

Appendix

Appendix One: Summary of All Survey Respondents

For questions 1–14, please indicate the level of concern you have about your health in each area by circling the appropriate number (e.g., 1=almost never a concern; 5=almost always a concern).

| Question | Mean Response | Almost Never | | | Almost Always | | |
|-----------------------|---------------|--------------|-------|-------|---------------|-------|---|
| | | A | B | C | A | B | C |
| 1 Weight | 3.54 | 1(10) | 2(10) | 3(25) | 4(25) | 5(29) | |
| 2 Heart disease | 3.33 | 1(15) | 2(13) | 3(24) | 4(19) | 5(29) | |
| 3 Cancer | 3.23 | 1(15) | 2(16) | 3(25) | 4(18) | 5(26) | |
| 4 Poor diet | 3.51 | 1(10) | 2(10) | 3(26) | 4(26) | 5(28) | |
| 5 Lack of exercise | 3.71 | 1(7) | 2(12) | 3(20) | 4(20) | 5(26) | |
| 6 High blood pressure | 3.12 | 1(22) | 2(14) | 3(20) | 4(17) | 5(27) | |
| 7 Lack of family time | 3.98 | 1(6) | 2(9) | 3(14) | 4(20) | 5(50) | |
| 8 Lack of sleep | 3.40 | 1(12) | 2(14) | 3(25) | 4(22) | 5(28) | |
| 9 Diabetes | 2.46 | 1(40) | 2(17) | 3(15) | 4(12) | 5(16) | |
| 10 Tobacco use | 2.22 | 1(56) | 2(9) | 3(10) | 4(9) | 5(17) | |
| 11 Drug/alcohol use | 1.63 | 1(75) | 2(9) | 3(3) | 4(3) | 5(10) | |
| 12 Back/neck injuries | 3.02 | 1(23) | 2(14) | 3(25) | 4(15) | 5(23) | |
| 13 Stress | 3.48 | 1(12) | 2(11) | 3(23) | 4(23) | 5(30) | |
| 14 Fatigue | 3.52 | 1(9) | 2(14) | 3(21) | 4(26) | 5(29) | |

15 How would you rate your own health?

7.14 (Mean Response)

| Very Poor | | (Percent Response) | | | | | | Excellent | |
|-----------|------|--------------------|------|-------|-------|-------|-------|-----------|-------|
| 1 (0) | 2(0) | 3(2) | 4(3) | 5(12) | 6(13) | 7(23) | 8(31) | 9(9) | 10(8) |

For questions 16–27, please indicate your level of agreement with the following health statements by circling the appropriate number. Note: 1=Strongly disagree, 5=Strongly agree.

| Question | Mean Response | Strongly Disagree | | | Strongly Agree | | |
|--|---------------|-------------------|-------|-------|----------------|-------|---|
| | | A | B | C | A | B | C |
| 16 I feel that I am in better health than I was one year ago. | 3.12 | 1(11) | 2(15) | 3(39) | 4(19) | 5(15) | |
| 17 I do not manage my stress well. | 2.71 | 1(21) | 2(26) | 3(24) | 4(17) | 5(11) | |
| 18 I feel I have control over my own health. | 3.58 | 1(5) | 2(10) | 3(32) | 4(26) | 5(27) | |
| 19 My family is an important reason for being healthy. | 4.36 | 1(3) | 2(3) | 3(12) | 4(19) | 5(62) | |
| 20 Remaining healthy today will help me enjoy retirement years. | 4.67 | 1(2) | 2(1) | 3(5) | 4(14) | 5(78) | |
| 21 I do not feel that my life has meaning and value. | 1.84 | 1(66) | 2(10) | 3(8) | 4(6) | 5(10) | |
| 22 Being able to work is an important reason for being healthy. | 4.26 | 1(3) | 2(4) | 3(13) | 4(23) | 5(57) | |
| 23 Doing well at my job is an important reason for being healthy. | 4.30 | 1(3) | 2(2) | 3(13) | 4(24) | 5(57) | |
| 24 I eat healthy on a regular basis (i.e., at least five days per week). | 3.00 | 1(15) | 2(21) | 3(29) | 4(17) | 5(17) | |
| 25 I exercise on a regular basis (i.e., at least three days per week). | 2.42 | 1(32) | 2(27) | 3(20) | 4(10) | 5(11) | |
| 26 I believe I am responsible for my own health. | 4.47 | 1(2) | 2(2) | 3(11) | 4(19) | 5(66) | |
| 27 Having energy to do what I want is important for being healthy. | 4.59 | 1(1) | 2(1) | 3(5) | 4(26) | 5(68) | |

28 How would you rate the general health of the average driver in your profession?

| | | | | | | | | | |
|-----------|---------------------|-------|-------|-------|-----------|-------|------|------|-------|
| Very Poor | Mean Response: 5.11 | | | | Excellent | | | | |
| 1(3) | 2(4) | 3(16) | 4(18) | 5(20) | 6(15) | 7(11) | 8(8) | 9(3) | 10(1) |

For each of the following questions, circle which one of the following statements best describes your situation. NOTE, PLEASE CIRCLE ONLY ONE.

29 With regard to my *eating*:

- a (2) I eat whatever I want without regard to my health, and have no intention of changing.
- b (27) I believe I should eat healthier, but I don't know how or have not made it a priority.
- c (56) I am trying to eat healthier.
- d (15) I eat healthy and have been for six months or more.

30 With regard to my *activity and exercise*:

- a (2) I am not active and do not exercise and have no intention of changing.
- b (51) I believe I should be more active and exercise, but I don't know how or have not made it a priority.
- c (32) I am trying to be more active and exercise at least 3 times per week.
- d (15) I am active and exercise at least 3 times per week and have for six months or more.

31 With regard to how I *manage stress*:

- a (2) It's not important for me to manage my stress and I have no intention of changing.
- b (24) I believe I should manage my stress, but I don't know how or have not made it a priority.
- c (38) I am trying different methods to manage my stress.
- d (37) I know how to relax and manage my stress and have for six months or more.

32 With regard to *personal finances*:

- a (1) I spend money without regard to my financial status and have no intention of changing.
- b (7) I believe I should better manage my finances, but I don't know how or have not made it a priority.
- c (36) I am trying to better manage my finances.
- d (55) I am managing my personal finances within my means and have for six months or more.

33 With regard to my own *health care*:

- a (4) I ignore my health problems, hope the symptoms go away, or depend on my doctor when I get sick and have no intention of changing.
- b (20) I believe I should learn more about taking care of my health, but don't know how/not made it a priority
- c (42) I am trying to learn more about managing my own health care.
- d (34) I see myself as the primary provider of my own health care, working in partnership with my doctor and have for six months or more.

34 With regard to *sleep*:

- a (4) I do not get enough sleep and have no intention of changing.
- b (18) I believe I should improve my sleep habits, but I don't know how or have not made it a priority.
- c (42) I am trying to improve my sleep habits.
- d (35) I am getting enough sleep so that I am not tired during the day, and have for six months or more.

35 With regard to my *tobacco use*:

- a (8) I use tobacco products and have no intention of changing.
- b (21) I believe I should stop using tobacco, but I don't know how or have not made it a priority.
- c (16) I am trying to stop using tobacco products.
- d (55) I do not use tobacco products and have not for six months or more.

36 With regard to my *personal relationships*:

- a (2) I do what I want without regard to the effect on my personal relationships and have no intention of changing.
- b (9) I believe I should improve my relationships, but I don't know how or have not made it a priority.
- c (28) I am trying to improve my relationships.
- d (60) I have several very good relationships which I have maintained for six months or more.

37 With regard to my *work*:

- a (3) My work is not enjoyable or fulfilling and I have no intention of changing it.
- b (18) I believe my work should be more fulfilling and enjoyable, but I don't know how to change it.
- c (33) I am trying to improve the fulfillment and enjoyment I receive from my work.
- d (46) I enjoy and feel fulfilled by my work, and it has been this way for six months or more.

38 With regard to my *interests and hobbies*:

- a (4) I do not have many interests and hobbies, and have no intention of changing.
- b (16) I believe I should increase my interests and hobbies, but I don't know how or have not made it a priority.
- c (30) I am trying to increase my interests and my hobbies in life.
- d (50) I have many interests and hobbies in life and have been aware of these for six months or more.

39 With regard to my use of *controlled substances* (i.e.: illegal drugs):

- a (1) I use controlled substances and I have no intention of changing.
- b (0) I believe I should stop using controlled substances, but I don't know how/not made it a priority.
- c (0) I am trying to stop using controlled substances.
- d (99) I do not use controlled substances and have not for six months or more.

40 With regard to my use of *alcohol*:

- a (1) I use alcohol excessively and have no intention of changing.
- b (2) I believe I should decrease my intake of alcohol to no more than 2 drinks per day, but I don't know how or have not made it a priority.
- c (4) I am trying to decrease my alcohol intake to 2 drinks per day or less.
- d (93) I consume less than 2 alcoholic drinks per day, and have for six months or more.

41 My weight is: **Mean response: 2.96**

- a (3) 10 pounds or more under a healthy level.
- b (35) within 10 pounds of a healthy level.
- c (36) 10–25 pounds over a healthy level.
- d (15) 26–50 pounds over a healthy level.
- e (11) more than 50 pounds over a healthy level.
- f (0) I don't know my weight.

42 My blood pressure is: **Mean response: 2.48**

- a (35) less than or equal to 120/80 mmHg.
- b (27) 121/81–140/85 mmHg.
- c (15) 141/86–160/90 mmHg.
- d (2) greater than 160/90 mmHg.
- e (21) I don't know my blood pressure.

43 My total blood cholesterol level is: **Mean response: 2.80**

- a (26) less than or equal to 200 mg%.
- b (19) 201–240mg%.
- c (4.5) greater than 240 mg%.
- d (50) I don't know my blood cholesterol level.

44 A higher blood pressure is a risk factor for: (Circle all that apply) **72% answered only a&d**

- a (n=369) *Heart disease.
- b (n=44) Cancer.
- c (n=125) Diabetes.
- d (n=393) *Stroke.
- e (n=33) Arthritis.

45 A fish fillet sandwich from a fast-food restaurant is a healthy choice menu option.

- (24.6) True (75.4) *False

Some of us eat healthy, some of us do not. For Questions 46–52, we would like you to tell us information about why and how you eat by circling the appropriate number. Note: 1= almost never; 5=almost always.

| Question | Mean Response | Almost | | | | |
|---|---------------|--------|-------|-------|--------|--------|
| | | Never | (%) | Resp. | Always | Always |
| 46 I can find healthy food choices where I eat. | 3.15 | 1(11) | 2(17) | 3(33) | 4(21) | 5(17) |
| 47 I have enough time to eat healthy. | 2.98 | 1(16) | 2(20) | 3(29) | 4(18) | 5(16) |
| 48 My spouse/partner cooks healthy. | 3.83 | 1(7) | 2(5) | 3(22) | 4(29) | 5(37) |
| 49 I know how to eat healthy. | 3.95 | 1(3) | 2(7) | 3(18) | 4(35) | 5(36) |
| 50 I eat at fast food restaurants. | 2.84 | 1(16) | 2(23) | 3(32) | 4(21) | 5(9) |
| 51 I carry healthy food with me. | 2.83 | 1(24) | 2(18) | 3(26) | 4(18) | 5(15) |
| 52 I carry unhealthy food with me. | 2.41 | 1(31) | 2(21) | 3(30) | 4(13) | 5(6) |
| 53 I eat at truck stops. | 3.03 | 1(20) | 2(13) | 3(26) | 4(24) | 5(17) |
| 54 I eat only one meal per day. | 2.59 | 1(32) | 2(18) | 3(23) | 4(14) | 5(13) |

55 List the foods you ate for your last meal on the road. _____

A variety of wellness programs will be developed to help you with information and assistance to live a healthier life.

56 Would you participate in a program if it was offered?

- (41)Yes (10)No (49)Maybe

57 If you answered no, why not? _____

58 Would your family participate in a program if offered to them?

- (32)Yes (12)No (56)Maybe

59 If you answered no, why not? _____

60 Please indicate which of the following methods would be ways that you would like to receive information and assistance. (Circle all that apply).

- | | |
|---|--|
| a (n=197-44%) Audio tapes | b (n=231-52%) Newsletters, pamphlets |
| c (n=204-46%) Video | d (n=49-11%) Computer-disc |
| e (n=85-19%) Workbook | f (n=49-11%) Classes or seminars |
| g (n=132-29%) Information at truckstops | h (n=54-12%) One-on-one personalized counseling at terminal |
| i (n=35-8%) One-on-one counseling by phone | j (n=39-9%) One-on-one personalized counseling at truckstops |
| k (n=196-44%) Health screening clinics (e.g., Blood pressure, cholesterol, body fat, fitness testing) | l (n=40-9%) Support groups |
| m (n=25-6%) Contests | n (n=31-7%) None of these appeal to me |
| o Other _____ | |

61 Who is a role model you admire and look up to? _____

62 My age is: **(Mean response = 3.08)**

- a (6.7%) less than 30 years.
- b (22.6%) 30–40 years.
- c (35.4%) 41–50 years.
- d (26.6%) 51–60 years.
- e (8.7%) greater than 60 years.

- 63 My gender is:
a (95.5%) male
b (4.5%) female

- 64 My type of driving job is *primarily*: (Note circle only one)
a (22.8%) local short-haul (e.g., I do not go beyond a 100 air-mile radius from the terminal).
b (12.8%) long haul less-than-truckload.
c (57.6%) long haul truckload.
d (6.8%) motorcoach.

- 65 I have been driving for: **Mean response = 3.93**
a (2.2%) less than one-year.
b (14.7%) 1–5 years.
c (15.8%) 6–10 years.
d (22.4%) 11–20 years.
e (44.9%) more than 20 years.

- 66 I am:
a (77.2%) a company driver.
b (21.5%) an owner-operator.
c (1.3%) a leased employee.

- 67 The company I work for has:
a (1.2%) one driver.
b (9.9%) 2–10 drivers.
c (17.4%) 11–49 drivers.
d (71.5%) 50 or more drivers.

68 If you were designing a truck and bus driver wellness program, what would you be sure to do? _____

69 What would you be sure not to do? _____

Appendix Two: Summary of “Healthy Driver” Survey Respondents

For questions 1–14, please indicate the level of concern you have about your health in each area by circling the appropriate number (e.g., 1=almost never a concern; 5=almost always a concern).

| Question | Mean Response | Almost Never | | | Almost Always | | |
|-----------------------|---------------|--------------|-------|-------|---------------|-------|---|
| | | A | B | C | A | B | C |
| 1 Weight | 3.26 | 1(24) | 2(12) | 3(10) | 4(24) | 5(31) | |
| 2 Heart disease | 3.45 | 1(22) | 2(10) | 3(12) | 4(17) | 5(41) | |
| 3 Cancer | 3.24 | 1(22) | 2(14) | 3(14) | 4(19) | 5(31) | |
| 4 Poor diet | 3.10 | 1(31) | 2(5) | 3(14) | 4(24) | 5(26) | |
| 5 Lack of exercise | 3.26 | 1(19) | 2(17) | 3(12) | 4(24) | 5(28) | |
| 6 High blood pressure | 3.07 | 1(32) | 2(10) | 3(7) | 4(22) | 5(30) | |
| 7 Lack of family time | 3.71 | 1(14) | 2(7) | 3(17) | 4(17) | 5(45) | |
| 8 Lack of sleep | 2.98 | 1(24) | 2(12) | 3(27) | 4(15) | 5(22) | |
| 9 Diabetes | 2.43 | 1(45) | 2(17) | 3(7) | 4(12) | 5(19) | |
| 10 Tobacco use | 2.45 | 1(55) | 2(5) | 3(7) | 4(7) | 5(26) | |
| 11 Drug/alcohol use | 1.81 | 1(76) | 2(2) | (2) | 4(5) | 5(15) | |
| 12 Back/neck injuries | 2.81 | 1(36) | 2(5) | 3(24) | 4(14) | 5(21) | |
| 13 Stress | 3.12 | 1(24) | 2(7) | 3(29) | 4(14) | 5(26) | |
| 14 Fatigue | 2.93 | 1(26) | 2(14) | 3(19) | 4(21) | 5(19) | |

15 How would you rate your own health? 8.81 (Mean Response)

| Very Poor | | (Percent Response) | | | | | | Excellent | |
|-----------|-----|--------------------|-----|-----|-----|-----|-------|-----------|--------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| (0) | (0) | (0) | (0) | (0) | (0) | (0) | 8(55) | 9(10) | 10(36) |

For questions 16–27, please indicate your level of agreement with the following health statements by circling the appropriate number. Note: 1=Strongly disagree, 5=Strongly agree.

| Question | Mean Response | Strongly Disagree | | | Strongly Agree | | |
|--|---------------|-------------------|-------|-------|----------------|-------|--|
| | | 1 | 2 | 3 | 4 | 5 | |
| 16 I feel that I am in better health than I was one year ago. | 4.52 | 1(0) | 2(0) | 3(0) | 4(48) | 5(52) | |
| 17 I do not manage my stress well. | 2.00 | 1(50) | 2(21) | 3(12) | 4(12) | 5(5) | |
| 18 I feel I have control over my own health. | 4.67 | 1(0) | 2(0) | 3(0) | 4(33) | 5(67) | |
| 19 My family is an important reason for being healthy. | 4.55 | 1(5) | 2(0) | 3(5) | 4(17) | 5(74) | |
| 20 Remaining healthy today will help me enjoy retirement years. | 4.90 | 1(0) | 2(0) | 3(2) | 4(5) | 5(93) | |
| 21 I do not feel that my life has meaning and value. | 1.29 | 1(88) | 2(5) | 3(0) | 4(5) | 5(2) | |
| 22 Being able to work is an important reason for being healthy. | 4.60 | 1(5) | 2(0) | 3(2) | 4(17) | 5(76) | |
| 23 Doing well at my job is an important reason for being healthy. | 4.64 | 1(5) | 2(0) | 3(5) | 4(7) | 5(83) | |
| 24 I eat healthy on a regular basis (i.e., at least five days per week). | 3.91 | 1(2) | 2(7) | 3(26) | 4(26) | 5(38) | |
| 25 I exercise on a regular basis (i.e., at least three days per week). | 3.74 | 1(2) | 2(17) | 3(21) | 4(24) | 5(36) | |
| 26 I believe I am responsible for my own health. | 4.95 | 1(0) | 2(0) | 3(0) | 4(5) | 5(95) | |
| 27 Having energy to do what I want is important for being healthy. | 4.93 | 1(0) | 2(0) | 3(0) | 4(7) | 5(93) | |

28 How would you rate the general health of the average driver in your profession?

| Very Poor | Mean Response: 5.52 | | | | | Excellent | | | |
|-----------|---------------------|-------|------|-------|-------|-----------|-------|------|-------|
| 1(5) | 2(2) | 3(19) | 4(7) | 5(19) | 6(12) | 7(10) | 8(17) | 9(5) | 10(5) |

For each of the following questions, circle which one of the following statements best describes your situation. NOTE, PLEASE CIRCLE ONLY ONE.

29 With regard to my *eating*:

- a (2) I eat whatever I want without regard to my health, and have no intention of changing.
- b (7) I believe I should eat healthier, but I don't know how or have not made it a priority.
- c (36) I am trying to eat healthier.
- d (55) I eat healthy and have been for six months or more.

30 With regard to my *activity and exercise*:

- a (0) I am not active and do not exercise and have no intention of changing.
- b (14) I believe I should be more active and exercise, but I don't know how or have not made it a priority.
- c (38) I am trying to be more active and exercise at least 3 times per week.
- d (48) I am active and exercise at least 3 times per week and have for six months or more.

31 With regard to how I *manage stress*:

- a (5) It's not important for me to manage my stress and I have no intention of changing.
- b (2) I believe I should manage my stress, but I don't know how or have not made it a priority.
- c (26) I am trying different methods to manage my stress.
- d (67) I know how to relax and manage my stress and have for six months or more.

32 With regard to *personal finances*:

- a (0) I spend money without regard to my financial status and have no intention of changing.
- b (0) I believe I should better manage my finances, but I don't know how or have not made it a priority.
- c (14) I am trying to better manage my finances.
- d (865) I am managing my personal finances within my means and have for six months or more.

33 With regard to my own *health care*:

- a (0) I ignore my health problems, hope the symptoms go away, or depend on my doctor when I get sick and have no intention of changing.
- b (5) I believe I should learn more about taking care of my health, but don't know how/not made it a priority
- c (29) I am trying to learn more about managing my own health care.
- d (66) I see myself as the primary provider of my own health care, working in partnership with my doctor and have for six months or more.

34 With regard to *sleep*:

- a (0) I do not get enough sleep and have no intention of changing.
- b (2) I believe I should improve my sleep habits, but I don't know how or have not made it a priority.
- c (45) I am trying to improve my sleep habits.
- d (52) I am getting enough sleep so that I am not tired during the day, and have for six months or more.

35 With regard to my *tobacco use*:

- a (5) I use tobacco products and have no intention of changing.
- b (12) I believe I should stop using tobacco, but I don't know how or have not made it a priority.
- c (21) I am trying to stop using tobacco products.
- d (62) I do not use tobacco products and have not for six months or more.

36 With regard to my *personal relationships*:

- a (0) I do what I want without regard to the effect on my personal relationships and have no intention of changing.
- b (0) I believe I should improve my relationships, but I don't know how or have not made it a priority.
- c (29) I am trying to improve my relationships.
- d (71) I have several very good relationships which I have maintained for six months or more.

37 With regard to my *work*:

- a (0) My work is not enjoyable or fulfilling and I have no intention of changing it.
- b (10) I believe my work should be more fulfilling and enjoyable, but I don't know how to change it.
- c (22) I am trying to improve the fulfillment and enjoyment I receive from my work.
- d (69) I enjoy and feel fulfilled by my work, and it has been this way for six months or more.

38 With regard to my *interests and hobbies*:

- a (0) I do not have many interests and hobbies, and have no intention of changing.
- b (17) I believe I should increase my interests and hobbies, but I don't know how or have not made it a priority.
- c (19) I am trying to increase my interests and my hobbies in life.
- d (64) I have many interests and hobbies in life and have been aware of these for six months or more.

39 With regard to my use of *controlled substances* (i.e.: illegal drugs):

- a (0) I use controlled substances and I have no intention of changing.
- b (0) I believe I should stop using controlled substances, but I don't know how/not made it a priority.
- c (0) I am trying to stop using controlled substances.
- d (100) I do not use controlled substances and have not for six months or more.

40 With regard to my use of *alcohol*:

- a (0) I use alcohol excessively and have no intention of changing.
- b (0) I believe I should decrease my intake of alcohol to no more than 2 drinks per day, but I don't know how or have not made it a priority.
- c (2) I am trying to decrease my alcohol intake to 2 drinks per day or less.
- d (98) I consume less than 2 alcoholic drinks per day, and have for six months or more.

41 My weight is: **Mean response: 2.00**

- a (0) 10 pounds or more under a healthy level.
- b (100) within 10 pounds of a healthy level.
- c (0) 10–25 pounds over a healthy level.
- d (0) 26–50 pounds over a healthy level.
- e (0) more than 50 pounds over a healthy level.
- f (0) I don't know my weight.

42 My blood pressure is: **Mean response: 2.14**

- a (41) less than or equal to 120/80 mmHg.
- b (32) 121/81–140/85 mmHg.
- c (12) 141/86–160/90 mmHg.
- d (0) greater than 160/90 mmHg.
- e (15) I don't know my blood pressure.

43 My total blood cholesterol level is: **Mean response: 2.43**

- a (39) less than or equal to 200 mg%.
- b (20) 201–240mg%.
- c (0) greater than 240 mg%.
- d (42) I don't know my blood cholesterol level.

44 A higher blood pressure is a risk factor for: (Circle all that apply) **83% answered only a&d**

- a (n=35) *Heart disease.
- b (n=0) Cancer.
- c (n=6) Diabetes.
- d (n=40) *Stroke.
- e (n=0) Arthritis.

45 A fish fillet sandwich from a fast-food restaurant is a healthy choice menu option.

- (20) True (81) *False *(Correct answer)

Some of us eat healthy, some of us do not. For Questions 46–52, we would like you to tell us information about why and how you eat by circling the appropriate number. Note: 1= almost never; 5=almost always.

| Question | Mean Response | Almost | | | Almost | |
|---|---------------|--------|-------|-------|--------|-------|
| | | Never | (%) | Resp. | Always | |
| 46 I can find healthy food choices where I eat. | 3.57 | 1(7) | 2(7) | 3(33) | 4(26) | 5(26) |
| 47 I have enough time to eat healthy. | 3.67 | 1(7) | 2(14) | 3(19) | 4(24) | 5(36) |
| 48 My spouse/partner cooks healthy. | 4.56 | 1(2) | 2(0) | 3(12) | 4(10) | 5(76) |
| 49 I know how to eat healthy. | 4.56 | 1(0) | 2(2) | 3(12) | 4(12) | 5(73) |
| 50 I eat at fast food restaurants. | 2.19 | 1(36) | 2(29) | 3(24) | 4(5) | 5(7) |
| 51 I carry healthy food with me. | 3.24 | 1(21) | 2(12) | 3(17) | 4(21) | 5(29) |
| 52 I carry unhealthy food with me. | 1.76 | 1(62) | 2(14) | 3(14) | 4(5) | 5(5) |
| 53 I eat at truck stops. | 2.69 | 1(36) | 2(7) | 3(26) | 4(14) | 5(17) |
| 54 I eat only one meal per day. | 2.14 | 1(55) | 2(10) | 3(10) | 4(19) | 5(7) |

55 List the foods you ate for your last meal on the road. _____

A variety of wellness programs will be developed to help you with information and assistance to live a healthier life.

56 Would you participate in a program if it was offered?

- (50)Yes (24)No (26)Maybe

57 If you answered no, why not? _____

58 Would your family participate in a program if offered to them?

- (36)Yes (21)No (43)Maybe

59 If you answered no, why not? _____

60 Please indicate which of the following methods would be ways that you would like to receive information and assistance. (Circle all that apply).

- | | |
|--|---|
| a (n=15-36%) Audio tapes | b (n=16-38%) Newsletters, pamphlets |
| c (n=17-41%) Video | d (n=4-10%) Computer-disc |
| e (n=9-22%) Workbook | f (n=5-13%) Classes or seminars |
| g (n=6-14%) Information at truckstops | h (n=2-5%) One-on-one personalized counseling at terminal |
| i (n=2-5%) One-on-one counseling by phone | j (n=1-2%) One-on-one personalized counseling at truckstops |
| k (n=16-38%) Health screening clinics (e.g., Blood pressure, cholesterol, body fat, fitness testing) | l (n=4-10%) Support groups |
| m (n=1-2%) Contests | n (n=6-15%) None of these appeal to me |
| o Other _____ | |

61 Who is a role model you admire and look up to? _____

62 My age is: **(Mean response = 3.52)**

- a (2.4%) less than 30 years.
- b (21.4%) 30–40 years.
- c (16.7%) 41–50 years.
- d (40.5%) 51–60 years.
- e (19.1%) greater than 60 years.

63 My gender is:

- a (100%) male
- b (0%) female

64 My type of driving job is *primarily*: (Note circle only one)

- a (21.4%) local short-haul (e.g., I do not go beyond a 100 air-mile radius from the terminal).
- b (23.8%) long haul less-than-truckload.
- c (42.9%) long haul truckload.
- d (11.9%) motorcoach.

65 I have been driving for: **Mean response = 4.38**

- a (2.4%) less than one-year.
- b (2.4%) 1–5 years.
- c (14.3%) 6–10 years.
- d (16.7%) 11–20 years.
- e (64.3%) more than 20 years.

66 I am:

- a (81.0%) a company driver.
- b (19.0%) an owner-operator.
- c (0%) a leased employee.

67 The company I work for has:

- a (2.4%) one driver.
- b (4.9%) 2–10 drivers.
- c (26.8%) 11–49 drivers.
- d (65.9%) 50 or more drivers.

68 If you were designing a truck and bus driver wellness program, what would you be sure to do? _____

69 What would you be sure not to do? _____

Appendix Three: Executive Interview Summary

1. What does your company do?

- Company one:** For-hire flatbed truckload fleet located in western Pennsylvania. Staff includes 125 headquarters and 700 trucks drivers. Transport metals, (ferrous and nonferrous), 55% owner-operators. 36 remote terminals
- Company two:** Private national refrigerated truckload fleet for a major cheese manufacturing company. Based in Rocky mountains, employs 350 truck drivers, with a total company staff of 425. All drivers are paid by mile.
- Company three:** Nation-wide for-hire refrigerated truck load carrier. Located in Northeastern, PA. Fleet consists of. 1300 total vehicles.
- Company four:** Regional for-hire truckload fleet that runs exclusively east of the Mississippi. Located in the Great Lakes states. Employs 100 drivers and 25 office staff/mechanics. Average length of haul: less than 500 miles/load
- Company five:** Regional refrigerated and agricultural for-hire truck fleet located in the Pacific Northwest. Employs 3 union drivers and 47 non-union drivers. Haul diversified agricultural products and operate 90 percent of the time within 11 western states
- Company six:** Specialized national for-hire motor carrier located in the upper mid-west. Fleet is comprised of 100 independent owner operators and 25 additional company drivers and office staff. Philosophy, “we care about you”, open door policy
- Company seven:** Regional for-hire “wood chip” carrier located in the Pacific Northwest. Primarily hauls products from saw mills to wood mills. Length of haul is approximately 200 miles. Operate 50 trucks with 80 employees. Timber industry
- Company eight:** Less than truck load, regional regular route for-hire carrier located in the Pacific Northwest. Employs 225 union drivers. Fleet comprised of 205 tractors and 614 trailers
- Company nine:** For-hire liquid transporter based in the Upper Great Lakes. Fleet is comprised of 395 tractors, 608 trailers and employs 700 truck drivers and 65 corporate staff.
- Company ten:** For-hire national truckload carrier located in the Western Great Plains. Primarily haul general commodities within all 48 states. Commodities hauled include auto parts and household goods. Average length of haul:

over 750 miles. Established in 1969, this company currently operates a fleet of 192 tractors, 414 trailers and employs 180 truck drivers. All drivers are paid by the mile.

2. What are the greatest challenges facing your industry today?

- Company One: Getting qualified, safe drivers- Government regulations
- Company Two: Smoking risks- nutrition- not enough exercise- driver retention
- Company Three: Adequate driver staff
- Company Four: Driver hiring and retention- Poor treatment of drivers by shippers and receivers
- Company Five: Driver retention- good, qualified drivers- being able to keep them happy, traffic is hard, it is not an easy job.
- Company Six: Explosion of government regulations- anti industry- retraining and acquiring quality people.
- Company Seven: Driver retention- hauling rates
- Company Eight: Organized labor- Size and weight laws, taxes- regulatory activity related to OSHA
- Company Nine: Driver shortages
- Company Ten: Finding and retaining quality drivers

3. Where does the importance of employee health and health care costs fall in your list of priorities for you company?

- Company One: Pretty decent- presidents idea image of drivers is important
- Company Two: Not a priority because it is not a direct cost to me (non union)
- Company Three: High priority (non union)
- Company Four: No response
- Company Five: Health care is major- medical \$-2% gross revenue, \$15,000/mo = \$3200/emp/yr- workman's comp = \$2.40/hr \$5,000
- Company Six: Employees provide a vast amount of the benefits
- Company Seven: Health care money and absenteeism are very important
- Company Eight: Significant- industrial compensation, worker lost time(work days)
- Company Nine: Very high issue
- Company Ten: Fairly high, major expense, no insurance

4. Does your company have a wellness program?: Why? Why not?

- Company One: Yes, there are facilities and health retreats. CEO is in shape and athletic and wants to change the image of the drivers. Calling card 30 min/mo program for driver appreciation, driver liaison, highway angels.
- Company Two: A little information. Human Resources thinks it will be too expensive to run fitness facilities

Company Three: No
 Company Four: No. Have nicotine patch and smoking cessation. Problem is the drivers not having enough time.
 Company Five: No. Too hard to set up
 Company Six: Not currently
 Company Seven: No
 Company Eight: Yes. HR believes it contributes to good employee/management relations. EAP- flu shots, safety management programs, drug testing. Union company- unions goals are not aligned with the companies.
 Company Nine: Yes, 2 years, recently the emphasis is on drivers. There have been five deaths due to circulatory in one quarter, more for drivers (always for all) Drivers are the least healthy group. Cuts down on health care costs. Problems- opened fitness center and ~ 20 people used it. Has Nautilus, steppers, 2 treadmills, free weights, bikes. Available to 150 people
 Company Ten: Currently trying to implement program with health care provider. Some meetings with drivers. We can control worker's comp etc. with training. Would like a wellness program to try to get a handle on rising costs. So much of the costs are family related.

5. If you have a wellness program, how would you rate its effectiveness (scale 1-10)? Why?

Company One: No response
 Company Two: Not too effective, not sure why. Just looked at it and forgot about it.
 Company Three: No response
 Company Four: No response
 Company Five: No response
 Company Six: No response
 Company Seven: No response
 Company Eight: 6
 Company Nine: 4-5, better than nothing- a lot of activities quarterly
 Company Ten: 2-3, very young, new

6. Do you believe your employees take ownership and responsibility for their own health? Why?

Company One: Some do. I do, the president does, others do not. Culture is hard. Blue collar
 Company Two: Not as much as we would like. It is hard to eat healthy on the road, time is also a problem.
 Company Three: Sure
 Company Four: No, absolutely no. It is part of the image. They have a lot of time on their hands.
 Company Five: No, we still have a lot who have bad habits, i.e. smoke, overweight. No more or less than the average person.
 Company Six: I think they do but it is neglected.

Company Seven: No, but no worse than anyone else.
Company Eight: We have to work very hard to have a safe environment. 4 on a scale from 1-10
Company Nine: Some- lifestyle too busy, macho type
Company Ten: Not 100%- some just live from day to day

7. How could this be improved?

Company One: With the drivers it is a convenience factor. Need to get the "fun" message out, simple. Driver recuperation center corporation headquarters- lounge, rec room, fitness center (treadmills, bikes), kitchen. Incentive program for drivers- on-time, etc. Incentive program for safety.
Company Two: Incentive program- speed program, safety program. Working hard. Hard culture to change??
Company Three: No response
Company Four: Image of a truck driver is hard to change. Need to work out of this.
Company Five: The improvement has to come from the 'love of life' and the quality of life you're going to have in your later years. You have to feel good about yourself first. The condition of enjoyment of life and the people around you.
Company Six: Develop a program that lays it out, then incentives and set goals.
Company Seven: I don't know. It is very hard. Some are more motivated than others.
Company Eight: No response
Company Nine: Communication- continual process
Company Ten: No response

8. Do you believe in rewarding healthy people? How would you or do you do it?

Company One: Incentive programs for drivers, on time etc. Incentive programs for safety.
Company Two: If a return on investment
Company Three: Yes & No. Wouldn't turn over, big problem
Company Four: Yes, don't
Company Five: No response
Company Six: Personal time- if not taken, they get a check for it. Need to add more to this. "I don't think it is a money issue".
Company Seven: I don't think it would work
Company Eight: Yes, low absenteeism- additional vacation
Company Nine: Yes- incentive program, wellness points for gift catalog, reduce health care cost for non-smokers
Company Ten: I suppose- I don't know how

9. Describe your employees benefit package.

Company One: Health care insurance, 401 k, holiday/vacation

Company Two: Health care insurance, disability, life, vacation, sick leave (6 days/yr backup to 30)

Company Three: Health care insurance, time off, workman's comp, no sick leave paid by the mile.

Company Four: Self insurance up to \$15,000 , vacation, health insurance, 7 paid holiday, 401 k/profit sharing, no sick leave, disability

Company Five: No response

Company Six: Health insurance, dental, vision, time loss days, 401k

Company Seven: EAP medical insurance, retirement benefits, incentive benefits- company picnics, safety incentives (gifts) Benefits are more in absenteeism.

Company Eight: Health care (prescription), dental, vision. 401K, ESOP, life, disability, vacation and holidays

Company Nine: Health care insurance- term life, 401K (profit sharing), paid vacation

10. What about spouses?

Company One: Yes

Company Two: Yes

Company Three: Yes

Company Four: Yes

Company Five: No response

Company Six: Yes

Company Seven: Yes

Company Eight: No Response

Company Nine: Yes

Company Ten: They are on package, families are most of the cost

10a Retirees?

Company One: Yes

Company Two: No

Company Three: No

Company Four: No response

Company Five: No response

Company Six: No response

Company Seven: No

Company Eight: Yes

Company Nine: Some- basically no

Company Ten: None

11. How much does your company spend on health care costs per employee per year?

Company One: % of wages, \$3,200 average

Company Two: Self insured, 3,000 employees, \$135/mo ??

Company Three: Self insured, \$250/emp/mo

Company Four: No response
 Company Five: No Response
 Company Six: ??
 Company Seven: \$400/emp/mo (dental/vision) Self insured(~ 1 yr.)
 Company Eight: \$800/mo = \$9,600/yr.
 Company Nine: Self funded- \$5,000 employees ~ 25-30%
 Company Ten: \$1500/yr.- 50% paid

11a On workers compensation?

Company One: No response
 Company Two: 425,000/yr. Divided by 425
 Company Three: < \$1,000,000/yr. We are very aggressive, insurance rehabilitation contract
 Company Four: No response
 Company Five: No response
 Company Six: We are doing well in this area, I think it relates to the type of driver that you hire
 Company Seven: \$1.65/hr. for drivers \$286/mo
 Company Eight: \$7.00/hr.- \$14.00/hr. 50% of wage
 Company Nine: \$233,000/yr. 750 \$310/emp./yr.
 Company Ten: No response

12. Do you analyze your health care costs? Do you know you major cost areas?

Company One: No response
 Company Two: No
 Company Three: Risk manager does, large percent of costs are families
 Company Four: No response
 Company Five: No response
 Company Six: ??
 Company Seven: Some now
 Company Eight: No
 Company Nine: Yes- CHD, cancer
 Company Ten: No response

13. What percentage of the health care dollars do you believe should be spent on wellness?

Company One: No response
 Company Two: No response
 Company Three: Yes, philosophically
 Company Four: No response
 Company Five: No response
 Company Six: No response
 Company Seven: I don't know- 25-30%

Company Eight: No response
Company Nine: No response
Company Ten:

14. What do you spend?

Company One: No response
Company Two: No response
Company Three: No, no payback
Company Four: No response
Company Five: No response
Company Six: No response
Company Seven: No response
Company Eight: No response
Company Nine: No response
Company Ten: No response

15. What kind of return on investment would you expect?

Company One: No response
Company Two: yr.
Company Three: No response
Company Four: No response
Company Five: No response
Company Six: No response
Company Seven: No response
Company Eight: No response
Company Nine: No response
Company Ten: No response

16. Do you survey your drivers about their needs? If yes, what do you find?

Company One: We are going to try to- safety survey
Company Two: Informal- one-on-one communication
Company Three: Some
Company Four: Some- on equipment, have done some on health
Company Five: No response
Company Six: Have in the past, ongoing suggestion program
Company Seven: We talk with them
Company Eight: No
Company Nine: Not for a long time
Company Ten: Yes, I need more money

17. What is your driver turnover? How do you think you can decrease this?

- Company One: ~ 90%, No truck driver publication, more family involvement, truck driver appreciation, i.e. calling card, have a four day training program for new drivers.
- Company Two: 25%, 70% of this is in <2yr. People
- Company Three: 100%, driver wellness, we give trinkets
- Company Four: No response
- Company Five: 55%, the more you can do for the employee, the more they buy into
- Company Six: 30%, need to be constantly vigilant on how we interact with our employees, reward employees if they refer other drivers (they will only do this if they are happy with their employer), spending more time in training in house staff on how to interact with drivers.
- Company Seven: 10-15%
- Company Eight: 2%, home every night, good pay, good benefits
- Company Nine: 30-40% \$3000-4000 new employee costs
- Company Ten: 105% enhancing benefit package, better job managing drivers, more sensitive to needs of being at home.

18. Would you pay to implement a wellness program for your employees? Why or why not?

- Company One: Yes, it shows that the drivers are safer.
- Company Two: No response
- Company Three: Sure, easily administered
- Company Four: Yes, would look at
- Company Five: Yes
- Company Six: Yes, would need to see the program
- Company Seven: Yes, we would look at the money
- Company Eight: Yes, if we can see there is a benefit, psychological or families.
- Company Nine: No response
- Company Ten: Yes

19. What kind of program implementation concerns do you foresee?

- Company One: Keeping it fun, tie fitness incentive program into safety incentive program, safety risk department.
- Company Two: Communication- getting to drivers, getting it explained (time)
- Company Three: Truckers never come in- only 2times/yr. for 3-4 hours. Drivers are out two weeks at a time
- Company Four: No response
- Company Five: Out of sight, out of mind
- Company Six: No response
- Company Seven: Getting people to participate, schedule is so tough. Needs camaraderie
- Company Eight: Confidentiality- mistrust because of union. Has to be an economic return for the owner.

Company Nine: Getting to drivers
Company Ten: Out so often

20. Do you have any ideas on how to resolve these concerns?

Company One: No response
Company Two: Work around their schedules
Company Three: No response
Company Four: No response
Company Five: Must be ongoing
Company Six: Management needs to outline why employer is doing it
Company Seven: Sit down as a group and ask them what works for them. Family affair
Company Eight: No response
Company Nine: No response
Company Ten: No response

21. What kind of wellness performance measures would you expect to see?

Company One: Health statistics, improvement in fatigue, safety statistics
Company Two: Decrease in health care costs, \$300/driver/yr. for sick leave
Company Three: Decrease in absenteeism
Company Four: Improved health, decrease in health care costs
Company Five: Direct benefit to employee, help them be a better person. Interested in developing this in employees.
Company Six: Decrease in weight, better eating habits, exercises to do in cab.
Company Seven: Less time lost, decrease in cost. Interest in families.
Company Eight: Decrease in absenteeism, psychological change.
Company Nine: Participation levels, success stories, economic, health care costs
Company Ten: Bench marks: claims activity, reduced health care costs, turnover

22. What do you do to maintain your own optimal health?

Company One: Does not smoke, watches diet, not enough exercise, "I haven't had a heart attack yet."
Company Two: Walks every day- 2 miles
Company Three: Herbs- licorice
Company Four: Watches food intake
Company Five: Manages stress- practices relaxation techniques
Company Six: I don't exercise as much as I could
Company Seven: Takes vitamins, interested in losing weight
Company Eight: I'm very healthy and don't worry very much about it and know what to do
Company Nine: Exercise, non-smoker, executive physical, eat very well
Company Ten: Walks every night, I watch what I eat, I don't smoke, I don't drink very much