



# STATISTICS THAT TRUCK DRIVERS ARE FACING AND HOW THEY AFFECT YOUR BUSINESS

There's a systematic problem in the trucking industry. As a truck driver goes through their career, they're gaining weight, developing multiple comorbidities and decreasing their life expectancy.<sup>1,2</sup> This is not only costing them their health, but it's costing your business money, too.<sup>2,3,4,7,8</sup> It's time for a change.

## THE STATISTICS

The life expectancy for truck drivers is 16 years less than the average population, and they are 11 times more likely to die on the job than the average worker.<sup>1</sup>

Truck drivers have a higher risk of becoming obese compared to adults in any other occupation in the US.<sup>1</sup>

The longer a truck driver stays in the trucking industry, the higher their risk for developing obesity and a multitude of other comorbidities such as high blood pressure, high triglycerides, type 2 diabetes, osteoarthritis, sleep apnea, and dying earlier.<sup>1</sup>



1 IN EVERY 7 TRUCK DRIVERS HAS TYPE 2 DIABETES. 50% HIGHER PREVALENCE OF DIABETES THAN THE GENERAL POPULATION (14.4% VS 6.7%)<sup>5</sup>

**85%** **48%**

of truck drivers are overweight<sup>2</sup>

of truck drivers are obese<sup>2</sup>

Prediabetes is a precursor to type 2 diabetes. Currently 1 in every 3 American Adults has prediabetes, with more than 84% not knowing they suffer from it. Risk factors of prediabetes includes being overweight and not physically active. This percentage (84%) is likely higher in truck drivers.<sup>6</sup>

Research has shown a positive correlation between BMI, medical cost claims, and lost workdays. Higher BMI increases fatigue and is associated with increased risk of crashes.<sup>2,4</sup>

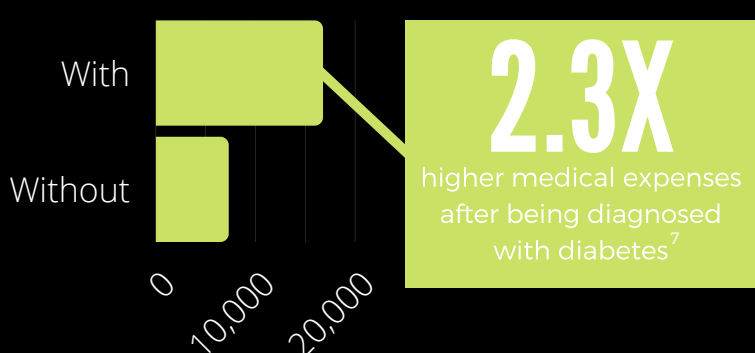
Obesity is associated with sleep problems such as obstructive sleep apnea that roughly doubles a driver's crash risk.<sup>3</sup>

New truck drivers with a BMI of 35 and over have greater than 50% higher odds of crash involvement during their first 2 years. (World Health Organization criteria)<sup>3</sup>

According to the Center for Disease Control and Prevention (CDC), people with obesity spend almost \$1500/year more on health care — ~41% more than persons of average weight.<sup>8</sup>

Economically, a sustained reduction of 1 unit of BMI would produce an estimated annual savings of \$200 in healthcare cost for employers.<sup>3</sup>

### Medical Expenses Per Year Of Person With vs. Without Diabetes (\$)<sup>7</sup>



On average, people with diagnosed diabetes have medical expenditures approximately 2.3 times higher than what expenditures would be in the absence of diabetes.<sup>7</sup>

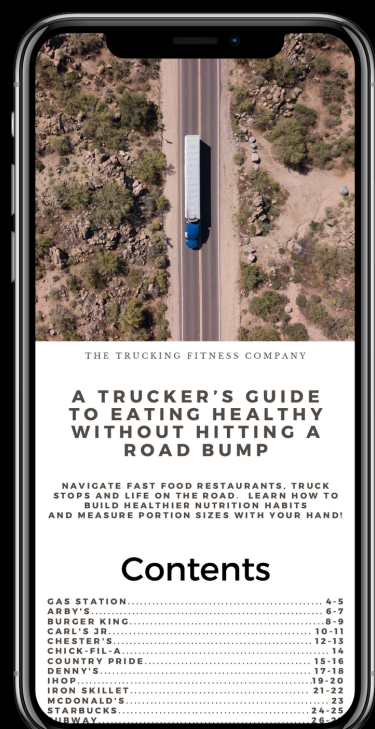
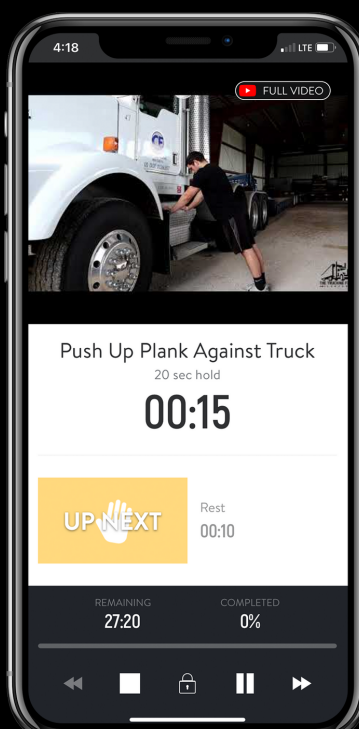
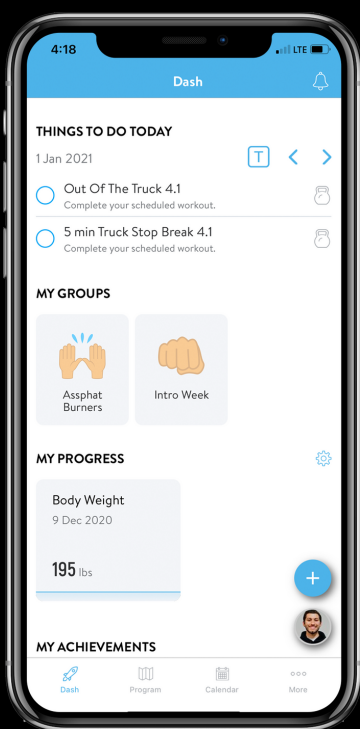


# HOW WE FIGHT BACK

We understand the lifestyle of truck drivers and are on a mission to make it as accessible as possible for them to exercise and live a healthy life while on the road.

We do that through an easy to use app on each truck driver's phone that gives them:

- Daily TruckFit workouts designed to be done in or just outside of their trucks. Each workout is 20-30 minutes long and doesn't require the truck driver to purchase any extra equipment or gym memberships.
  - A free resistance band, which is all the equipment they'll need.
- Daily 5 minute Truck Stop workouts to help truckers move throughout the day or get some exercise on those days that they might not have time for the full workout.
- Video and written instruction on exactly what to do and how to do it.
- Nutritional guidance for truck drivers to eat healthy while on the road including restaurant guides and a manual for how to eat healthy at a truck stop.
- Accountability in the form of daily messages through our app and group messaging with other like minded truck drivers.
- Weekly mental health, mindset, and lifestyle education on different topics specific to truck driving and life on the road.



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## SOURCES

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4. Effects of driver work-rest patterns, lifestyle and payment incentives on long-haul truck driver sleepiness by Mahajan et al
5. Obesity and other risk factors: The National Survey of U.S. Long-Haul Truck Drivers Health and Injury by Sieber et al
6. Prediabetes - Your Chance to Prevent Type 2 Diabetes by Centers for Disease Control and Prevention
7. The Cost of Diabetes by American Diabetes Association
8. Study Estimates Medical Cost of Obesity May Be As High as \$147 Billion Annually by Centers for Disease Control and Prevention