

Western Kentucky University

From the Selected Works of Kim Bourne

2016

Truck Drivers: The Challenge with Healthy Living

Kim Bourne, *Western Kentucky University*



Available at: <https://works.bepress.com/kim-bourne/5/>



Truck Drivers: The Challenge with Healthy Living

Kim Bourne, MSN, RN, SANE, CEN



Disclosures, Funding, Acknowledgements

- No disclosures
- No funding
 - Existing literature and experiences
- Thank you
 - Husband, friends, and family

The top of the slide features a background image of the rear wheels of a black truck on the left. To the right of the wheels are several overlapping yellow geometric shapes, including a large trapezoid and a triangle, which serve as a design element for the title area.

Objectives

- Describe the demographics and current health indicators of truck drivers in US.
- Identify the activities/resources available to over the road truck drivers.
- Discuss strategies to improve the health of truck drivers

Who I am

- Wife, mother, grandmother, sister, daughter, granddaughter, daughter-in-law, and sister-in-law
- Nurse
 - 20 years
 - Many areas
 - Teach
 - RN to BSN
 - PhD Student
 - Female truck drivers



I am also a Female Truck Driver



A Female Truck Driver



Cab, Tractor, or
Bobtail

Trailer





Background on Truck Drivers

- 3.5 million drivers
 - 5.8-6% female
- Demographics (male and female)
 - Median age 30-50 years old
 - 65-95% Caucasian
 - 50-75% married
 - 60-90% at least a high school education
- Company drivers or owner operators
- Solo or team drivers
- Long-haul or short-haul (local and regional)

A close-up photograph of the rear wheels and axles of a large truck, showing multiple wheels and the heavy-duty suspension system.

What being a Long-Haul Driver is Like

- Gone at least 21 days/month
- Irregular schedules
- Drive an average of 600 miles/day
 - 14 hour work days
 - 11 driving
 - 3 extra hours
 - Mandatory 10 hour breaks
- Climbing up and down
- Loading, unloading cargo
- Small cabs
 - Eat, sleep, and relax
- Eat out a lot



What I learned on the road

- Nice people and not so nice people
- Not easy
- People drive stupid
- The snow is worse in Wyoming in April
- Texas really is flat and long and wide and boring
- Healthy living is hard, especially for long-haul drivers





Food at Truck Stops

- Major truck stops
 - Usually found off major highways
 - Love's, Pilot, TA, Flying J
 - McDonald's, Subway, Chester's Chicken, Taco Bell, Hardee's, Wendy's, Popeye's, Pizza Hut, Denny's, hot and cold food
 - Sit down restaurants at Flying J and TA
- Mom and Pop truck stops
 - Usually found in rural areas
 - May or may not have restaurant, may or may not have hot or cold food



Problems Truck Drivers Face

- Physical
 - Obesity
 - Little activity, eating out
 - Pain
 - Hip, back, arms
 - Injuries
 - Slips, trips, and falls
 - Heart disease
 - HTN
 - High cholesterol
 - Smoking
 - DVT's and peripheral edema
 - Diabetes
 - Digestion problems
 - Sleep apnea
 - Body fatigue
 - Irregular schedules
 - Takes a toll
 - Headaches
 - Vibrations
 - Stress
 - Fumes and chemicals
 - Hearing loss
 - Bladder problems
 - Drug and alcohol abuse



- Psychological
 - Stress and anxiety
 - Job itself (dispatchers, break-downs)
 - Meeting time deadlines
 - Traffic (heavy traffic, aggressive drivers)
 - Weather
 - No or little social support systems
 - Mental fatigue
 - Sleep disturbances
 - Inactivity (monotonous)
 - PTSD
 - Violence



- Personal safety
 - Few parking spaces
 - Truck stops, rest areas, exit/enter ramps, empty parking lots, customer lots (infrequently), store lots (infrequently)
 - Dangerous areas
 - Cost of cargo
 - Sexual violence, especially for females
 - Harassment, sexual assault, IPV



Problems with Healthcare

- Limited access
 - No routine exams
 - Self-treat illnesses
 - Delay care
- Insurance
 - Expensive and often not affordable (especially for owner operators)
- DOT physicals every 2 years
 - Many be done by different providers
 - Rely on driver for past medical history and medication history

A yellow and blue tanker truck is parked in a warehouse. The truck is a large cylindrical tank with a yellow body and blue accents. It has a ladder on the side and a small white sign with the letter 'A' on it. The truck is parked on a concrete floor, and the background shows the interior of a warehouse with high ceilings and metal structures.

Activities/Resources Available to Truck Drivers

- Improved health
 - Able to have small appliances
 - Inverters for 110 plugs or cigarette lighter plugs
 - Healthier options available at restaurants
 - Animals on trucks
 - Technology for communication
- Healthcare
 - Weekend hours
 - Truck stop clinics (approximately 80 in US)
- Safety
 - More parking

A yellow and blue tanker truck is parked in a warehouse. The truck is positioned on the left side of the frame, with its large cylindrical tank and multiple axles visible. The background shows the interior of a warehouse with high ceilings and structural beams.

Improving the Health of Truck Drivers

- Teach
 - Stress reduction techniques
 - Healthier eating
 - Physical exercises
 - Fatigue prevention
 - Self-defense techniques
- More gyms or facilities available
- Break rooms
- Improve truck stops and provide down-time areas dedicated to drivers
- Make access to healthcare easier



References

- Al-Modallal, H., Hall, L., & Anderson, D. (2008). Psychometric properties of a modified version of a worksite harassment tool- Preliminary findings. *Business and Leadership*, 56(7), 309-316
- Anderson, D. (2004). Workplace violence in long haul trucking: occupational health nursing update. *AAOHN Journal*, 52(1), 23-27.
- Anderson, D., & Riley, P. (2008). Determining standards of care for substance abuse and alcohol use in long-haul truck drivers. *Nursing Clinics of North America*, 43(3), 357-365, viii. doi:10.1016/j.cnur.2008.04.003
- Anderson, D., Westneat, S., & Reed, D. (2005). Workplace Violence against Female Long-haul Truckers. *Security Journal*, 18(2), 31-38
- Apostolopoulos, Y., Sonmez, S., Shattell, M. M., & Belzer, M. (2010). Worksite-induced morbidities among truck drivers in the United States. *AAOHN Journal*, 58(7). doi:10.3928/08910162-20100625-01



References

- Bernard, T. M., Bouck, L. H., & Young, W. S. (2000). Stress factors experienced by female commercial drivers in the transportation industry. *Professional Safety*, 20-26.
- Birdsey, J., Li, J., & Sestito, J. (2010). Mortality among members of a truck driver trade association. *Workplace Health & Safety*, 58(11), 473.
- Birdsey, J., Sieber, W. C., Chen, G. X., Hitchcock, E. M., Lincoln, J. E., Nakata, A., . . . Sweeney, M. H. (2015). National survey of US long-haul truck driver health and injury. *Journal of Occupational and Environmental Medicine*, 57(2), 210-216. doi:10.1097/JOM.0000000000000338
- Guan, J., Hsiao, H., Bradtmiller, B., Zwiener, J. V., Amendola, A. A., & Weaver, D. L. (2015). *Anthropometric study of US truck drivers: Methods, summary statistics, and multivariate accommodation models* (DHHS (NIOSH) Publication no. 2015-116). Retrieved from <http://www.cdc.gov/niosh/docs/2015-116/pdfs/2015-116.pdf>
- Heaton, K. (2005). Truck driver hours of service regulations: the collision of policy and public health. *Policy, Politics, & Nursing Practice*, 6(4), 277-284.



References

- Heaton, K., Browning, S., & Anderson, D. (2008). Identifying variables that predict falling asleep at the wheel among long-haul truck drivers. *AAOHN Journal*, 56(9), 379-385.
- Jensen, A., & Dahl, S. (2009). Truck drivers hours-of-service regulations and occupational health. *Work*, 33(3), 363-368.
- Johnson, J. C., Bristow, D. N., McClure, D. J., & Schneider, K. C. (2010). Long-distance truck drivers discuss their occupation. *Journal of Transportation Law, Logistics, & Policy*, 77(1), 55-75.
- Johnson, J. C., Bristow, D. N., McClure, D. J., & Schneider, K. T. (2011). Determinants of job satisfaction among long-distance truck drivers: An interview study in the United States. *International Journal of Management*, 28(1 part 2), 203-394.
- Layne, D. M., Rogers, B., & Randolph, S. A. (2009). Health and gender comparisons in the long-haul trucking industry: a pilot study. *AAOHN Journal*, 57(10), 405-413. doi:10.3928/08910162-20090916-01



References

- Lively, C. (2010). In the Driver's Seat: Living and Working as a Trucker.
- Lyman, S., & Braver, E. R. (2003). Occupant deaths in large truck crashes in the United States: 25 years of experience. *Accident Analysis and Prevention*, 35(5), 731-739.
- McCartt, A. T., Rohrbaugh, J. W., Hammer, M. C., & Fuller, S. Z. (2000). Factors associated with falling asleep at the wheel among long-distance truck drivers. *Accident Analysis and Prevention*, 32(4), 493-504.
- Reed, D. B., & Cronin, J. S. (2003). Health on the road: issues faced by female truck drivers. *AAOHN Journal*, 51(3), 120-125.
- Renner, D. A. (1998). Cross-country truck drivers: A vulnerable population. *Nursing Outlook*, 46(4), 164-168

Questions



A yellow tanker truck is parked in front of a blue building. The truck has a large yellow cylindrical tank with a white number '4' on it. It has multiple axles and large black tires. The background is a blue building with a white roof. The text 'Thank You' is overlaid on the right side of the image.

Thank You