Reasons for transforming truck and bus driver health

Ways to Transform Driver Health at Home, Work or On The Go
10 Reasons for transforming truck and bus driver health
Those who work as truck and bus drivers have the lowest overall health rating, according to the new Gallup Well-Being Index.

Diabetes is 50% ↑ than NR
87% pre/hypertensive NR 58%
75% are over weight/obese
OSA with a BMI >33 = 77% chance
8% exercise   NR = 49% exercise

Those who work as truck and bus drivers have the lowest overall health rating, according to the new Gallup Well-Being Index.

http://qz.com/62964/life-is-a-shorter-highway-when-youre-a-truck-driver/
Average cost of an accident

<table>
<thead>
<tr>
<th>Injury Type</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Non Injury</td>
<td>$138,000</td>
</tr>
<tr>
<td>Injury</td>
<td>$331,000</td>
</tr>
<tr>
<td>Fatality</td>
<td>$7,200,000</td>
</tr>
</tbody>
</table>

Let's Continue to ↓ #s
3 people killed, numerous injured, & bus driver was diabetic

Truck Driver ran a red light. Driver of car is killed

Truck industry workers experience the third-highest fatality rate of all occupations in the United States. About two-thirds of fatally injured truck workers are involved in highway crashes.
Regulations Versus Medical Guidelines (Guidance)
As a medical examiner, it is important for you to distinguish between medical standards (49 CFR 391.41) and medical guidelines. Regulations/standards are laws and must be followed. Whereas guidelines, such as advisory criteria and medical conference reports are recommendations.
While not law, the guidelines are intended as best practices for medical examiners.
87% of truck drivers are pre or hypertensive

### Stage 1 Hypertension:
A. **First Visit:**
1. If BP is between 140/90–159/99 recommend 1 year certification

B. **Second Visit:**
1. A BP equal to or less than 140/90 recommend recertified for one year
2. If BP is between 140/90–159/99 recommend recertification for 3 months

### Stage 2 Hypertension:
A. **First Visit:**
1. BP is 160/100-179/109 should be treated and given one time certification for 3 months.

B. **Second visit:**
1. BP must be equal to or less than 140/90, he or she may be recertified annually thereafter

### Stage 3 Hypertension:
A. **First Visit:**
1. BP equal to or greater than 180/110 shall NOT be certified until BP is reduced to 140/90 or less

B. **Subsequent Visits** – once BP is reduced to 140/90 or less - recertified every 6 months

<table>
<thead>
<tr>
<th>Service</th>
<th>Cost Description</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Training</td>
<td>Cost of 6-8 week class</td>
<td>$5,000</td>
</tr>
<tr>
<td>Recruiting</td>
<td>Advertising, calls, physicals, drug test, orientation</td>
<td>$2,000</td>
</tr>
<tr>
<td>Referral</td>
<td>Bonus for a referral</td>
<td>$3,000</td>
</tr>
<tr>
<td>Equipment</td>
<td>Est. 30%↑ in costs, not fuel</td>
<td>$5,000</td>
</tr>
<tr>
<td>Insurance</td>
<td>Est. cost is $10K vs. Exp. driver 4.8K</td>
<td>$5,200</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td><strong>$20,200</strong></td>
</tr>
</tbody>
</table>
A company using telephonic health showed a 4.95-to-1 ROI.

Wellness Council of America [WELCOA]

Return on Investment (ROI) approximately for every one dollar spent will save 2 to 4 dollars.
Being an industry leader, part of the elite group of companies who make health & safety a priority

Your company is viewed as caring about:
- your employees
- about the safety of the driver
- their family
- your community
- your industry
- safety of others on the road

What do you value?

looking beyond pure dollar savings
Attract and retain employees

Show you care

Driver shortage

How can you attract & retain drivers?

- Declining health & retirement creating a serious shortage of qualified drivers.
- Shortage of long haul drivers with 200,000 vacancies
- A turnover rate of 100% in 2012
- U.S. Bureau of Labor Statistics expects trucking jobs to increase at a rate of 20% between 2010 and 2020
Pilot & Research Projects

- Exciting new projects
- Evidence based practices
- Return on investments
- What works and what doesn’t work
- Gain knowledge
- Be involved

Partner with us in research

Bringing technology and people together

Transportation Institutions
The workforce is far from healthy. A healthy workforce is also critical because of both the possible career-ending due to poor health and the potential for increased risk of accident or injury.

It is unlikely that most industry sectors would be successful in the competitive national and worldwide environment without healthy and high-performing employees.

Dee W. Edington, of the University of Michigan Health Management Research Center
The Five Pillars of Corporate H&W Implementation

(a) corporate senior leadership must create the vision to integrate health into the core business;
(b) operational leadership must align the workplace with the vision;
(c) self-leadership must be encouraged with a goal of creating winners;
(d) Actions should be rewarded to reinforce the culture of health;
(e) quality assurance must ensure that outcomes drive the strategies.
10 Ways to Transform Driver Health at Home, Work or On The Go
“High-drowsiness road conflicts were 70% more likely for drivers who did not use a safety belt than for drivers who did, with the probable link being driver obesity”

Two Behavioral Red Flags, driver Single vehicle crash involvement and nonuse of safety belts Ronald r. Knipling

Using technology to provide questionnaires, and educational materials to the driver’s finger tips

www.healthesignals.com
Treatment of OSA showed:

- 30% ↓ in preventable crashes,
- 48% ↓ in average cost per crash,
- 50% ↓ in healthcare costs,
- 200% ↑ in employee retention
Treatment acceptance may need to be a condition of employment for affected drivers

87% of drivers are pre-hypertensive or hypertensive

Real-Time Blood Pressure data from cab of the truck or terminal

Weekly coaching, a caring approach

DOT Guideline Blood pressure below 140/90
Average life expectancy of drivers is 61 years.

Using a BLUE TOOTH Weight Scale to monitor, motivate, educate, & COACH.

75% of truck drivers are over weight or obese.

8% of truck drivers exercise.

Caring, individualized approach.
75% of truck drivers are over weight or obese. 8% of truck drivers exercise.

6 Using a pedometer to motivate and develop new exercise habits

HEALTHe SIGNALS will coach, monitor, reinforce, and work with your truck driver.
If Diabetic – do BG level within 1 hour before driving & approx. every 4 hours while driving.

Test if BMI ≥25 & inactive, family history high-risk ethnicity, BP ≥140/90

Diabetes in Truck Drivers is 50% higher than the national rate.
Using a BLUE TOOTH Pulse Oximeter to monitor blood oxygen levels to motivate & COACH

...and 6 minute walk continuous blood oxygen testing

54% of truck drivers smoke

Hypertension, diabetes, obesity affect the heart and lungs
Drivers stated they do not know how to improve their health.

Interstates are “food deserts”
Many people live off of prepackaged, high calorie snacks.
88% of physicians would like to see trending vital signs data – Wt, BG, BP, exercise, calories, sleep.
Shift evaluated a new health promotion intervention model for truck drivers:

- behavioral computer based training
- motivational interviewing (MI) health coaching

Imagine combining vital sign information, education and Health Coaching!!!
Join together in bringing driver health to a new level

Addressing:
low life expectancy, chronic disease,

By: building relationships through monitoring, coaching, and caring for each driver as an individual

www.HEALTHeSIGNALS.com
Please Contact:
Betty Couture
Clinical Operations
Cell: 716-512-2032
betty@healthesignals.com

www.HEALTHeSIGNALS.com