

Driver Safety Letter

presented by



Improving Driver Safety and Health

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Did you know that truck drivers are more than twice as likely to develop type 2 diabetes as the general population? Everyone knows that health is a big issue for truck drivers, and it can affect the safety of truck drivers and other drivers on the road. Diabetes is particularly difficult, as it not only threatens the health and safety of drivers but also the very work they do through CDL requirements! With the long hours on the road and limited access to home-cooked meals, it can be a lot to try to overcome on your own. **Fortunately, you don't have to!**

The Center for Disease Control is offering a free and confidential program for a limited set of drivers to improve their health and reduce their risk of developing diabetes. Partnering with the American Association of Diabetes Educators, Omada Health, and the Healthy Trucking Association of America, the program provides you with engaging lessons, support from a virtual health coach, and motivation from other participants to help you be successful in your journey. All for free! And because it is all online, truckers have found it easy to access while on the road or at home. To learn more, text HTAA to 444999 or go to: <https://go.omadahealth.com/htaa>

Over 100,000 people have participated in Omada's online Diabetes Prevention Program and have seen significant results:

- Average participant reduces their risk of diabetes by 30%
- Average participant loses 4-5% of their body weight
- Average participant keeps off most of that weight loss after two years
- Average participant reduces their risk of stroke by 16%
- Average participant reduces their risk of heart disease by 13%

Drivers in this program are already seeing their health improve after only a couple of weeks. There are precautions that people with diabetes should take to ensure they are safe behind the wheel.

- Always check your blood glucose before you get behind the wheel and at regular intervals during long drives.
- Always carry your blood glucose meter and plenty of snacks — including a quick-acting source of sugar — with you when you drive.
- Pull over as soon as you feel any of the signs of low blood glucose (hypoglycemia), and check your blood glucose level.
- If your blood glucose is low, eat a snack that contains a fast-acting sugar source such as juice, non-diet soda, hard candy, or glucose tablets. Wait 15 minutes and check your blood glucose again to make sure it's at your target range before you resume driving.
- If you experience hypoglycemia unawareness, stop driving and consult your health care provider. Do not resume driving until awareness has been reestablished.
- Get regular eye exams for early detection of diabetes-related vision problems that can affect your driving ability.

The NPTC Monthly Driver Safety Letter, jointly sponsored by NPTC and [CPC Logistics, Inc.](http://CPCLogistics.com), is a Microsoft Word document that you can print out and post as is, if appropriate, or modify any way you wish to make it a better fit for your drivers, including adding your company logo. If you are already doing an in-house letter, you may find information here that you can cut and paste into your own letter. If you are interested in specific subjects, or have any comments/feedback, contact Tom Moore, CTP, at tmoores@nptc.org or (703)838-8898.