



# Cannabis & Driving

## Cannabis & Driving: By the Numbers

- Drug use among nighttime weekend drivers has risen by 25 percent since 2007, and driver use of cannabis has spiked by 46% in that same period according to the latest National Roadside Survey from the National Highway Traffic Safety Administration (NHTSA).
- After alcohol, marijuana is the most frequently detected impairing substance among drivers – NHTSA traffic arrest and fatality data.



## Marijuana Impacts Driving Ability

- Research shows that marijuana can impair drivers in a variety of ways: It can affect attention, reaction time and coordination, and it affects routine driving more than tasks requiring conscious effort.
- Marijuana use impairs many aspects of cognitive and physical function that are necessary for safe driving according to numerous laboratory-based studies.
- Marijuana use can decrease car handling, impair performance and attention, slow reaction times, decrease following distance and increase lane deviation.
- Mixing alcohol and marijuana may produce effects greater than either drug on its own.

## There is no level of marijuana safe for driving

- Marijuana can affect people differently, making it hard to develop consistent and fair guidelines for things like how long someone should wait to drive after using the drug. Data doesn't show that drivers become impaired at specific levels of marijuana (i.e., active THC) in the body.
- Depending on the person, drivers with relatively high levels of marijuana in their system might not be impaired, while others with low levels could be unsafe behind the wheel.
- People using marijuana cannot accurately determine how much marijuana is in their blood or their brain (where impairment occurs). Please keep this in mind.

## What Can You Do?

- Impaired driving is criminal behavior whether it's due to illicit, prescribed, over-the-counter or other retail substances.
- Just because a drug is legal does not mean it is safe to use while operating a motor vehicle.
- If you get behind the wheel while you're impaired from any substance, you put yourself, your passengers and all others on the road at risk.
- Bottom line: If you consume cannabis, don't drive. And if you plan to drive, don't consume cannabis.

*For more learning resources on marijuana and driving, visit [AAA.com/ShiftingGears](https://www.aaa.com/ShiftingGears)*