

# **Design, Development and Evaluation of Driver Wellness Programs**

---

## **Final Report**

**June 2000**

### **Prepared for:**

Federal Motor Carrier Safety Administration  
Office of Research and Technology  
MC-RTR  
400 Seventh Street, SW  
Washington, DC

### **Prepared by:**

Sue Roberts  
Sue Roberts Health Concepts  
1515 Linden Street, Suite 220  
Des Moines, IA 50309

Jim York  
Private Fleet Management Institute  
National Private Truck Council  
66 Canal Center Plaza, Suite 600  
Alexandria, VA 22314

## **Table of Contents**

INTRODUCTION

Technical Memorandum Number One.....Section I

Technical Memorandum Number Two.....Section II

Technical Memorandum Number Three.....Section III

**DESIGN, DEVELOPMENT, AND EVALUATION**

**OF**

**TRUCK AND BUS DRIVER WELLNESS PROGRAMS**

**FINAL REPORT**

**INTRODUCTION**

In May, 1997, the National Private Truck Council's Private Fleet Management Institute (PFMI) began a research program in cooperation with Sue Roberts Health Concepts, Inc., ATA Foundation, Inc. and the Federal Highway Administration's Office of Motor Carriers (now the Federal Motor Carrier Safety Administration) to design, develop, and evaluate a model truck and bus driver wellness program. This wellness program was developed to provide a resource for addressing truck and bus industry challenges in the areas of driver safety, turnover, performance, job satisfaction, and industry competition. It is intended to provide strategies to give drivers opportunities for improved health.

This final report consolidates the three Technical Memorandums that were published reporting on the taskings of the project.

**TECHNICAL MEMORANDUM ONE** provides an overview of the driver health literature and a review of existing wellness programs and practices - both within and outside of the trucking industry. The results of the first two driver focus groups are also included in the memorandum.

**TECHNICAL MEMORANDUM TWO** provides a summary and analysis of the driver and executive surveys and presents a core wellness program.

**TECHNICAL MEMORANDUM THREE** provides a review of Tasks 1 & 2 previously completed. The memorandum includes a description of the Core Wellness Program design, and a description, analysis and an evaluation of the data from the Pilot Test. Additionally, a marketing plan for the Wellness Program is provided.