



Stress & Health Intervention Programs

Maine Motor Transportation Association
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Long-Haul Trucking

Essential to the transportation of goods in the US



Being on the Road Causes Stress

- Traffic & Tight Schedules
- Poor Road Conditions & Bad Weather
- Irregular Schedules & Long Hours
- Little Physical Activity
- Heavy, Awkward Lifting & Moving
- Limited Access To Healthy Foods on Interstates
- Nights Away from Home



Stress Leads to Poor Health

Compared to U.S. adult workers, truck drivers have higher rates of

- OBESITY
- Hypertension
- Heart disease
- Diabetes



In 2010, we did a large, in-depth [national survey on long-haul truck drivers](#) to learn more about the health and safety conditions in these workers. The survey helped us better understand how certain health conditions, behavior, and work environment combine to affect long-haulers' safety and health. We hope the information we gathered from the survey will help guide truck driver health and safety policy and address the health and safety concerns they face.

Bad Stress Management Skills



Obesity



Obesity and Poor Health



Health Problems

**Obesity increases
the chance for these
health problems:**



**Heart
disease**



Cancer



**Type 2
diabetes**



**Sleep
apnea**



**Joint and
back pain**



Stroke

Obesity – Costly



**These problems can
disqualify you from
receiving your commercial
driver's license (CDL).**

**No CDL may be hard
on your wallet and
your health.**



Obesity - Prevention

What can you do to prevent obesity?



**Eat healthy
and smaller
portion sizes.**



**Drink more water
instead of sugary
drinks like soda.**



**Be more
physically
active.**



**Track your
weight and
body mass.**

Smart Prevention Programs



Lifestyle Interventions

- Nutrition & Hydration
- Exercise & Movement
- Mindfulness & Positive Psychology
- Stress Management & Burnout Prevention
- Relaxation & Sleep Hygiene
- Sustaining a Lifestyle Approach to Wellness

Biometric Testing and Health Risk Assessments

Individual

- **Health History**
 - Blood Pressure
 - Glucose
 - Cholesterol
 - Waist Circumference
- **Safety Profile**
- **Lifestyle Choices**
 - Tobacco Use
 - Alcohol Consumption



Annual Experience and Plan Reviews

Company Strategies

- **Experience Rates**
 - Medical
 - Worker's Comp
 - Disability
 - MOD Rate
- **Company Policies**
- **Insurance Plan Provisions**
- **Incentives**



Awareness & Intervention Programs

Did you know

15,896,000

Americans have coronary heart disease?

See how many are in your state.



Small lifestyle changes can lead to a healthier heart.
Learn more about heart disease and risk factors at hearttruth.gov

www.nhlbi.nih.gov

Source: CDC Behavioral Risk Factor Surveillance System (BRFSS) Survey Data, 2017.



National Heart, Lung, and Blood Institute



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**TO STAY HEALTHY
AND REDUCE RISK**

AlcoholAwarenessNI

2019

Get the app:
'Know Your Units'




You Shouldn't Drink More Than

14

Alcohol Units Per Week

It's best to spread evenly over 3 days or more

If you wish to cut down, have several drink free days each week



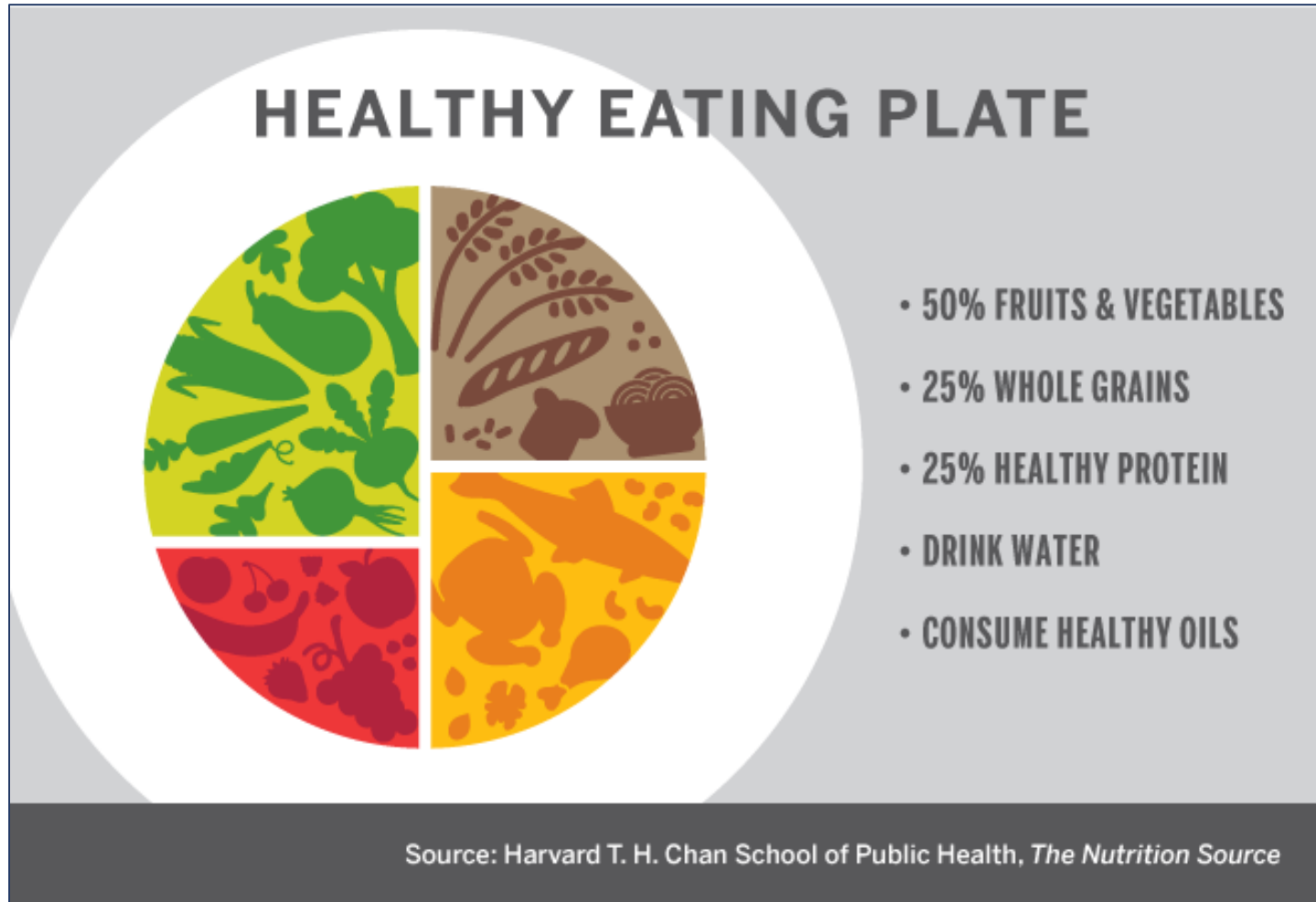
Smoking Cessation



Individual Support



Nutrition Education



Promote Movement

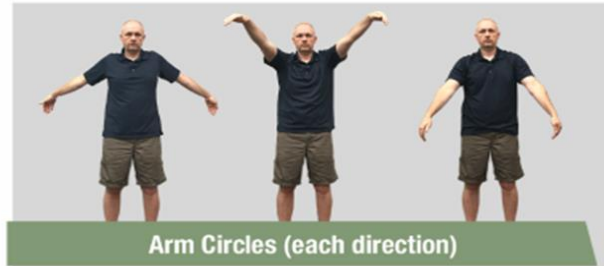
PRE-TRIP WARM-UPS

- Feel the stretch, not pain
- Hold steady, do not bounce
- Breathe well



Inner Light Wellness
DRIVER STRETCHES

WARM-UPS 5x EACH



Encourage Stretching

LAST STOP STRETCHES

- Feel the stretch, not pain
- Hold steady, do not bounce
- Breathe well



Inner Light Wellness
DRIVER STRETCHES

HOLD FOR A COUNT OF 10



Shoulder/Arm Stretches



Neck Stretches



Lunge



Hamstring Stretch

Educate on Stress Reduction

MIND/BODY REFRESH PRACTICES:



Inner Light Wellness
Empower People – Achieve Potential

Take 5-Deep Breaths:

- Inhale, fill your belly fully with breath
- Exhale, empty your belly fully out of breath

Practice throughout your day to maintain focus and clarity of your mind.

Benefit: Brings your attention in to the moment and away from everything else. Has a relaxing effect.

5-Cleansing Breaths:

- Inhale deeply through your nose
- Exhale softly and smoothly to sigh it out through your mouth

Practice in a private place before or after a stressful situation.

Benefit: Relieves build-up stress and tension in the mind and body.

5-Point Mindful Moment:

Take your mind away from a stressful situation and toward your senses. Notice the following things about yourself. What do you:

1. See
2. Feel
3. Smell
4. Taste
5. Hear

Practice 1-3 minutes, noticing all of your sensations.

Benefit: Becoming more aware of how you feel helps to direct your mind better, increasing your awareness, and provides a good check and balance to mitigate the effects of stress.

Wellness Programs Work

Look at the Whole Picture

- Prevention = Lifestyle Choices
 - Nutrition
 - Movement
 - Stress Management
- Policies & Programs Drive Results
- Small Changes = Big Savings



An average **\$5.93 TO \$1** savings-to-cost ratio

AN AVERAGE REDUCTION OF:



↓ 26%
in health costs



↓ 30%
in workers'
compensation
and disability
management claims



↓ 28%
in sick days

The Institute for Healthcare Consumerism

Which Program is Right for Your Company?



Individuals	Groups	Organizations
Health Coaching	Integrative Wellness Classes	Injury Prevention Stretch Break Programs
Biometric Consultations	Lifestyle Medicine Classes	Mindfulness-Based Stress Reduction
Health-Risk Assessments	Mindful Leadership Development	Wellness and Wellbeing Calendars
Quality of Life Assessments	Mindful Team-Building Programs	Newsletter Articles



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Empower People – Achieve Potential

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