Total Trucker Health: the Drive to Improve

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Commercial Motor Vehicle Drivers

- Population: 800,000-5 Million Commercial Motor Vehicle (CMV) Drivers
  - Number of drivers is hard to quantify
  - Increased Need for Drivers (21% annually through 2020, 1.1 million in 2015)
- Unique Exposure Profile
- Multiple Medical Issues
- High fatality and injury rate
- Evidence-based prevention relatively ill-defined
Unique Exposure Profile

- **Lifestyle**
  - Dietary
  - Physical activity
  - Sleep patterns
  - Drugs (Rx and OTC)
  - Tobacco Use
  - Access to Medical Care

- **Occupational**
  - Manual Material Handling
  - Long/Irregular Hours
  - Stress
  - Exhaust
  - Slips, Trips and Falls
  - Fatigue
Medical Issues

• Obesity (53.2-68.9%)
• Sleep Disorders (2.4-14.2%)
• Diabetes (7.3-14.4%)
• Hypertension (17.9-26.3%)
• Hyperlipidemia (21.7%)
• Low Back Pain (2.5%-68.9%)
• Depressive Symptoms (10.8%)
• Cardiovascular Disease (1.9-4.4%)
Preliminary 2013 Fatality Statistics

- 7th most fatal job, most common job

Chart 3. Occupations with high fatal work injury rates, 2013*

- Total fatal work injuries = 4,405
- All-worker fatal injury rate = 3.2
Crashes and Fatalities

- 3,514-3,921 crashes with deaths involving large trucks in 2012
- >104,000 crashes with injuries involving large trucks in 2012
- Slight Downward Trend since 2003-04
- Meaningful costs
  - $330K per crash with an injuries
  - $7.6 million per crash with a fatality
- Public Health Concern: ~75% not truckers
Improvement of Health and Prevention of Crashes

• Non-traditional population
• Causation difficult to demonstrate/establish
  – Difficult to access drivers
  – Difficult to maintain contact with drivers over time due to high turnover (>100% annually)
  – Many confounders
• Evidence-based prevention of crashes are not well defined