

# Truck & Bus Operator Health and Wellness Subcommittee (ANB70)

## Status Report

Meeting at TRB 9 November 2009

**Chair:** Gerald P. Krueger  
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# **Truck & Bus Operator Health and Wellness Subcommittee (ANB70)**

## **Purposes of Subcommittee:**

- Raise visibility of importance of Health and Wellness issues within TRB research community
- Promulgate commercial driver Health and Wellness research findings; highlight research recommendations
- Foster more research on Health and Wellness related to Truck and Bus Safety concerns

# Truck & Bus Operator Health and Wellness 2009 Activities & Status

- Health & Wellness publications/presentations
  - Operator Fatigue Conference in Boston, March 2009
  - Fatigue, Wellness, Sleep Apnea Webinar, Sept.23, 2009
- National Occupational Research Agenda (NORA)
  - Jim Helmkamp & Max Kiefer, NIOSH-Denver
- Survey-Truck Driver Safety & Health
  - Karl Sieber, NIOSH, Cincinnati
- Plans / actions for year 2010:
  - Several presentations & committee mtg at Jan. TRB
  - Int'l Conference on Health & Wellness of Commercial Drivers (TRB-FMCSA w/NIOSH contributions)



***NORA***

## **National Occupational Research Agenda: Transportation, Warehousing, and Utilities Sector (TWU)**

**[Focus here on commercial driver issues]**

**TWU Sector Met in March and August 2009**

# TWU Strategic Goals

4 Strategic Goals for TWU Sector were developed through a step-wise process, input received from industry meetings, public review, and Council deliberation.

Strategic Goal #1 addresses all work-related injuries by individual industry sub-sectors; Strategic Goals #2 and #3 address specific types of injury and workplace wellness programs, respectively; and Strategic Goal #4 looks at hazards and exposures.

All four Strategic Goals have corresponding Intermediate Goals and Activity/ Output Goals.

# TWU Strategic Goals

**3. Improve health and reduce premature mortality through workplace programs and practices that (1) enable workers to engage in healthy behaviors, (2) reduce work-related physiological and psychological stressors, and (3) improve healthcare utilization.**

- Establish prevalence of health risk factors and work-related illnesses among commercial drivers
- Reduce obesity among commercial drivers
- Reduce cardiovascular disease
- Identify & reduce workplace psychological stressors
- Increase appropriate utilization of healthcare

# Survey of Long-Haul U.S. Truck Driver Safety and Health

## NIOSH Investigators:

Karl Sieber, Ph.D.

Jan Birdsey, M.P.H.

Guang-X. Chen, M.D., M.S

Ted Hitchcock, Ph.D.

Jennifer Lincoln, M.S.

Cindy Robinson, Ph.D.

TRB ANB70 Truck and Bus Safety Fall Meeting  
Status Report in November 2009



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# 2009 Activities

## **A.** Questionnaire development:

- Screening questionnaire-determine survey eligibility
- Main survey questionnaire
- Include a 48-hour activity log (not driver logs)

## **B.** Protocol development

- Define survey conduct & interview procedures
- 2500 personal interviews at 50 truck stops

## **C.** Pretest 1 at a truck stop

- Met w/ managers to determine logistics and strategies to administer surveys at locations

## **D.** Pretest 2 at a truck stop

- Administered test questionnaire to 9 truck drivers



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# Survey Timelines (Tentative)

- **October 28, 2009 – 60-day Federal Register Notice published for public comment.**
- **Early 2010 – Information Collection Request (ICR) submission to OMB**
- **2010 – OMB approval (hopefully soon !!!)**
- **2010 -- data collection.**
- **2010/2011 – Dissemination of results.**



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