

Mission:
To protect, promote & improve the health
of all people in Florida through integrated
state, county & community efforts.



Rick Scott
Governor

John H. Armstrong, MD, FACS
State Surgeon General & Secretary

Vision: To be the Healthiest State in the Nation

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TRANSPORTATION SAFETY HIGHLIGHTED DURING NATIONAL SAFETY MONTH
~ Encouraging good driving practices starting with teens ~

TALLAHASSEE—In recognition of June as National Safety Month, the Florida Department of Health is helping to raise awareness about transportation safety. This year's theme, What I Live For, aims to reduce the leading causes of injury and death at work, on the road and in our homes and communities. According to the Centers for Disease Control, in 2013 Florida's age-adjusted injury death rate for unintentional motor vehicle injury was 12.46 percent per 100,000 people.

"Responsible driving habits keep our communities safe and healthy for everyone," said State Surgeon General and Secretary of Health Dr. John Armstrong. "It is especially important for adults to model safe-driving skills for our future drivers."

To reduce your risk of transportation-related injury the [National Safety Council](#) recommends:

- Designating a sober driver or making other transportation arrangements;
- Driving the appropriate speed for conditions. It's more important to arrive safely than five minutes early;
- Getting plenty of sleep before you drive and scheduling regular breaks to avoid getting tired;
- Avoiding using your cell phone while driving, even a hands-free device causes distraction; and
- Practicing with your teen, even after he or she is licensed. Parental involvement reduces teens' crash risks.

"Florida is now the third largest state in the country. And along with 97 million tourists that visit annually, more people are driving, walking, and cycling than ever before," said Florida Department of Transportation Secretary Jim Boxold. "FDOT is committed to increasing awareness and improving the safety of all road users. We all have a role in this effort. I encourage every resident and visitor to follow traffic laws, to avoid distractions, and to share the road safely with others...because Safety Doesn't Happen By Accident!"

According to the National Safety Council, half of teens will be involved in a crash before graduating from high school. In order to help empower teen leaders to address the issues impacting safe driving practice in their communities the department is participating in the 2015 Florida Teen Safe Driving Coalition Student Leadership Academy. The key focus

areas this year are buckle up, don't drink and drive, and never text and drive. More information on this year's event in St. Petersburg, Florida can be found at www.floridasadd.org/leadership-academy-2015/.

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