



International Conference on Commercial Driver Health and Wellness

November 8–10, 2010
Baltimore, Maryland

Sponsored by
Transportation Research Board
Federal Motor Carrier Safety Administration,
U.S. Department of Transportation

With the Partnership of
National Institute of Occupational Safety and Health



www.TRB.org/Conferences/HealthWellness2010.aspx

The Transportation Research Board (TRB) and the U.S. Department of Transportation's Federal Motor Carrier Safety Administration (FMCSA), are hosting an **International Conference on Commercial Driver Health and Wellness**, November 8–10, 2010, in Baltimore, Maryland.

The conference will feature papers, presentations, posters, and discussion panels on current knowledge concerning the impacts of health factors on commercial driver job safety and performance; document what is known about the benefits and costs of driver health and wellness programs; and explore relevant case studies. Topics will include the following—and more:

- Research on the effects of health and wellness on commercial driver safety and performance;
- Identification of the most serious health risks to commercial motor vehicle drivers and employers;
- Cost–benefit and return-on-investment analyses of effective health and wellness programs for small and large truck and bus carriers;
- The impact of targeted or focused employee health and wellness initiatives—such as physical exercise, diet and nutrition, weight control, smoking cessation, disease management, and making healthy behavioral changes;

- Case studies and lessons—positive and negative—for implementing health and wellness programs, particularly in truck and bus motor carrier companies;
- Best practices, positive elements of effective employee health and wellness programs, and pointers on effective implementation in large and small companies; and
- Instilling a health and wellness philosophy into the culture of the commercial driving community.

Conference Objectives

1. Review evidence-based benefits—both return-on-investment and personal—of health and wellness programs for commercial drivers and their employers:
 - Human capital strategy and cost–benefits of health and wellness programs,
 - Case studies of practices that work and that do not seem to work, and
 - Recent policy developments affecting health and well-being.
2. Learn about the latest research examining health issues that impact the performance and safety of commercial drivers, such as
 - Obesity, hypertension, cardiovascular issues, diabetes, and others;

- Physical fitness, diet and nutrition, and smoking cessation;
- Injuries, musculoskeletal disorders, sprains, and pains;
- Psychological stress, mental health, and depression;
- Work structure and organizational contributions to health issues;
- Aging, communicable diseases, and sleep disorders; and
- Disease management, access to, and delivery of needed health care.

3. Identify best practices and other industry corporate experiences with health and wellness programs:
- Establishing a corporate and personal health and wellness philosophy,
 - Making health and wellness changes and behavioral modifications, and
 - Involving families in successful health and wellness initiatives.

Participation and Submittal of Abstracts

Your participation in the conference is encouraged through submission of abstracts detailing your plan for papers, posters, or panel discussions on the above or related topics. For timely consideration, abstracts should be submitted electronically via the TRB Conference website by **April 9, 2010**.

Abstracts should be no more than 750 words and should clearly convey the material to be presented. Panel sessions submitted as a single abstract should include the proposed presenters' names, positions, organizations, mailing addresses, e-mail addresses, and telephone numbers. Individual presentations should not exceed 20-minutes; panel presentations may vary but should not exceed 90 minutes. Formal papers are encouraged, but presentations will be considered. After the meeting, a conference proceedings will be published as a TRB electronic circular.

If your abstract is accepted, you will be informed in early May 2010. Full papers will be due June 30, 2010. Presenters

and panelists are expected to register for and attend the conference and are eligible for discounted registration fees (see table, below).

For more information about how to submit abstracts, participate in, or attend the conference, see the TRB Conference website at www.TRB.org/Conferences/HealthWellness2010.aspx.

Registration Fees

	Early Bird: Expires Sept. 30, 2010	Regular: After Oct. 1, 2010
General	\$250	\$350
Speaker, Panelist, & Sponsor*	\$150	\$250
One Day	\$140	\$180
Student	\$100	\$150

*Includes state DOTs and U.S. DOT administrations

Hotel Information

See the TRB Conference Website for details and updates.

Exhibits and Sponsors

For tabletop exhibits and sponsorship opportunities, see the TRB Conference website in early February 2010.

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