DON’T LET DIABETES PUT THE BRAKES ON YOUR CAREER

DRIVING DOWN DIABETES

SPONSORED BY: SouthernRecipe
TAKE CONTROL OF YOUR HEALTH

THE CDC ESTIMATES THAT PEOPLE WITH PREDIABETES WHO TAKE PART IN A STRUCTURED LIFESTYLE CHANGE PROGRAM CAN CUT THEIR RISK OF DEVELOPING TYPE 2 DIABETES BY 58%.

THE ST. CHRISTOPHER TRUCKERS RELIEF FUND IS EXCITED TO OFFER 2 TYPES OF FREE DIABETES PREVENTION PROGRAMS! BOTH ARE OPEN TO ALL CLASS A OTR DRIVERS AT RISK FOR TYPE 2 DIABETES. THESE EVIDENCE-BASED LIFESTYLE CHANGE PROGRAMS ARE AIMED AT REDUCING THE RISK OF DEVELOPING TYPE 2 DIABETES.
OPTION 1:

CDC-APPROVED YEAR LONG PROGRAM THAT TEACHES NUTRITION, EXERCISE, AND STRESS MANAGEMENT. JOIN FELLOW DRIVERS IN LIVE WEBINARS WITH A SPECIALLY TRAINED LIFESTYLE COACH. THIS PROGRAM MEETS, MEASURES, AND TRACKS SUCCESS REGULARLY THROUGHOUT THE YEAR.
OPTION 2:

CDC-APPROVED CURRICULUM THAT TEACHES NUTRITION, EXERCISE, AND STRESS MANAGEMENT. ONLINE ONLY PROGRAM USING PRE-RECORDED VIDEOS. THIS PROGRAM IS OPEN AND AVAILABLE ANYTIME WITH ACCESS TO WEEKLY LESSONS AND A LIFESTYLE COACH.
DRIVER HEALTH AND DIABETIC RISK

Medical Health

- FMCSA-Approved Medical Certification
  - 1 year or less: 43%
  - 2 years: 57%

Risk Factors for Diabetes

- Overweight
- Poor Health
- Aging Population
- Poor Eating Habits
- Stressful Job
- Away from home

Warning Signs

- Irritability
- Lack of Coordination
- Profuse Sweating
- Shaky Hands
- Blurry Vision

Driver Risks

- 7-10% US Population vs. 14.1% Longhaul Drivers believed to be diabetic
- 69% of drivers are obese vs. 31% of the U.S. general working population
- 38% more likely to be convicted of moving violations
- 25% of truck drivers are over the age of 54

Carriers Count the Cost

- 12 Days of Lost Productivity EACH YEAR
- $16K Diabetic Workers
- $4.4K Other Workers

Source: TrueLifeCare.com
FIVE STAR REVIEWS FROM DRIVERS LIKE YOU!

“EVERY YEAR I GET A PHYSICAL THROUGH THE VA AND THEY DRAW LABS EVERY YEAR AS WELL. LAST YEAR WHEN MY LABS WERE DRAWN THE NUMBERS INDICATED A MOVE TOWARDS PRE-DIABETES OR DIABETES AND THAT WAS WHAT HAD ME JOIN YOUR PROGRAM.

I HAD MY YEARLY PHYSICAL ON MONDAY WITH LABS DRAWN AND I WAS JUST INFORMED EVERYTHING WAS WITHIN NORMAL RANGE AND NOT THE NUMBERS I HAD LAST YEAR. THOSE LITTLE CHANGES CAN MAKE A DIFFERENCE. I JUST WANTED TO SHARE THIS WITH YOU!”

“THIS PROGRAM HELPED ME TO GET EXTRA MOVEMENT IN MY AVERAGE DAY. I WOULD GIVE IT 5 STARS. WISH I COULD GIVE IT 10!”
SIGN UP

SAVING LIVES AND FAMILIES
ONE DRIVER AT A TIME

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SIGN UP