Abstract:

Introduction: Over half of adults in the United States are either overweight or obese. The National Occupational Research Agenda has identified truck driver health as a priority area of research. Being overweight or obese potentially influences a truck driver’s ability to safely perform their job, which in turn could influence the safety of all those who share the road. The proposed study provides baseline data for obesity risk factors in commercial truck drivers and for developing appropriate nursing interventions to reduce commercial truck drivers’ risk for obesity. The purpose of this study was to examine the exercise and dietary habits in a sample of commercial truck drivers and to examine various components of the work environment of commercial truck drivers in relation to their risk for obesity.
**Method(s):** This study surveyed a convenience sample (N=300) of commercial truck drivers about their obesity risks while traveling for their job. Participants were recruited at six truck shows over the course of one year. The variables that were measured were the obesity risk factor questionnaire, body mass index, body fat percentage, and waist circumference.

**Results:** Drivers reported not exercising regularly and not eating the recommended amounts of fruits, vegetables, and whole grains. Unless a driver packs his or her own exercise equipment and food, accessing a place to exercise and eat healthy food on the road is not easily accomplished. A high prevalence of obesity among drivers was found in this convenience sample of drivers in this population: 93.3% of study participants had a BMI >25.

**Discussion & Conclusions:** Commercial truck drivers work in an environment that does not promote a healthy lifestyle. Living in an environment that does not support a healthy lifestyle is affecting the health of truck drivers. This study adds to the limited knowledge of the health and lifestyle behaviors of commercial truck drivers. By learning more about driver’s risk for obesity, appropriate nursing interventions can be developed that reduce drivers’ risk for obesity. Such interventions may include policy changes by trucking companies, increasing the availability of exercise equipment at truck stops, and providing nutrition & exercise education at truck stops.

**Abstract History:**
University of Cincinnati Pilot Research Program Symposium, October 1, 2009

**Financial Disclosure:**
No, I (or a member of my immediate family) have not received something of value* from or own stock (or stock options) in a commercial company or institution related directly or indirectly to the subject of my presentation.

**FDA Disclosure:**
I will not be describing any pharmaceutical and/or medical device.

**Non-Exclusive License:**

**Submitted by:**
Lisa.Turner@uky.edu