

# Occupational Health and Safety In A Mobile And Hard-To-Reach Worker Population: National Survey of U.S. Long-Haul Truck Driver Health and Injury

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**National Institute for Occupational Safety and Health**  
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# Outline

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- I. Survey Objectives and Development**
- II. Survey Conduct**
- III. Some Results**
- IV. Future Directions**
- V. NIOSH Transportation Topic Pages and Information Resources**

# NIOSH Transport Strategic Goal #3

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**Improve health and reduce premature mortality through workplace programs and practices that:**

- **Enable workers to engage in healthy behaviors.**
- **Reduce work-related physiological and psychological stressors.**
- **Improve healthcare utilization.**

# Survey Objectives

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- **Provide baseline data about long-haul truck drivers' health and safety, including prevalence of selected health conditions and risk factors.**
- **Describe prevalence of risk factors associated with poor health and safety outcomes within the long-haul truck driver population.**
- **Provide information to drivers, the trucking industry, and the transportation research community that will guide health and safety promotion, interventions, and future research needs.**

# Survey Plan

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- **Intercept study of long-haul truck drivers stopping at truck stops.**
- **Nationally representative 3 stage probability sample.**
- **Truck driver eligibility:**
  - **Truck driving is the main occupation.**
  - **Drives a truck with three or more axles (a heavy truck).**
  - **Has driven a heavy truck 12 months or longer.**
  - **Takes at least one mandatory 10-hour rest period away from home during each delivery run.**

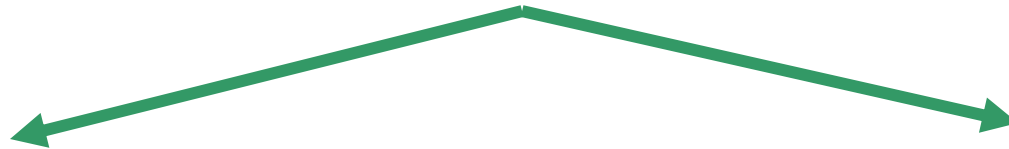
# Study Plan at Truck Stops

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**Select 32 truck stops along U.S. freight corridors.**



**Preliminary interview to determine eligibility for survey.  
Drivers selected at random.**



**Driver eligible and agrees  
to participate:**



**Administration of entire  
questionnaire**

**Driver refuses participation  
or not at truck stop long  
enough:**



**Short non-respondent  
questionnaire to gather  
basic data**

# Survey Interview

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- **Face-to-face interview by trained interviewers.**
- **Data collection at 32 truck stops in 20 States. Conducted October through December 2010.**
- **1,670 drivers interviewed.**
  - **1,265 completed the full survey and 405 completed only a non-respondent questionnaire.**



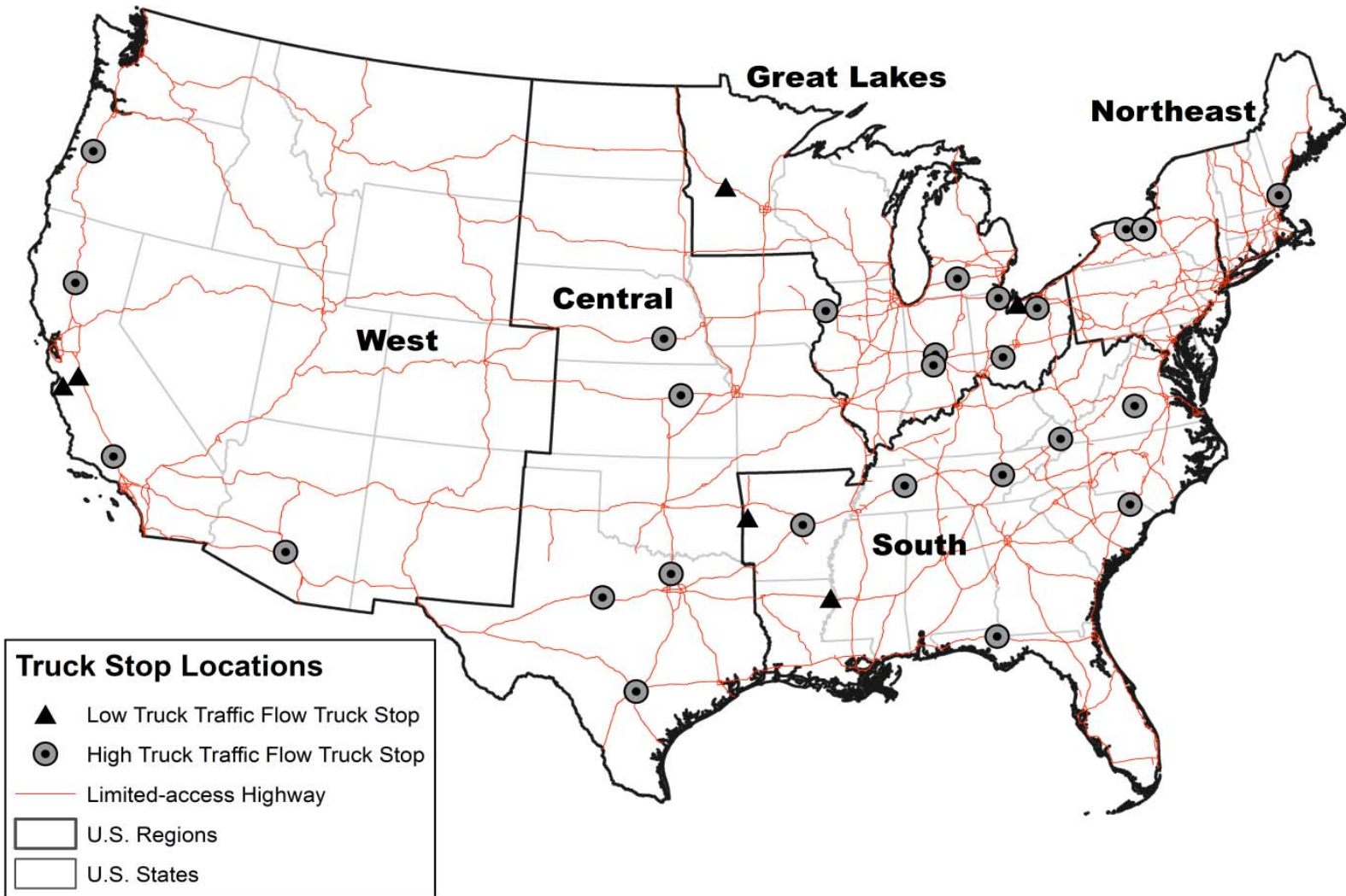
# Statistical Analysis of Survey Data

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- **Descriptive characteristics and prevalence estimates for health conditions and risk factors.**
- **Prevalence was sex- and age-adjusted to the 2010 U.S. employed population. Results were compared to those from working adults included in the 2010 National Health Interview Survey (NHIS).**
- **The NHIS is a national household, multistage probability sample survey conducted annually by the National Center for Health Statistics (NCHS).**



# Truck Stop Locations



# Demographics (1)

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Description	Weighted National Estimate*
Male	94%
Female	6%
Age Range: 20-29 years	5%
Age Range: 30-39 years	17%
Age Range: 40-49 years	33%
Age Range: 50-59 years	29%
Age Range: 60-69 years	15%
Age Range: 70-80 years	1%

\* Weighted national estimates using 1,265 survey responses.

# Demographics (2)

Description	Weighted National Estimate*
Hispanic or Latino	9%
White	74%
African American	17%
Other or multiple race	7%
Unknown	3%

\* Weighted national estimates using 1,265 survey responses.

# Employment (1)

Description	Weighted National Estimate*
Mean number of years as a long-haul truck driver	16.4
Employment: Company Employee	65%
Employment: Owner-operator	35%
<b>Type of company working or contractor for:</b> For-hire	90%
<b>Type of company working or contractor for:</b> Private carriage	8%
<b>Type of company working or contractor for:</b> Both for-hire and private	1%
<b>Type of company working or contractor for:</b> Don't know/refused/missing	0.5%

\* Weighted national estimates using 1,265 survey responses.

# Employment (2)

Description	Weighted National Estimate*
<b>Type of freight shipment on current trip:</b> Less than truckload freight	16%
<b>Type of freight shipment on current trip:</b> Truckload freight	75%
<b>Type of freight shipment on current trip:</b> Unknown/refused/missing	9%
<b>Methods of work compensation:</b> By-the-mile	66%
<b>Methods of work compensation:</b> Percentage of revenue	20%
<b>Methods of work compensation:</b> By-the-load	10%
<b>Methods of work compensation:</b> By-the-hour	3%
<b>Methods of work compensation:</b> Salaried	1%

\* Weighted national estimates using 1,265 survey responses.

# Work and Driving Practices

Description	Weighted National Estimate*
Mean number of hours worked in the last 7 days	61
<b>Driving practice on trip:</b> Driving alone	78%
<b>Driving practice on trip:</b> Driving with others	22%
Driving with second job	2%
Drivers with union membership	3%
0 days slept at home in the last 30 days	18
1-6 days slept at home in the last 30 days	45
7 or more days slept at home in the last 30 days	37

\* Weighted national estimates using 1,265 survey responses.



# Findings of Concern

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Compared to the national working population, we found that for long-haul truck drivers:

- Prevalence of obesity is twice as high (69% vs. 31%).
- Prevalence of morbid obesity is twice as high (17% vs. 7%).
- Prevalence of current cigarette smoking is more than double (51% vs. 19%).
- Prevalence of self-reported diabetes is elevated (14% vs. 7%).
- Over twice as many drivers are not covered by health insurance or a health care plan (38% vs. 17%).
- A lower percentage of drivers perceived their health status as excellent, very good, or good (84% vs. 94%).

# Self-Reported Risk Factors

Risk Factor Reported	Truck Driver National Prevalence*	2010 NHIS National Prevalence*
Hypertension	26%	24%
High cholesterol	22%	Unavailable
<ul style="list-style-type: none"> <li>▪ BMI: Normal (<math>20 \leq \text{BMI} &lt; 25</math>)</li> </ul>	8% <sup>†</sup>	30%
<ul style="list-style-type: none"> <li>▪ BMI: Overweight (<math>25 \leq \text{BMI} &lt; 30</math>)</li> </ul>	23% <sup>†</sup>	35%
<ul style="list-style-type: none"> <li>▪ BMI: Obese (<math>\text{BMI} \geq 30</math>)</li> </ul>	69% <sup>†</sup>	31%
<ul style="list-style-type: none"> <li>▪ BMI: Morbid obesity (<math>\text{BMI} \geq 40</math>)</li> </ul>	17% <sup>†</sup>	7%
No physical activity for 30 minutes	27%	Unavailable
Current cigarette smoker	51% <sup>†</sup>	19%
<ul style="list-style-type: none"> <li>▪ Average: 6 hours or less sleep in 24 hours</li> </ul>	27%	30%
<ul style="list-style-type: none"> <li>▪ Average: 6–8 hours of sleep in 24 hours</li> </ul>	51% <sup>†</sup>	64%
<ul style="list-style-type: none"> <li>▪ Average: More than 8 hours of sleep in 24 hours</li> </ul>	22%*	5%

\* Estimates are weighted and sex- and age-adjusted to 2010 population

<sup>†</sup> P < 0.01





# Hypertension, Smoking, and Obesity

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<b>Number of Risk Factors Reported (Hypertension, Smoking, Obesity)</b>	<b>Truck Driver National Prevalence*</b>	<b>2010 NHIS National Prevalence*</b>
1 or more risk factor	88%	54%
All 3 risk factors	9%	2%

\* Estimates are weighted and sex- and age-adjusted to 2010 working population

# Self-Reported Health Conditions

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Self-Report Health Condition	Truck Driver National Prevalence*	2010 NHIS National Prevalence*
Heart Disease	4%†	7%
Diabetes	14%†	7%

\* Estimates are weighted and sex- and age-adjusted to 2010 population

† P < 0.01

# Self-Reported Health Care Coverage

Self-Report Health Care Coverage	National Prevalence* per Truck Drivers	National Prevalence* per 2010 NHIS
Perceived Health: Excellent, Very Good, or Good	84%†	94%
Perceived Health: Fair or Poor	16%†	6%
Not Covered by Health Insurance or Health Care Plan	38%†	17%
Delayed/did not receive needed health care in 12 months	18%	10%
Did not receive flu shot in 12 months	80%†	67%

\* Estimates are weighted and sex- and age-adjusted to 2010 population

† P < 0.01

# Indices of Sleepiness Disturbance and Fatigue

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**Epworth Sleepiness Scale<sup>1</sup>:** Eight item scale to measure general level of daytime sleepiness. Responses are 'Would never doze' to 'High chance of dozing'.

**Multivariable Apnea Risk Index (MAP)<sup>2</sup>:** Index based on frequency of: loud snoring, breathing cessation, and snorting and gasping per week. Incorporates body mass index (BMI), age, and gender. Models probability of respiratory disturbances.

<sup>1</sup>© 1990-1997 MW Johns. Used under license.

<sup>2</sup> Maislin et al [1995].

# Sleepiness Disturbance (Preliminary)

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Screening Index	Mean Index Value Cutpoint	Drivers Above Cutpoint
Epworth Sleepiness Scale*	9	15%
Multivariate Apnea Risk Index†	0.47	38%

\* ©1990-97 MW Johns. Used under license.

† Maislin et al. [1995], Pack et al. [2001].

# Highway Safety Outcomes

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Occurrence	Weighted National Estimate*
<b>Near miss in the past 7 days:</b> At least one near miss	24%
<b>Near miss in the past 7 days:</b> Two or more near misses	12%
<b>Nodding off/falling asleep/drowsiness:</b> Drivers who have nodded off or fallen asleep while driving	34%
<b>Nodding off/falling asleep/drowsiness:</b> Drivers feeling very drowsy almost every day driving	7%

\* Weighted national estimates using 1,265 survey responses.

# Highway Safety Outcomes

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Description	Weighted National Estimate*
<b>Ever had DOT-reportable truck crashes:</b> At least one DOT reportable crash	35%
<b>Ever had DOT-reportable truck crashes:</b> Two or more DOT reportable crashes	12%
<b>Truck crash injury:</b> Injured in most recent crash	15%
<b>Moving violations in the past 12 months:</b> At least one moving violation in the last 12 months	17%
<b>Moving violations in the past 12 months:</b> At least two or more moving violations in the last 12 months	5%

\* Weighted national estimates using 1,265 survey responses.

# Strengths and Limitations

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## Strengths:

- Nationally representative population-based sample.
- National prevalence estimates of illness and injury.
- Methodology designed for hard-to-reach, mobile workers.
- Standardized questions used.
- Non-response bias assessed.

## Limitations:

- Cross-sectional design.
- Self-reported data is subject to recall and interviewer bias.



# Continuing Research

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Other research suggested by survey results:

- Dissemination of safety and health information to truck drivers and managers.
- Longitudinal studies of truck drivers.
- Workers compensation analyses.
- Owner-operators as a group.
- Sleep apnea, fatigue.
- Age and driving.
- Public health burden.

# NIOSH Topic Pages and Information Resources

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# NIOSH Information Sources

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## **NIOSH Internet Site**

<http://www.cdc.gov/niosh/>

## **National Occupational Research Agenda (NORA)**

<http://www.cdc.gov/NIOSH/NORA/>

## **Transportation, Warehousing, and Utilities Sector**

<http://www.cdc.gov/niosh/nora/sectors/twu/>

## **Motor Vehicle Safety**

<http://www.cdc.gov/niosh/motorvehicle/>

## **Traumatic Occupational Injuries**

<http://www.cdc.gov/niosh/injury/>



# NIOSH Topic Pages

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**Truck Driver Safety and Health**

<http://www.cdc.gov/niosh/topics/truck/>

**Motor Vehicle Safety**

<http://www.cdc.gov/niosh/topics/ncmvs/default.html>

**National Occupational Mortality Surveillance (NOMS)**

<http://www.cdc.gov/niosh/topics/NOMS/>

**Silica**

<http://www.cdc.gov/niosh/topics/silica/SILICA>

**Noise and Hearing Loss Prevention**

<http://www.cdc.gov/niosh/topics/noise/>

**Nanotechnology**

<http://www.cdc.gov/niosh/topics/nanotech/>

**EMF (Electric and magnetic fields)**

<http://www.cdc.gov/niosh/topics/emf/>

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