The National Academies of SCIENCES • ENGINEERING • MEDICINE

TRANSPORTATION RESEARCH BOARD

Understanding Polydrug Use and Its Role in Drug-Impaired Driving

Monday, July 1, 2019 2:00-3:30 PM ET The Transportation Research Board has met the standards and requirements of the Registered Continuing Education Providers Program. Credit earned on completion of this program will be reported to RCEP. A certificate of completion will be issued to participants that have registered and attended the entire session. As such, it does not include content that may be deemed or construed to be an approval or endorsement by RCEP.



REGISTERED CONTINUING EDUCATION PROGRAM

Purpose

Discuss recent findings on polydrug use in the general population and among drivers arrested for driving under the influence

Learning Objectives

At the end of this webinar, you will be able to:

- Discuss the different ways that drugs may interact to impair driving performance
- Describe national drug use trends, including polydrug use
- Determine how standard toxicological practices in many jurisdictions may underestimate drugs used
- Identify how law enforcement officers may assess drug use through the drug evaluation and classification system or through oral fluid testing

Polydrug Use Regulated and Non-Regulated Testing

Presented by

Ron R. Flegel, B.S., MT(ASCP), MS. , Director

Division of Workplace Programs

Center for Substance Abuse Prevention

Substance Abuse and Mental Health Services Administration

Objectives

- Discuss Federal Drug Free Workplace Program
- Review poly drug use data from the Federal Drug Free Workplace Program
- Review National Polydrug Use Data
- Dangerous Drug Combinations
- Michigan Oral Fluid Pilot Program: DUID

Drug Free Workplace Programs (DFWP)

Governing Authorities

- Executive Order 12564
- Public Law 100-71
- Mandatory Guidelines

Guidance Documents

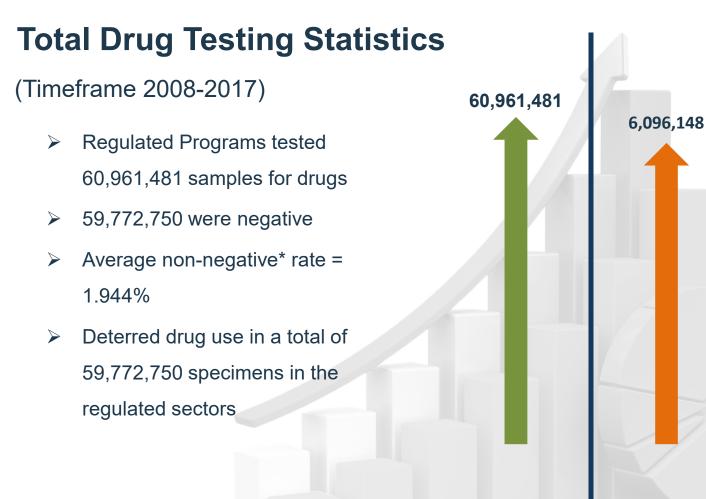
- Model Plan for a
 - Comprehensive Drug-Free Workplace Program
 - 2013 Guidance for Selection of Testing Designated Positions

Directed Agency Heads to develop a plan to include:

"The mark of a successful drug-free workplace program also depends on how well the [Agency] can inform its employees of the hazards of drug use, and on how much assistance it can provide drug users."

- Policies/procedures for a drug free workplace
- Employee Assistance Program
- Supervisory Training
- Employee Training
- Self Referrals to Treatment
- Drug Testing Program Safety Sensitive Positions

DFWP Statistical Impact



Average Per Year

(Timeframe 2008-2017)

- Average specimens per year =
 6,096,148
- Deterred drug use for an average of
 5,977,638 specimens per year
- Prevention (DFWP) deterred
 98.056% of donors submitting
 specimens for testing from using
 drugs

*A non-negative result means that the drug test result was either positive, invalid, adulterated or substituted.

Polydrug Use

- Polydrug use (or polysubstance use) is the mixing or taking more than one type of drug, at the same time or at different times.
- > It can lead to increased probability of overdose, mental health problems, risky behavior, and accidents.
- It can include alcohol, illegal drugs, prescription drugs, over-the-counter medicines, and other substances such as petrol, paint and inhalants.
- Effects of polydrug use depends varies from person to person and depends on which drugs are mixed together; purity/amount of drugs; frequency of use and how the drug(s) are used.



- In 2016, approximately 80% of synthetic opioid-related overdose deaths involved another drug/alcohol including opioids, heroin, cocaine, prescription opioids, benzodiazepines, alcohol, psychostimulants, and antidepressants.
- In 2015, % cocaine-related overdose deaths involving any opioid > from 29.4% in 2000 to 63.0% in 2015, with heroin or synthetic opioids contributing > 81% of these deaths.
- > In 2013, most heroin users also used 1 3 other drugs.

https://www.cdc.gov/drugoverdose/data/otherdrugs.html

Division Of Workplace Programs Polydrug Use Summary

Drug	6AM	BZE	THCA	MDMA	MDEA	MDA
6AM	639	108	87	0	0	0
BZE	108	3441	2419	33	2	1
THCA	87	2419	6036	43	42	1
MDMA	0	33	43	75	71	4
АМР	111	593	2420	14	12	3
OPI	583	220	295	2	2	0
НҮС	133	229	618	2	1	1
ΟΧΥϹ	45	260	700	1	1	0

Division Of Workplace Programs Polydrug Use Summary (Cont.)

Drug	AMPS	AMP	MAMP	ΟΡΙ	COD
6AM	111	14	97	583	1
BZE	593	175	418	220	36
THCA	2420	765	1655	295	83
MDMA	14	9	5	2	0
AMP	5200	2723	2477	431	125
OPI	431	236	195	3645	506
НҮС	1277	1023	254	2143	208
ОХҮС	962	773	189	1064	87

Division Of Workplace Programs Polydrug Use Summary (Cont.)

Drug	MOR	HYDROS	HYC	НҮМ	ΟΧΥ
6AM	363	133	23	110	45
BZE	150	229	176	53	260
THCA	154	618	531	87	700
MDMA	2	2	1	1	1
AMP	245	1277	1139	138	962
OPI	2403	2143	1019	1124	1064
НҮС	1437	5885	4337	1548	2542
ΟΧΥϹ	809	2542	1936	606	4685

National Survey on Drug Use and Health (NSDUH)

- NSDUH is a comprehensive household interview survey of substance use, substance use disorders, mental health, and the receipt of treatment services for these disorders in the United States.
- NSDUH is collected face-to-face by field interviewers who read less sensitive questions to respondents and transition respondents to audio computer assisted self-interviewing for sensitive items.
- NSDUH covers the civilian, noninstitutionalized population, aged 12 or older:
 - Includes: Households, college dorms, homeless in shelters, civilians on military bases
 - Excludes: Active military, long-term hospital residents, prison populations, homeless not in shelters
- Sample includes all 50 states and DC
- Approximately 67,500 persons are interviewed annually
- Data collected from January to December

Mental and Substance Use Disorders in America

PAST YEAR, 2017, 18+

Among those with a substance use disorder:

- 3 IN 8 (36.4%) struggled with illicit drugs
- 3 IN 4 (75.2%) struggled with alcohol use
- 1 IN 9 (11.5%) struggled with illicit drugs and alcohol

7.6% (18.7 MILLION) People aged 18 or older had a substance use disorder 3.4% (8.5 MILLION) 18+ HAD BOTH substance use disorder and a mental illness Among those with a mental illness:
1 IN 4 (24.0%) had a serious mental illness

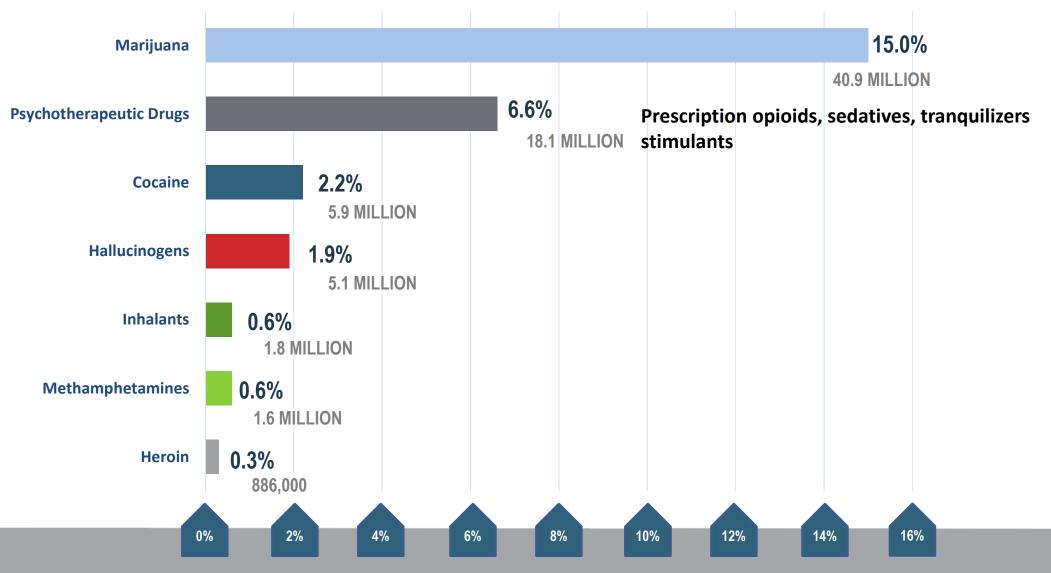
18.9%
(46.6 MILLION)
People aged
18 or older had a mental illness



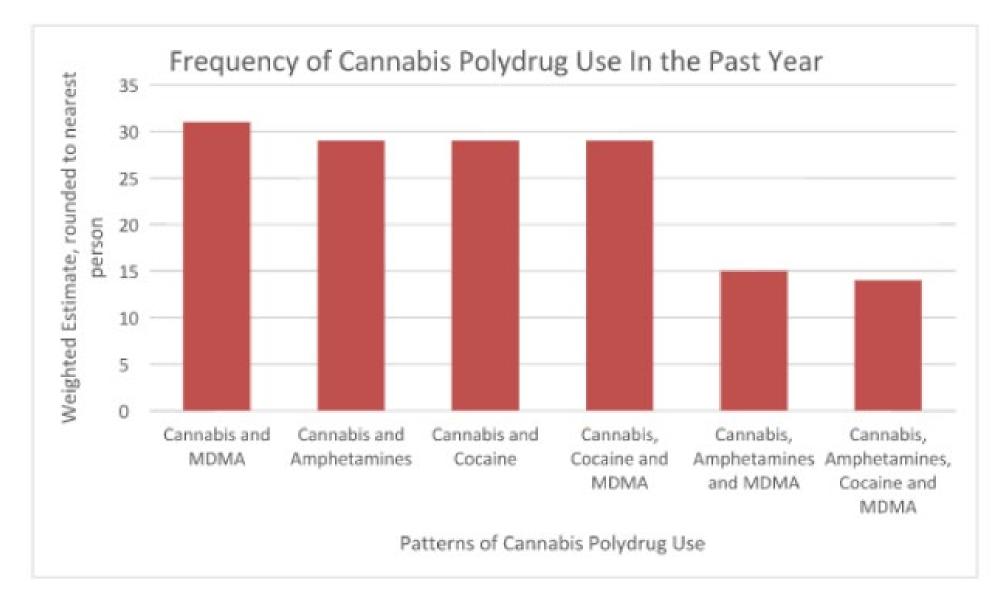
See figures 40, 41, and 54 in the 2017 NSDUH Report for additional information.

Illicit Drug Use Impacts Millions: Marijuana Most Widely Used Drug

PAST YEAR, 2017, 12+



Cannabis Polydrug Use / Abuse



https://cpb-us-w2.wpmucdn.com/campuspress.yale.edu/dist/a/1215/files/2017/06/Ryan-1f5d8np.pdf

How Big Of A Problem Is Polydrug Abuse

According to the National Institutes of Health, more than half of all treatment admissions are for polydrug abuse. Alcohol Marihuana Cocaine Opiates Misc. Drugs

https://www.northpointwashington.com/blog/polydrug-abuse-need-know/

How Big Of A Problem Is Polydrug Abuse (Cont.)

The Role of Alcohol in Polydrug Abuse

68% of alcoholics in treatment self-reported using other drugs within the 90 days prior to admission.

80% of alcoholics in treatment were dependent on at least one other substance. Alcohol Abuse in Drug Addiction

Cocaine: 84% Barbiturates: 71%

Opiates: 67% Hallucinogens: 64%

https://www.northpointwashington.com/blog/polydrug-abuse-need-know/

Polydrug Use (Cont.)

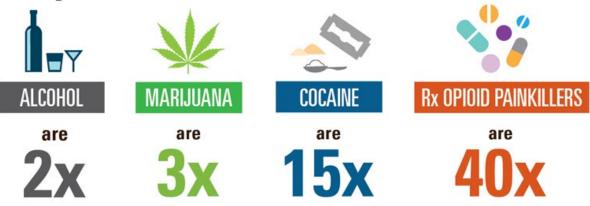
Heroin use is part of a larger substance abuse problem.

Nearly all people who used heroin also used at least 1 other drug.

Most used at least **3** other drugs.

Heroin is a highly addictive opioid drug with a high risk of overdose and death for users.

People who are addicted to...



...more likely to be addicted to heroin.

SOURCE: National Survey on Drug Use and Health (NSDUH), 2011-2013.

https://www.cdc.gov/vitalsigns/heroin/infographic.html#use

Women and Polydrug Fatal Overdoses

Since 1999, the number of fatal overdoses among women using opioids and benzodiazepines at the same time has increased by **1,500%**

In 2016, over

3,700

women died of opioid and benzodiazepine co-use

<u>www.rti.org/opioids</u> For more information about data in this infographic, see <u>https://www.drugabuse.gov/related-topics/trends-statistics/overdose-death-rates</u> and https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5508143

Gender And Sexual Orientation Differences In Polydrug Use

			Women			Men					
	Total Sample			ian & xual	Heterosexual		Gay & Bisexual		Heterosexual		
Combined[drug name] with other drug(s)	n	%	n	%	n	%	n	%	n	%	χ ² (3)
MDMA/ecstasy	304	86.6	73	83.0	69	84.1	76	85.4	86	93.5	5.30
Ketamine	147	71.4	30	65.2	33	66.0	43	75.4	41	77.4	2.95
GHB	47	54.7	5	38.5	6	37.5	23	67.6	13	56.5	5.62
Methamphetamine	112	66.3	30	66.7	23	74.2	37	62.7	22	64.7	1.25
Cocaine	324	85.7	78	81.3	81	84.4	81	84.4	84	93.3	6.11
LSD/acid	164	69.2	42	64.6	33	64.7	29	58.0	60	84.5	11.87

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2683356/

Dangerous Drugs Combinations (Alcohol & Opioids)



elimination of the drugs is slowed and intoxication is prolonged.⁷ Both alcohol and opioids depress central nervous system activity, dangerously depressing breathing and heart rate.

https://drugabuse.com/lethal-drug-combinations/most-dangerous/

Dangerous Drugs Combinations (Alcohol & Heroin)



nervous system activity, whereas heroin depresses it.



ADDICTIVE POWER:

Some studies support the fact that heroin + cocaine is more addictive and destructive than either drug on its own.8



LETHAL RISK:

The effects of cocaine wear off faster than the effects of heroin. As the effects of cocaine wear off but those of heroin persist, respiratory depression and resulting anoxic brain damage or even death may occur.^s

Dangerous Drugs Combinations (Alcohol & Cocaine)



Oral Fluid Pilot Program (Michigan)

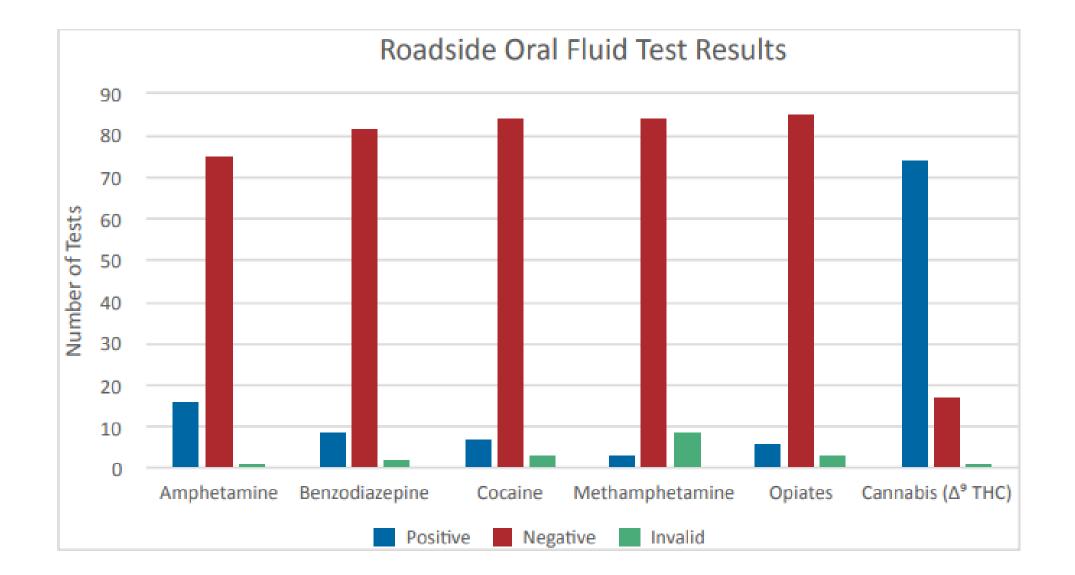
- In 2014, 10.1 million people 16 years of age and older reported driving under the influence of drugs within the past year in the United States (Veitenheimer & Wagner, 2017).
- Preliminary oral fluid drug screening on the roadside has many benefits. Studies have shown that drugs accumulate in the oral fluid by passive diffusion from the blood. Certain drugs tested in oral fluid are well correlated with positive results from the same drug when tested in the blood.
- Collecting oral fluid from a driver on the roadside can be easy, quick, and non-invasive. There is limited risk of adulteration with the oral fluid sample and the collection is painless. Oral fluid collection can occur at the scene, close to the time the driver was operating a vehicle. The oral fluid test instrument provides the investigating police officer positive or negative test results, within five minutes, on recent drug intake.

https://www.michigan.gov/documents/msp/Oral_Fluid_Report_646833_7.pdf

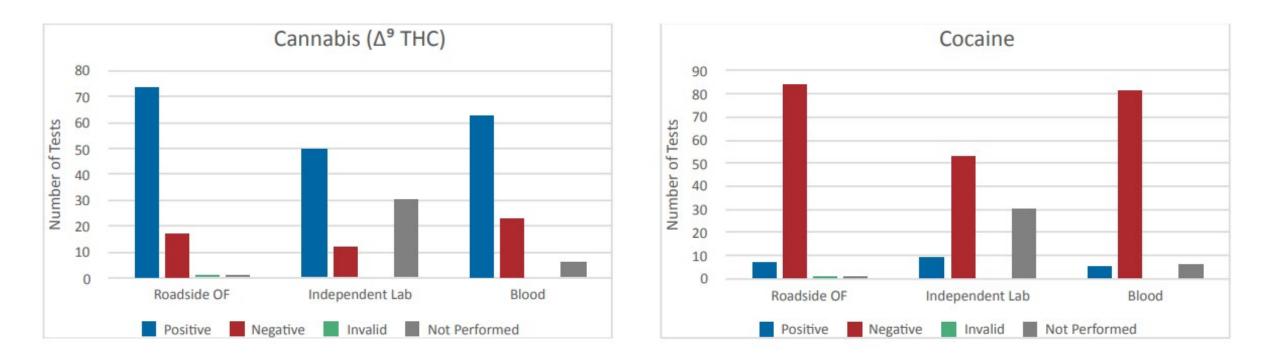
Oral Fluid Pilot Program (Michigan)

- Blood is considered the "gold standard" for drug analysis in driving under the influence of drugs (DUID) cases. However, there are some drawbacks to utilizing blood for evidentiary purposes. Obtaining a blood sample from a driver requires transporting a driver to a hospital to have blood drawn by a medical professional, which can take several hours.
- Some drugs, such as Δ⁹-tetrahydrocannabinol (THC) the most psychoactive of the principal constituents of marijuana, metabolize quickly within the body. The loss of THC in-vitro must be taken into consideration when analysis of cannabinoid positive blood samples is not immediate.
- Utilizing oral fluid for preliminary drug screening has the potential to expedite the drug-impaired driving investigation process. Since oral fluid has a short drug detection window, it makes an ideal specimen to collect. Oral fluid is collected very close to the time the driver was operating a vehicle, lending additional credibility to the test results and drivers may be more inclined to consent to a non-invasive oral fluid swab versus a blood draw.

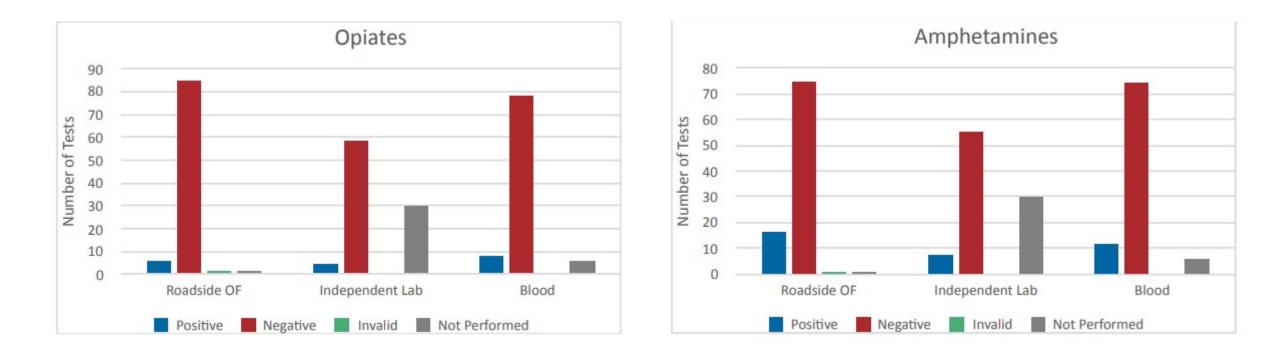
Comparison Between Tests In Michigan



Comparison Between Tests In Michigan (Cont.)



Comparison Between Tests In Michigan (Cont.)



Thank You Division of Workplace Programs

Please Visit our Website https://www.samhsa.gov/workplace

Drug and Poly-drug Use Among Drivers: A Toxicology Perspective

JENNIFER HARMON ASSISTANT DIRECTOR - FORENSIC CHEMISTRY ORANGE COUNTY CRIME LABORATORY JHARMON@OCCL.OCGOV.COM/JENLOCKEHARMON@GMAIL.COM

Current Toxicology Practices

Antemortem (DUI/DWI)

- Breath
 - Exclusive in some state statutes
 - Tested by roadside or stationary device at jail/agency
- Blood
 - Collected by hospitals
 - Contracted phlebotomists
 - Specially trained law enforcement/EMTs
 - Tested by public crime labs or fee-for-service private labs
- Oral Fluid
 - Emerging matrix
 - Roadside and in laboratory testing
 - Very few labs have current testing capabilities

Postmortem (Vehicular Deaths)

- Blood and, or Vitreous Humor
 - Scope of testing based on state statute if one exists
 - Scope of testing determined by Coroner or Medical Examiner
 - Many states use private labs to conduct testing; fee-forservice

Current Toxicology Practices

Antemortem (DUI/DWI)

- Breath
 - Tests for Ethanol (Alcohol) exclusively
- Blood
 - Tests for Ethanol (Alcohol) due to Per Se Laws (0.08% BAC)
 - Drug testing by request or if below Per Se
 - Many labs have "Stop Limit Testing" due to lack of resources
 - ~25% of DUI cases are below Per Se limit

~75% of cases are NOT tested for drugs

Postmortem (Vehicular Deaths)

- Coroner/ME role is to determine manner and mode of death, not whether drugs were involved in the traffic collision.
- Testing is jurisdictionally dependent primarily due to resources.

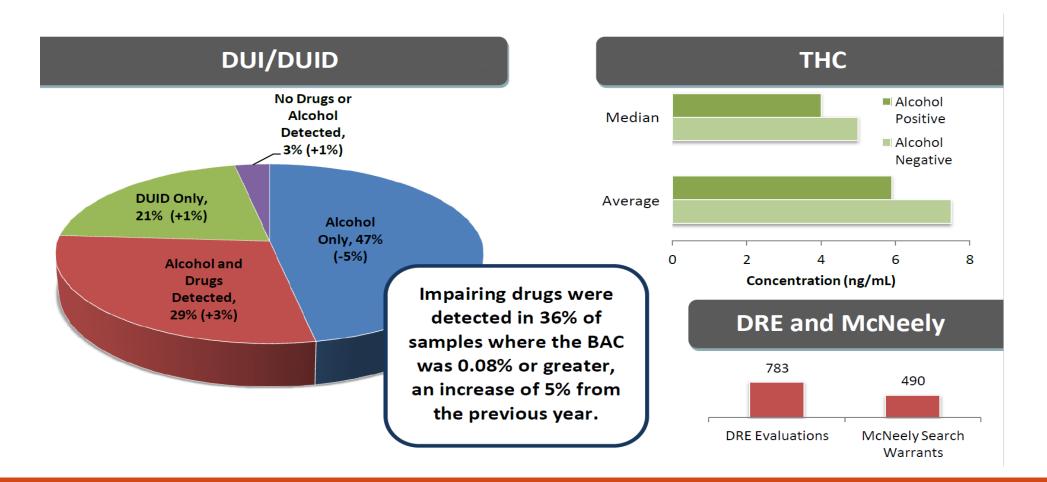
Orange County Testing & Statistics

- County Population 3.2 million
 - 6th most populous county in the U.S.
 - 3rd most populous in California
- Started testing every DUI blood sample for drugs since August 2017 regardless of BAC
 - Since August 2018, tests every DUI blood sample for 325+ drugs & determines drug blood concentration when applicable
 - Provides blood and breath alcohol testing by public crime lab free of charge by mandated county MOU
 - Contracted phlebotomists for more than 30+ years, every LEA uses a single contractor
- Tests every fatally-injured driver/operator for alcohol & drugs for more than 15 years
 - Testing determined by toxicologist and crime lab, not pathologists/coroner
 - State statute obligates testing for alcohol exclusively, suggests testing for amphetamine related derivatives and barbiturates; 25+ years since last statute update

Orange County Fatally-Injured Operators

	Case		Cannabis			At least
Year	Count	THC	Use	THC Only	Ethanol	one drug
2016						
operators						
tested (81%)	101	21%	23%	5%	29%	50%
2017						
operators						
tested (80%)	118	17%	18%	9%	32%	56%
2018						
operators						
tested (76%)	99	25%	28%	11%	36%	62%

Orange County Arrested (DUI) Drivers

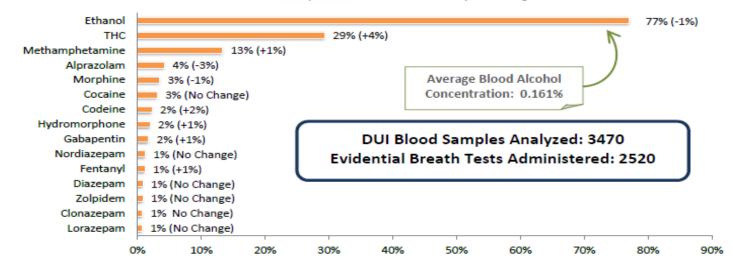


Orange County Arrested (DUI) Drivers



Top 15 Drugs Detected

The numbers in parentheses indicate the 1 year change



Why the Data Matters...

- Data used to make policy
- BAC stop level testing underestimates prevalence
 - Impacts quality treatment options and increases recidivism
 - Continued public safety impacts and normalization of drug use
- Goal of DUI enforcement is to prevent felony cases including vehicular homicide
- The data is needed to continue to ensure and improve the training tools used by law enforcement

Path Forward

- State and National efforts to Standardize Toxicology Testing
 - "Recommendations for Toxicological Investigation of Drug-Impaired Driving and Motor Vehicle Fatalities 2017 Update" (Journal of Analytical Toxicology, 2018; 42:63-68)
 - Provide funding/resources for government labs to test all drivers (deceased or DUI) for drugs regardless of BAC and ensure scope of testing is consistent with emerging and current trends.
- Evaluate state statutes related to chemical testing of fatally-injured drivers/operators
 - Are drugs included in the statutes?

Understanding Polydrug Use and Its Role in Drug-Impaired Driving

THE DRUG EVALUATION AND CLASSIFICATION (DEC) PROGRAM APPROACH TO IDENTIFYING POLYDRUG IMPAIRMENT

CHUCK HAYES, INTERNATIONAL ASSOCIATION OF CHIEFS OF POLICE DEC PROGRAM WESTERN REGION PROJECT MANAGER

The Impaired Driving Landscape Is Changing



- ✓ Drugged driving incidents increasing
- ✓ Drugs, other than alcohol, more prevalent in DWI and MV crashes
- ✓ Poly-drug impairment a growing concern
- ✓ Increasing need for officers skilled in drug impairment identification

Bend, OR Driver Kills Cyclist – 9 Drugs Detected in Driver's Blood

- December 2017 crash
- Driver crossed roadway, struck and killed bicyclist
- Suspect driver examined by DRE at roadside, impairment suspected
- Blood test confirmed presence of 9 drugs plus 2 drug metabolites: Hydrocodone, Carisoprodol, Meprobamate, Clonazepam, Alprazolam, Cyclobenzaprine, Amitriptyline, Trazadone, and Paroxetine
- All drugs prescribed to suspect, except Alprazolam (prescribed for her dog)
- Guilty of 1st Degree Manslaughter, DUI and Recklessly Endangering



Drug Recognition Expert (DRE)

Specially trained officer that provides expertise and assistance in impaired driving investigations

Provides "Post-Arrest" investigation

Requested when impairment is not consistent with the arrestee's BAC or when drugs are suspected



DRE Training Stages

DRE Field Certification

DRE Pre-School





DRE 7-Day School



National / International DRE Totals

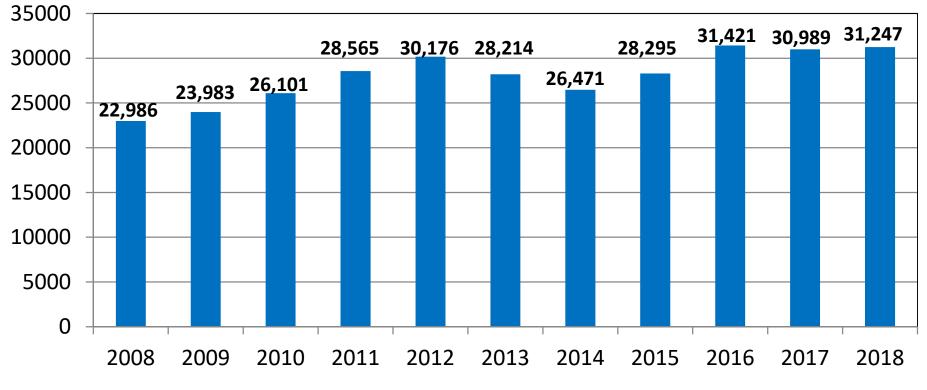
✓ Approximately 9,000 U.S. credentialed DREs (June 2019)

✓ Over 1,000 international credentialed DREs

✓ Over 28,000 U.S. law enforcement agencies with DREs



DRE Enforcement Evaluations



Source: NHTSA National Sobriety Testing Resource Center (NSTRC) and DRE Annual Reports

2018 DRE Enforcement Evaluations

Approximately 31,250 Evaluations

- California 7,585
- New York 2,400
- New Jersey 1,791
- Pennsylvania 1,650
- Oregon 1,501
- Wisconsin 929
- Iowa 910

Source: 2018 DEC Program State Coordinator Annual Reports



Drug Categories Predicted by DREs

(2018 National Enforcement Evaluations)

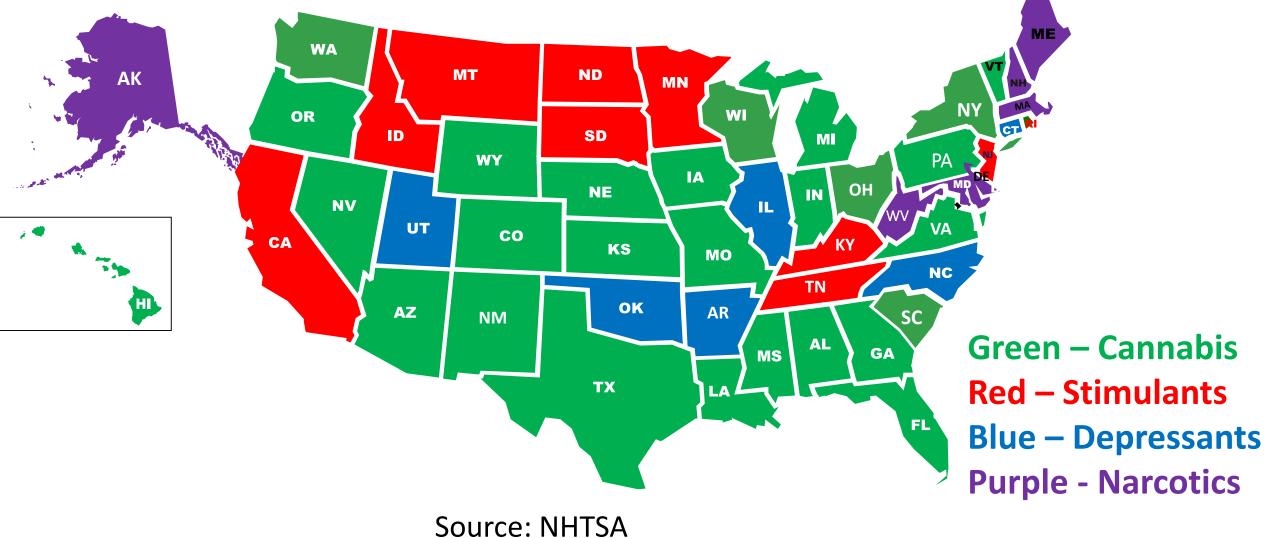
- 1. Cannabis 13,215
- 2. CNS Stimulants 11,716
- 3. Narcotic Analgesics 9,502
- 4. CNS Depressants 8,730



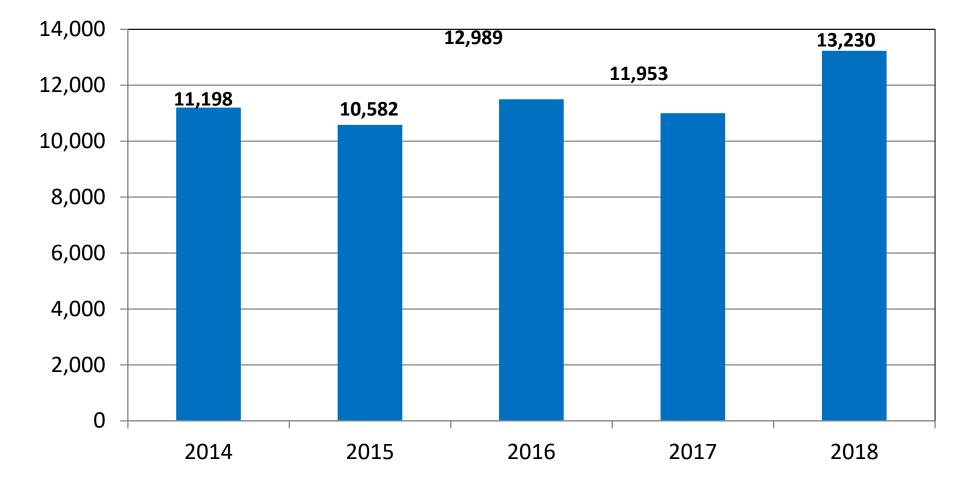
13,230 (42%) of all DRE enforcement evaluations, a DRE predicted poly-drugs36% of all evaluations with toxicology results were positive for poly-drugs

Source: 2018 DEC Program State Coordinator Annual Reports

Top Detected Drug Category by State 2018 (DRE DUID Enforcement Evaluations)



National DRE Poly-Drug Positive Toxicology



Source: NHTSA National Sobriety Testing Resource Center (NSTRC) and DRE Annual Reports

Top Detected Drug Combos – DRE Toxicology (2017 & 2018)

1. CNS Stimulants & Cannabis

2. CNS Stimulants & Narcotic Analgesics

3. CNS Depressants & Narcotic Analgesics



DRE Poly-Drug Use

(Ingesting two or more drugs)



DRE Poly-Category Use (Ingesting drugs from two or more DRE drug categories)



(CNS Depressants)

DRE Drug Combination Effects

1. Null: No action + No action = No action (0 + 0 = 0)

2. Overlapping: Action + No Action = Action

3. Additive: Action + Action = Greater Action (Effects may be exaggerated or reinforced)

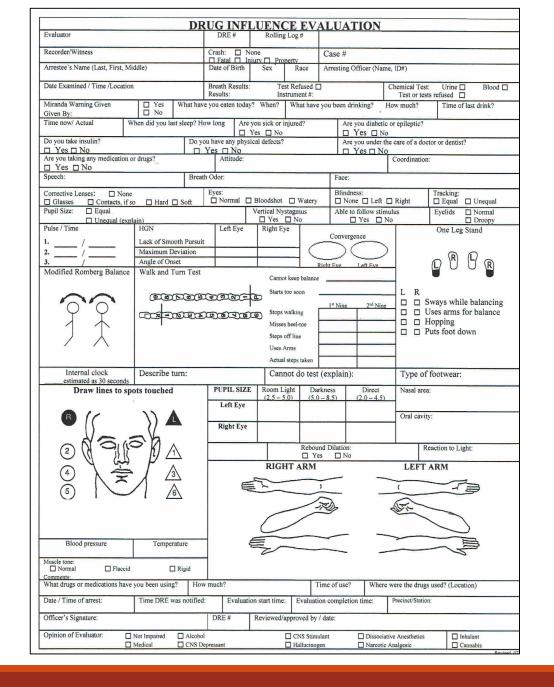
4. Antagonistic: Action + Opposite Action = Unpredictable Action

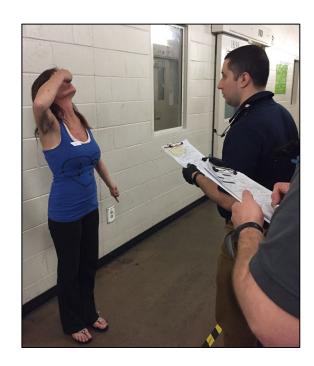
(Actual effects can depend a number of things; dosage, time of ingestion, type of ingestion method, subjects metabolism, etc.)



DRE Drug Influence Evaluation Facesheet

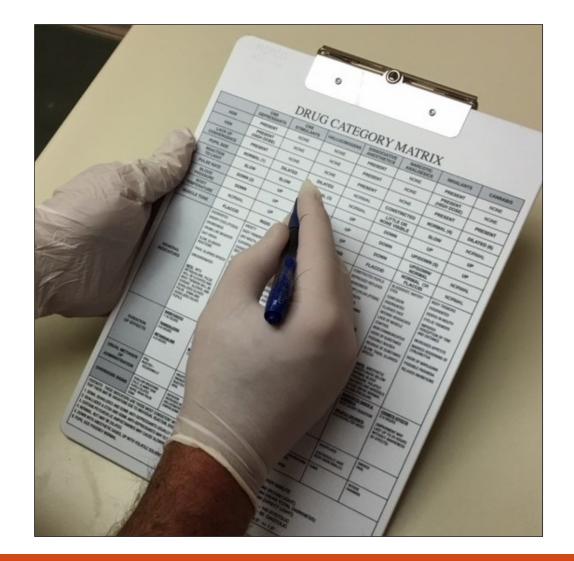
Over 100 observation/data collection points used in forming an opinion





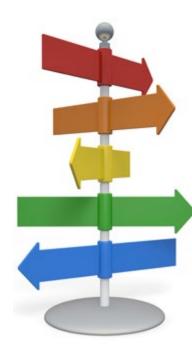
DRE Drug Category Matrix - Impairment Indicators







DRE Drug Category Matrix – Impairment Indicators



	CNS Depressants	CNS Stimulants	Hallucinogens ·	Dissociative Anesthetics	Narcotic Analgesics	Inhalants	Cannabis
HGN	Present	None	None	Present	None	Present	None
Vertical Gaze Nystagmus	Present (High Dose)	None	None	Present	None	Present (High Dose)	None
Lack of Convergence	Present	None	None	Present	None	Present	Present
Pupil Size	Normal (1)	Dilated	Dilated	Normal	Constricted	Normal (4)	Dilated (6)
Reaction to Light	Slow	Slow	Normal (3)	Normal	Little or None Visible	Slow	Normal
Pulse Rate	Down (2)	Up	Up	Up	Down	Up	Up
Blood Pressure	Down	Up	Up	Up	Down	Up/Down (5)	Up
Body Temperature	Normal	Up	Up	Up	Down	Up/Down/ Normal	Normal
Muscle Tone	Flaccid	Rigid	Rigid	Rigid	Flaccid	Normal or Flaccid	Normal
General Indicators	Disorientation Droopy eyelide Droweiness Drunk-like behavior Slow, sluggish reactions Thick, slurred <u>creach</u> Uncoordinater Unsteady walk	Anxiety Body tremors Dry mouth Euphoria Exaggerated reflexes Excited Eyelid tremors Grinding teeth Increased alertness Insomnia Irritability Redness to the nasal area Restlessness Runny nose Talkative	Body tremors Dazed appearance Difficulty with speech Flashbacks Hallucinations Memory loss Nausea Paranoia Perspiring Poor perception of time and distance Synesthesia Uncoordinated NOTE: With LSD, Piloerection may be observed (goose bumps, hair standing on end)	Blank stare Confusion Chemical odor (PCPL Cyclic behavior Difficulty with speech Disoriented Early HGN Onset Hallucinations Incomplete verbal responses Increased pain threshold "Moon Walking" Non-communicative Perspiring (PCP) Possibly violent Snow distortions Slow, slurred speech Slow, slurred speech Slow are responses Warm to touch (PCP)	Depressed reflexes Droopy eyelide Drowsiness Dry mouth Euphoria Facial itching Inability to concentrate Nausea "On the Nod" Puncture marks Slow, low, raspy speech Slow breathing Slow deliberate movements NOTE: Tolerant users exhibit relatively little psychomotor impairment.	Bloodshot eyes Contuites Disoriented Flushed face Intense headaches Lack of muscle control Non-communicative Odor of substance Possible nausea Residue of substance Slow, thick, slurred speech Watery eyes	Altered time/distance perception Alteration in thought formation Body tremors Bloodshot eves Disoriented Drowsiness Eyelid tremors Euphoria Impaired memory Increased appetite Lack of concentration Mood changes Odor of Marijuana Rebound Dilation Sedation

IACP DEC Program Website www.decp.org

The International Drug Evaluation & Classification Program

The Drug Evaluation and Classification Program is recognized by all fifty states in the U.S., Canada, Hong Kong, and the United Kingdom.

Locate DRE State Coordinators and National Training Calendar

Chuck Hayes International Association of Chiefs of Police DEC Program Western Region Project Manager hayes@theiacp.org 503-585-0055

IACP DEC Program website: www.decp.org

Today's Participants

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MOVING IDEAS: ADVANCING SOCIETY—100 YEARS OF TRANSPORTATION RESEARCH

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