

Presentation Title	Place in Schedule
Integrated Health Protection and Promotion Programs for Truck Drivers in BC, Canada	Concurrent Session 4.4 <i>Day 3 – Thursday</i> <i>May 10th, 2018</i> <i>1:15 – 2:30pm</i>
Description of Presentation	Presenter Name(s) And Credentials
<p>It has been recognized that effective workplace programs for improving worker health, safety and well-being must address the work environment, work organization and individual health-related behaviors. Truck drivers are exposed to physical and chemical hazards as well as working conditions that make it difficult for them to adopt a healthy lifestyle. Truck drivers, because of their high rates of chronic disease along with high rates of injury and fatality, have been identified by a number of agencies as a vulnerable population. Thus, they are an occupational group that is well suited to a total worker health approach in which practices that integrate both health protection and health promotion are likely to be effective and have impact.</p> <p>In the province of British Columbia, we are collaborating with SafetyDriven (an organization funded by the provincial workers compensation agency to promote health and safety in the transportation industry) to collect data on current truck driver health, safety and wellness (HS&W) programs, as well as policies and other HS&W practices in freight transportation companies. We have developed a survey that is based on the work by the Transit Cooperative Research Program and collects data on HS&W programs and program elements that may improve the health and well-being of truck drivers. By examining the types and prevalence of both health promotion and health protection activities in the sector we will be able to identify gaps and opportunities to encourage the targeted uptake of best practices in integrated health protection and promotion programs.</p> <p>Although we are at the initial stages of data collection our preliminary findings indicate that response</p>	Philip Bigelow, PhD <i>Associate Professor</i>

rates from large and medium-sized transportation companies will be acceptable and we will have a sufficient sample size for the planned data analysis. The focus of the data analysis will be on the prevalence of companies offering programs, how the elements within the programs compare to elements of the NIOSH Total Worker Health Program, and addressing research questions pertaining to the characteristics of companies who report implementing comprehensive programs and what motivates companies to adopt programs to improve the health of long haul drivers.

Findings from the study will identify what HS&W programs and resources are available to truck drivers in the province and what are the facilitators and barriers to companies in their adoption. Our research team will be working with SafetyDriven and other stakeholders in the transportation industry to identify best practice HS&W programs available to drivers. Knowledge translation activities will include using social media and other avenues to promote the development and adoption of best practices in HS&W in the industry. By encouraging the adoption of effective HS&W programs across the transportation, truck drivers will gain access to needed programs and resources that will improve the health, safety and wellbeing.