



Worksite Wellness for Professional Drivers

How Can Your Worksite Support Wellness?

Worksite wellness – a term that refers to opportunities that promote health, wellness and safety at work – is important for every occupation. When employee wellbeing is a priority, workplaces can see improved morale, productivity and retention. There are many ways that worksites can promote wellness. The Vermont Department of Health recommends activities in six areas – or core outcomes – for a healthy worksite.

Six Core Outcomes for Healthy Worksites

▶ Promote healthy food options

- Have healthy food options at staff meetings and vending machines at transit stations.
- Make water available throughout the day for drivers and identify locations of bathrooms on route.

▶ Go tobacco-free

- Enforce a policy that makes all company vehicles smoke-free.
- Post flyers about free cessation resources through 802Quits.org in buses and staff areas.



▶ Help employees get 30 minutes of physical activity

- Hire a fitness instructor to come on-site to teach easy exercises and stretches that can be done anywhere during breaks.

▶ Become a breastfeeding-friendly employer

- Make sure that company policy supports a woman's choice to breastfeed, ensures that schedules accommodate breastfeeding breaks, and designates private spaces for pumping and breastfeeding.

▶ Promote preventative care and safety

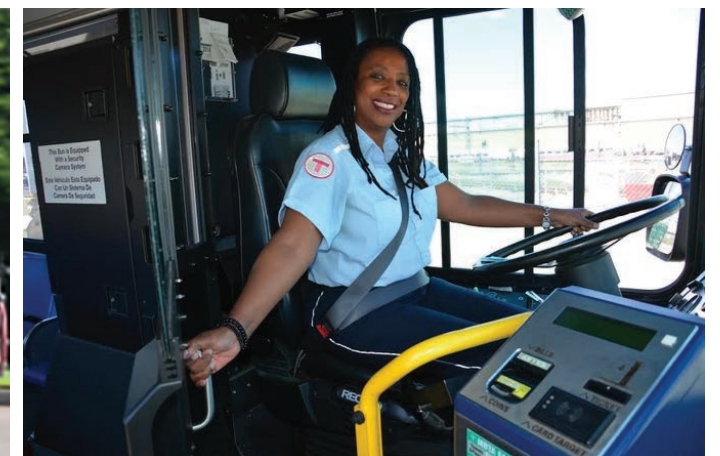
- Post flyers about the importance of flu vaccines, checkups, dental cleanings and screenings.
- Offer a free Helping Yourself to Health workshop on-site, visit www.myhealthvvt.org for information.



▶ Support the emotional wellbeing of employees

- Train supervisors to recognize signs of distress. Ensure a workplace culture that takes the stigma out of mental health concerns and encourages employees to access support services and practice stress reduction activities.

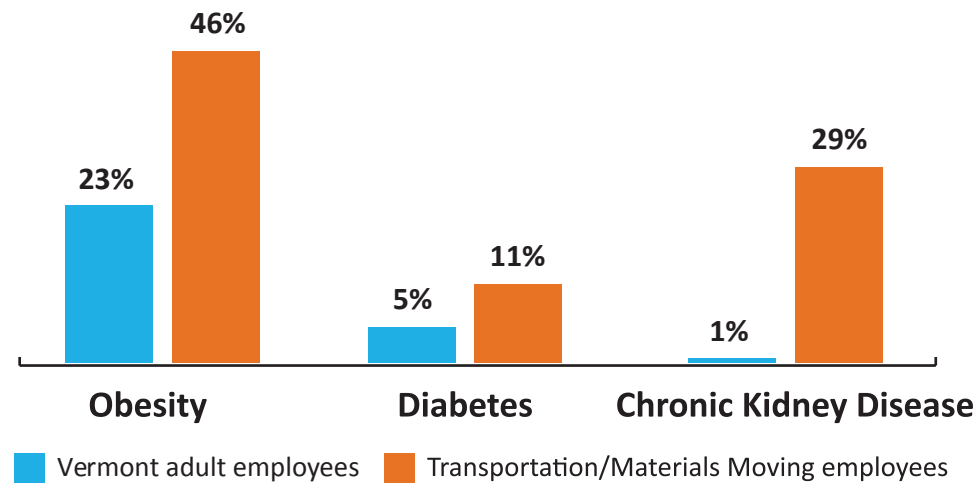
For more strategies and resources on each core outcome, as well as tools for getting started with worksite wellness initiatives, visit healthvermont.gov/wellness/worksite-wellness





Professional drivers are essential to Vermont communities. School bus drivers, public transit drivers, long and short haul truck drivers, and many other professional driving occupations help Vermonters get to school and work, access important services, and deliver the products that we all need.

Drivers Have Higher Rates of Chronic Conditions



Staying Healthy on the Job

Stay active

Getting around 30 minutes of physical activity every day helps maintain a healthy weight, reduces risk of many chronic diseases, reduces joint pain and helps manage stress, anxiety and depression. Remember these tips to stay active on the job:

- Small steps add up to make a big difference. Get a few steps in whenever you have a break.
- Use active transport to get to and from work. Bike or walk if you can do so safely.
- Learn simple stretches and exercises you can do on breaks.
- Ask if your worksite has any incentives or discounts for gym memberships or activities.

Eat healthy

Along with physical inactivity and tobacco use, poor diet is one of three primary risk factors that can lead to chronic disease. More Vermonters die from chronic disease than all other causes of death combined. There are many ways to eat healthy, even when your job takes you out on the road:

- Keep a bottle of water with you. Drink water or unsweetened beverages, like iced tea or flavored seltzers, instead of soda, energy drinks and sport drinks.
- Pack your own snacks. Try fruits and vegetables, unsalted nuts, low-fat yogurt or other healthier options.
- See if you qualify for programs that offer discounts on local produce – visit nofavt.org.
- When eating out, order vegetables or fruit as a side, instead of things like french fries or pasta salad. Small changes, like cutting out mayo, cheese, or bacon, can also make a difference.

Quit tobacco

Many people who want to quit tobacco try to do it on their own, but your chances of success are doubled when you combine nicotine replacement therapy, like patches, gum or lozenges, with quit counseling. 802Quits offers free quit help for all Vermonters, including free patches and gum or lozenges, and quit help online, by phone or in-person. Visit 802Quits.org to get started.

Prevent or manage diabetes

Diabetes affects more than 55,000 Vermonters. Many more have prediabetes, which means they are on the road to develop type 2 diabetes. Losing 5 percent of body weight reduces the risk for diabetes, as well as heart disease and other chronic conditions. Visit myhealthylvt.org for information on free diabetes prevention and management workshops in Vermont.

Get annual checkups, cancer screenings and regular dental cleanings

Visiting the doctor and dentist for recommended preventative visits, such as screenings and dental cleanings, can help prevent disease or detect it early, leading to better outcomes. Most insurance plans cover these services at no cost. If you do not have insurance, there are low or no cost services available for many uninsured Vermonters through community health clinics and the Ladies First program. Contact Vermont 211 to learn about resources in your area – call them at 2-1-1 or text your zipcode to 898211.



Make This Your Moment!

All it takes is a moment to change a lifetime. Visit www.healthvermont.gov/mymoment to read stories about real Vermonters who decided it was time to make a healthy change for themselves and their families, and get free tools and resources to help you make your moment now!