over 43 students and adults.



Wish List - Every little bit counts!

Monetary donations are used to purchase equipment and items on our wish list:

1. Spine Model - \$150.00
2. Skull - \$80.00
3. Brain Model - \$100.00
4. Child Passenger Safety Seat - \$40.00
5. Jello Brain Mold - \$12.00
6. Bicycle Helmet - \$ 8.00 each
7. Edible Jello Brain - \$5.00
8. Brain Beach Ball - \$1.50 each
9. CD Holders - \$1.00 each
10. Stress Relief Balls - \$1.00 each

MADD - Mothers Against Drunk Drivers



Danny Hicks

Police officers are constantly looking for ways to prevent drunk driving on our Illinois roadways. Officer David Dyer of the Springfield Police Department is leading the department in regards to DUI arrests, and says “Drunk Drivers continue to drive two to three years before being pulled over. Many times a driver may climb into a vehicle 80, 160, or 240 times after drinking before getting caught. Officers can only do so much.

However there are programs available to assist officers. One such program is the MADD (Mothers against Drunk Driving) sponsored Victim Impact Panel. A Victim Impact Panel is made up of victims or loved ones who speak to a group of offenders about how someone in their family has been seriously injured or killed as a result of a drunk driver. The panels are designed to encourage people who abuse alcohol not to end up being responsible for a death or serious injury as a result of an alcohol related crash. First time DUI offenders are ordered by the court to attend the panels. The goals of a Victim Impact Panel are to enhance the emotional healing of victims by offering them

an outlet to speak of their experience, in so doing enabling the offenders to better understand impaired driving from the victim’s perspective. To imprint in the minds of the offender true stories, told from the heart, which might be recalled when a decision to drink and drive is an option.

Danny Hicks (ThinkFirst’s victim speaker) has been working with MADD (Mothers against Drunk Driving), and numerous probation departments throughout central and southern Illinois speaking on Victim Impact Panels. Danny has spoken consistently on panels in five area counties for twelve years. In November 2004, he facilitated a Victim Impact Panel training class in Springfield. Since that class Danny increased the number of counties in which he participates as a victim speaker. The counties he has spoken to include Sangamon, Macon, Christian, Macoupin, Bond, Madison, & Dewitt Counties. Danny’s mistake, riding with an impaired driver, has left him confined to a wheelchair for life.



Car Seat Checkpoint Dates

Upcoming Child Passenger Safety Checkpoints Events in Springfield

Friday, October 14, 2005
1:00-4:00 p.m.
Babies R Us
Veteran’s Parkway, Springfield
Open to the public

Friday, November 18, 2005
9:00 - 11:30 a.m.
Zara’s Collision Center
Springfield
Appt. call 535-3696

Contributors List

October, 2004-September, 2005

SPECIAL ACTIVITY GRANTS/PARTNERS

IL Safe Kids--\$2000 grant for child Passenger Safety training in October 2004 & October 2005
Springfield Police Academy & St. John's Hospital for child passenger safety trainings

A big thank you to:

Child Passenger Safety monthly checkpoint sites for Sangamon County technician team.
Green Hyundai, Friendly Chevrolet, Kid's Closet in Rochester, Capital Community Health Center, Babies R Us, Family Medical Center in Chatham, Koke Mill Medical Center, Jewel/Osco 6th St, JC Penney, Zara's Collision Center, and Walgreens on Jefferson.

Donations

Springfield Bicycle Club-December 2004 poinsettia sales fundraiser.

Help us help others prevent injuries!
Donations to ThinkFirst/SIU School of Medicine can be sent to:

SIU School of Medicine
ThinkFirst
P.O. Box 19679
Springfield, IL 62794-9679



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