

Risk Factor Crash Course Fact Sheet: Distraction

Key Facts

Three main types of distracted driving are 1) eyes off the road, 2) hands off the wheel, and 3) mind off of driving.¹ Distracted driving can also be broken down into visual, manual, auditory, and cognitive.²

The average text, while driving at 55mph, removes a driver's eyes from the road for enough time to drive over 100 meters.¹

Cell phone use is a major cause of distracted driving, and mobile phone conversations affect the driving performance especially in younger and older drivers.²

Drivers that speed, drink and drive, or don't wear a seatbelt, are also more likely to use a cell phone or engage in a distraction while driving, increasing their likelihood of crashing.²

139 countries have legislation prohibiting the use of cell phones while driving and 31 countries also prohibit hands-free devices.³



Resources

[World Health Organization](#)

[Global Status Report on Road Safety](#)

[World Health Organization \(resource 2\)](#)

¹ Centers for Disease Control and Prevention, "Distracted Driving | Motor Vehicle Safety | CDC Injury Center," accessed October 18, 2016, https://www.cdc.gov/motorvehiclesafety/distracted_driving/index.html.

² World Health Organization WHO, *Mobile Phone Use a Growing Problem of Driver Distraction* (Geneva: World Health Organization WHO, 2010).

³ World Health Organization, *Global Status Report on Road Safety 2015: Supporting a Decade of Action* (Geneva, Switzerland: WHO, 2015).