

General Course Details	
Course Title	<i>Understanding Distracted Driving: Data, Laws, and Lives</i>
Course Duration	55 Minutes
Initial Launch Date	12/7/25
Course Description	<i>Understanding Distracted Driving: Data, Laws, and Lives</i> is a focused one-hour training led by Melissa Ostergaard, MPH, a national subject-matter expert from NHTSA. This course provides a clear overview of the types of driver distraction, current state and national laws, and the latest data on distraction-related crashes. Participants will learn effective enforcement and education strategies, explore emerging legislative trends, and understand the critical role of public awareness campaigns. The session concludes with a real victim stories that underscores the human impact of distraction. By the end, learners will be equipped to educate, enforce, and advocate for safer, more focused driving within their communities.
Learning Objectives	<ol style="list-style-type: none"> 1. Define distracted driving and its various forms. 2. Know your state laws regarding distracted driving. 3. Understand current data and trends in distracted driving incidents. 4. Learn effective techniques and tools for enforcement. 5. Identify and participate in national/state distracted driving campaigns. 6. Recognize the human impact through a real victim story.
Lessons	3
Quizzes	1
Format	Courses on DrugImpairment.com are offered in an asynchronous e-learning format. Each course consists of individual lessons and each lesson contains video-based instruction or a written learning assignment. Lessons are equipped with timers and activity monitoring for completion integrity. Certificates are granted upon completion of all lessons in a course and achieving satisfactory performance on any associated quizzes. Course learning hours are determined by run-time, with a minimum of 50 minutes required per credit hour.

Instructor Information	
Instructor Name	Melissa Ostergaard, MPH
Instructor Biography	<p>Melissa Ostergaard is a public health professional and consultant with expertise in traffic safety and injury prevention. She most recently served as a Highway Safety Specialist at the National Highway Traffic Safety Administration (NHTSA), where she was a subject matter expert on distracted driving and behavioral safety.</p> <p>At NHTSA, Melissa led national efforts to reduce distracted driving, developed and managed safety initiatives, oversaw contracts and cooperative agreements, and contributed to agency-wide coordination on key traffic safety issues. She also prepared high-level briefing materials, talking points, and campaign content to support public outreach and executive communications.</p> <p>Melissa holds a Master of Public Health in Health Behavior and Health Education from the University of Michigan. Outside of work, she enjoys spending time with her husband and two young children, listening to podcasts, and cheering on Michigan football.</p>
ABFT Certified	Yes <input type="checkbox"/> No <input type="checkbox"/> Not Applicable <input checked="" type="checkbox"/>
POST Instructor	Yes <input type="checkbox"/> No <input type="checkbox"/> Not Applicable <input checked="" type="checkbox"/>
DRE	Yes <input type="checkbox"/> No <input type="checkbox"/> Not Applicable <input checked="" type="checkbox"/>
DRE Instructor	Yes <input type="checkbox"/> No <input type="checkbox"/> Not Applicable <input checked="" type="checkbox"/>