Nebraska’s Transportation and Warehousing Industry

Are employers geared toward worker health, safety, and wellness?

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What is Transportation and Warehousing?

- Truck Transportation
- Rail transportation
- Air Transportation
- Warehousing and Storage
- Support Activities for Transportation
- Couriers and Messengers
- Transit & Ground Passenger Transportation
T&W is Tough Work

Total Worker Health
Injuries, Illnesses, Chronic Diseases

Stress
Sedentary lifestyle
Poor access to healthy diet
Fatigue and poor sleep
Safety hazards
Unhealthy Behaviors
T&W Occupational Injury & Illness in Nebraska

T&W workers at higher risk for workplace injury and illness

- **Nonfatal injury & illness rate is higher in T&W**
  - 4.3 vs 3.8 per 100 FTEs
  - Source: BLS SOII, 2013

- **Fatal injury rate is higher in T&W**
  - 12.0 vs. 4.0 per 100,000 FTEs
  - Source: BLS CFOI, 2013
Chronic Diseases

T&W workers have higher prevalence of chronic diseases

- 81% workers are overweight or obese vs. 66% Nebraska workers
- 34% were told they have high blood pressure vs. 23% Nebraska workers
- 10% reported having diabetes vs 5% Nebraska workers

Source: Nebraska BRFSS, 2013
Health Risks and Behaviors

T&W workers have higher prevalence of health risks & behaviors

- **25%** smoke vs. **21%** Nebraska workers
- **41%** Sleep <7 hrs vs. **34%** Nebraska workers
- **66%** Eat fruit <1 time/day vs. **43%** Nebraska workers

Source: Nebraska BRFSS, 2013
What We Asked

Do Nebraska Transportation and Warehousing worksites offer health, safety, and wellness programs and policies?
Nebraska’s Worksite Wellness Survey

Provides information on worksite wellness policies and practices

Random sample of worksites with 10 or more employees

Surveys in 2010 and 2013
What We Did

- Standardized and combined 2010 & 2013 data
- 77 total T&W worksites responded
- Calculated weighted frequencies for the T&W industry using NAICS 48-49
What We Found - Safety

T&W worksites had higher % of safety policies/programs

Had policies banning texting while driving

89%
All worksites: 54%

Had return to work programs for injured workers

84%
All worksites: 56%
What We Found - Safety

- Had a worksite safety committee: 70%
- Offered injury prevention education:
  - All worksites: 43%
  - All worksites: 63%
What We Found - Tobacco

More T&W worksites offer tobacco programs

% of worksites offered smoking cessation programs or incentives to quit

- T&W: 29%
- Nebraska: 19%
What We Found – Education

Fewer T&W worksites offer health education

% of worksites offering any education on stress management, weight management, or healthy eating

16% 19%
T&W Nebraska
What We Found - Wellness

Fewer T&W worksites had wellness committees

% of worksites with a worksite wellness committee

T&W: 11%
Nebraska: 18%
What We Found – Wellness Barriers

% worksites reporting “Lack of Management Support” as a barrier

All Nebraska Worksites 22%
T&W 7%
What We Found – Wellness Barriers

Major worksite wellness barrier is employee interest

- % worksites reporting “Lack of Employee Interest” as a barrier

All Nebraska Worksites: 43%
T&W: 63%
Conclusion

More T&W worksites had polices and programs that address safety and tobacco

Fewer offered injury prevention and health education to employees

Employee interest was reported as main barrier
Takeaways

1. Worksite wellness surveys can provide useful information on safety and health practices in businesses.

2. Still big gaps worker access to health, safety, and wellness programs in T&W.

3. Transportation and warehousing worksites good candidates for Total Worker Health programs.
Takeaways

1. Worksite wellness surveys can provide useful information on safety and health practices in businesses.

2. Still big gaps worker access to health, safety, and wellness programs in T&W.

3. Transportation and warehousing worksites good candidates for Total Worker Health programs.
Thank you and...