

2015 WestON Meeting
Denver, CO
Sept 20, 2015

Nebraska's Transportation and Warehousing Industry

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

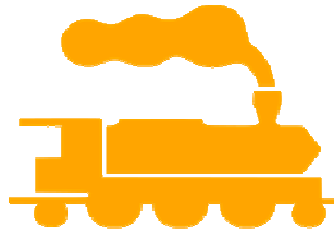


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What is Transportation and Warehousing?



Truck
Transportation



Rail
transportation



Air
Transportation



Warehousing
and Storage



Support
Activities for
Transportation

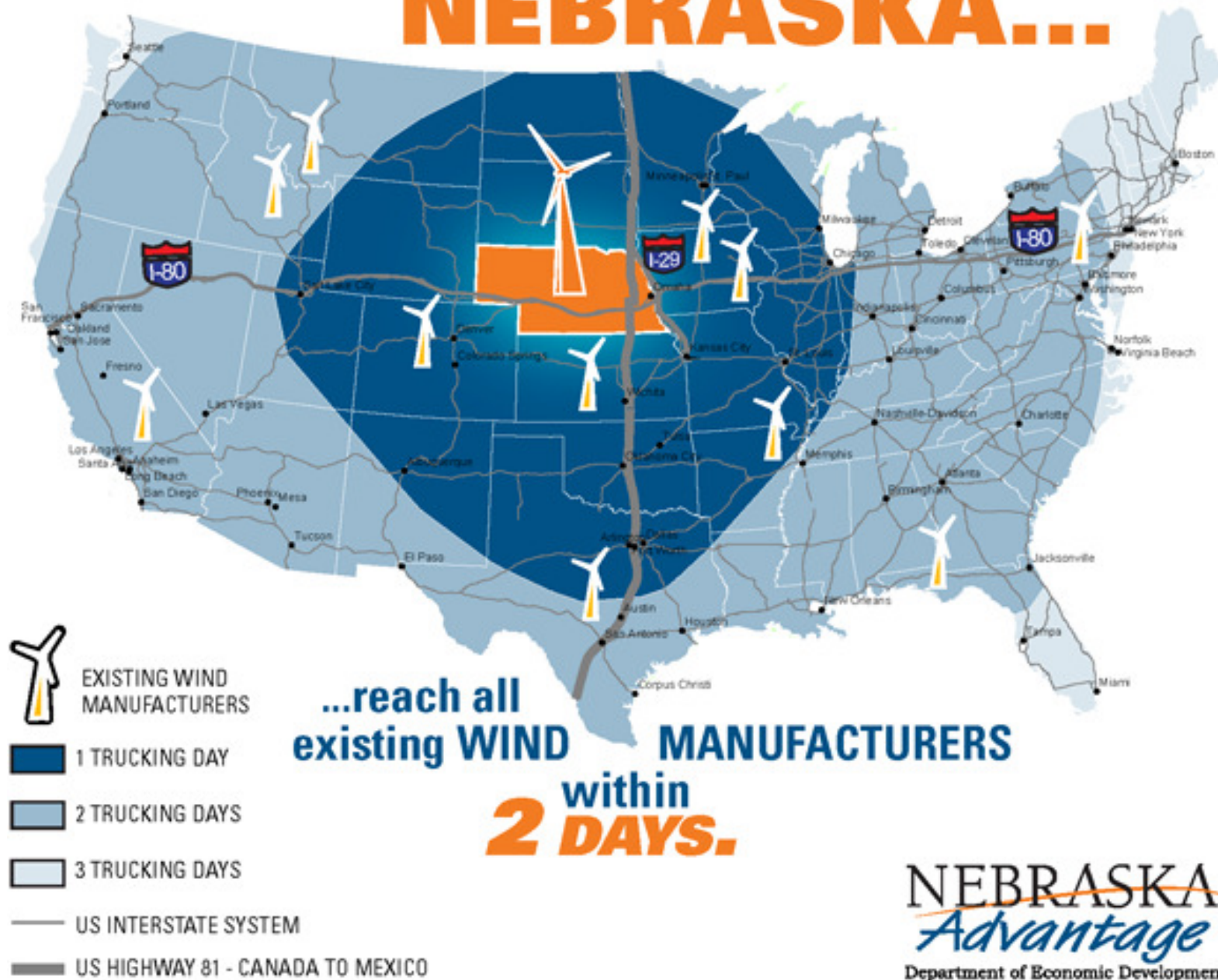


Couriers and
Messengers

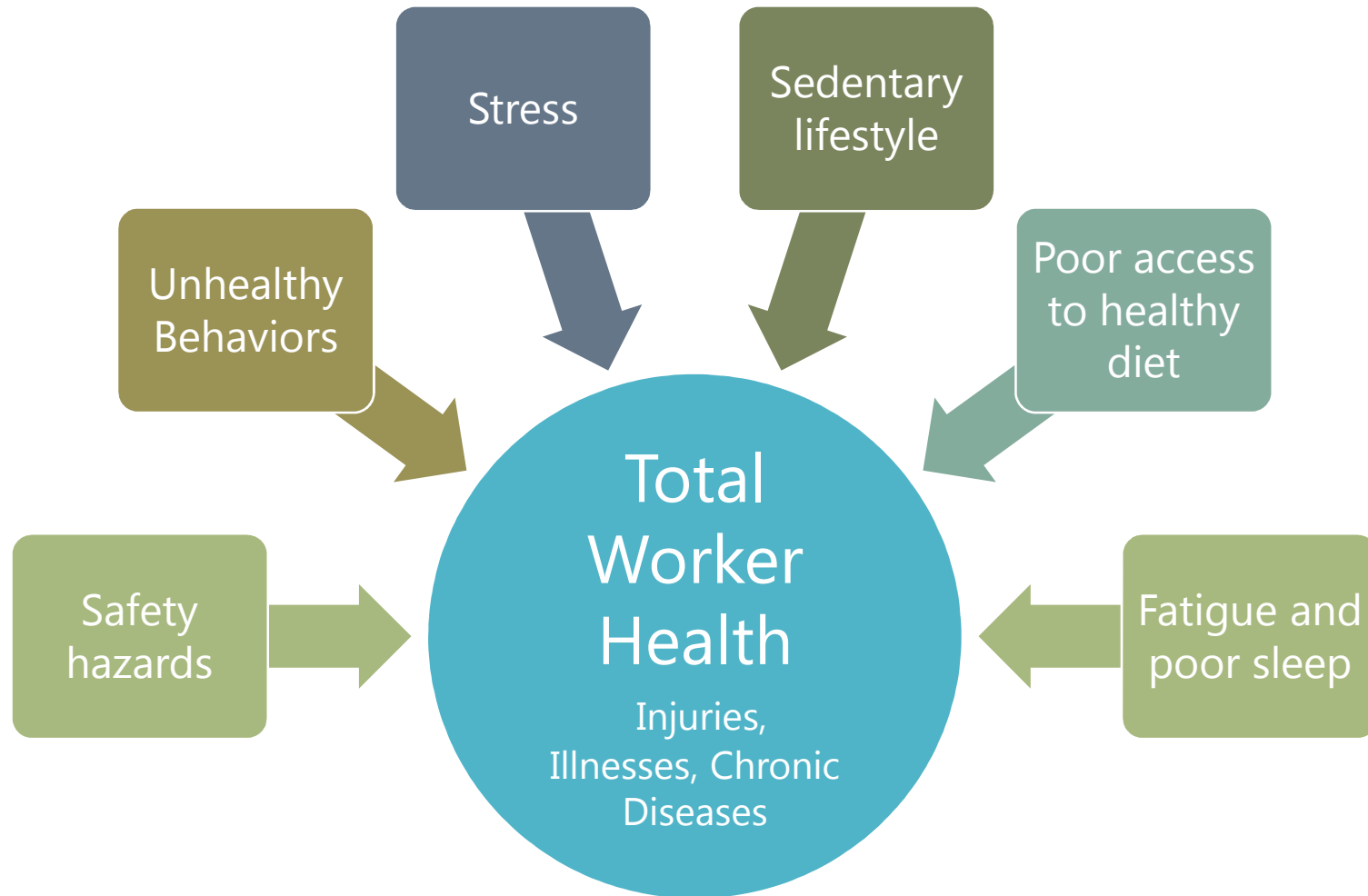


Transit & Ground
Passenger
Transportation

FROM NEBRASKA...



T&W is Tough Work



T&W Occupational Injury & Illness in Nebraska



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

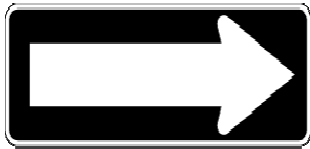
Nonfatal injury & illness rate is higher in T&W

- 4.3 vs 3.8
- per 100 FTEs
- Source: BLS SOII, 2013

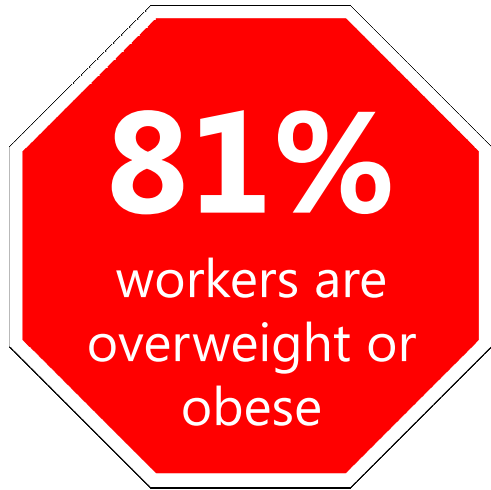
Fatal injury rate is higher in T&W

- 12.0 vs. 4.0
- per 100,000 FTEs
- Source: BLS CFOI, 2013

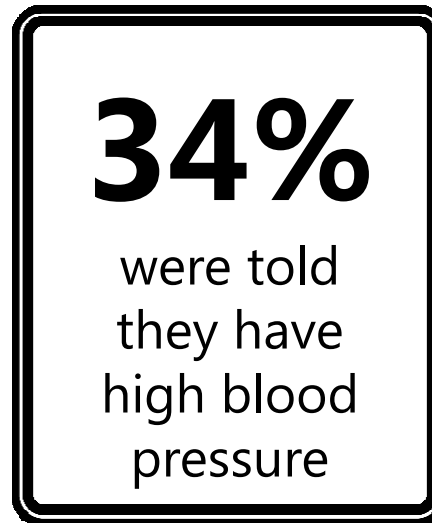
Chronic Diseases



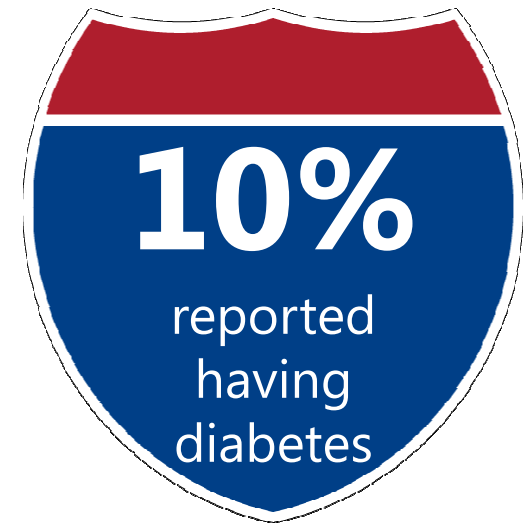
T&W workers have higher prevalence of chronic diseases



vs. **66%**
Nebraska
workers



vs. **23%**
Nebraska
workers



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

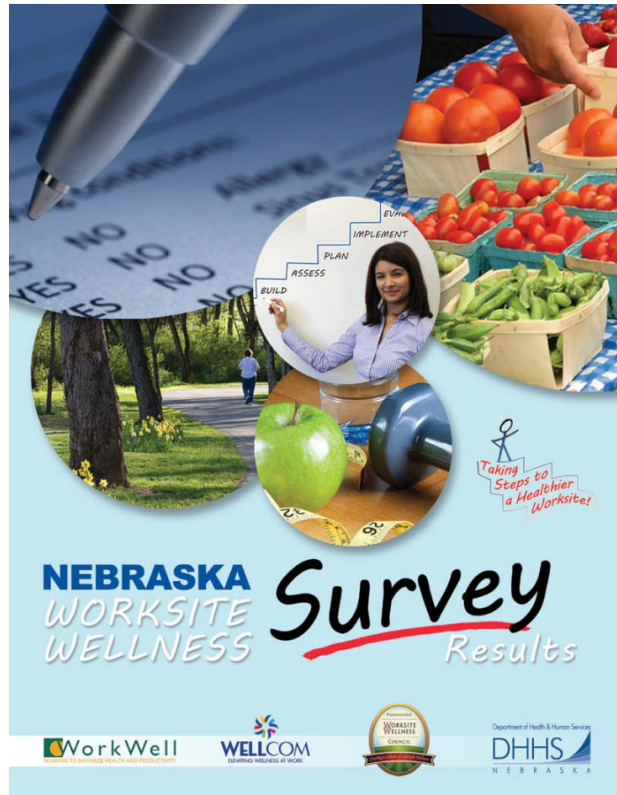
vs. **43%**
Nebraska
workers

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%

All worksites: 63%

Offered injury
prevention
education

43%

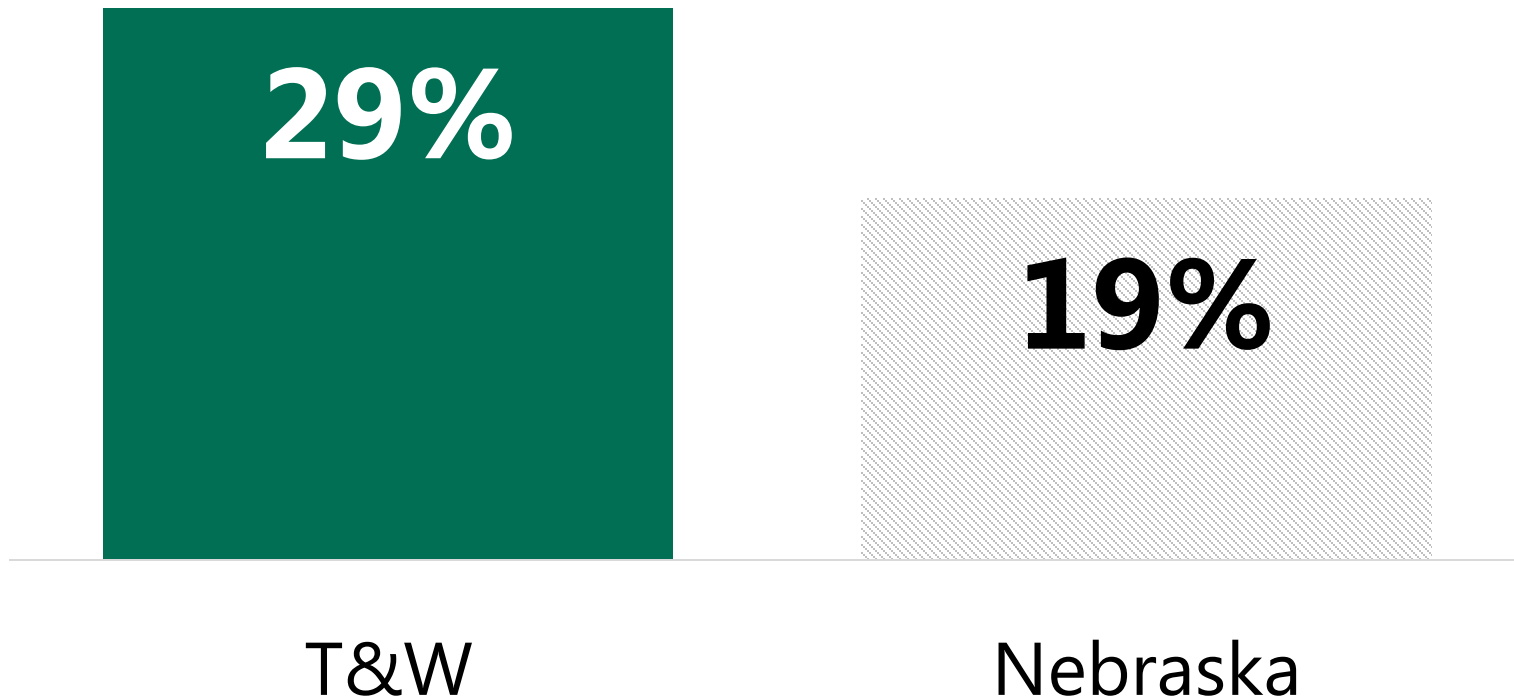
All worksites: 35%

What We Found - Tobacco



More T&W worksites offer tobacco programs

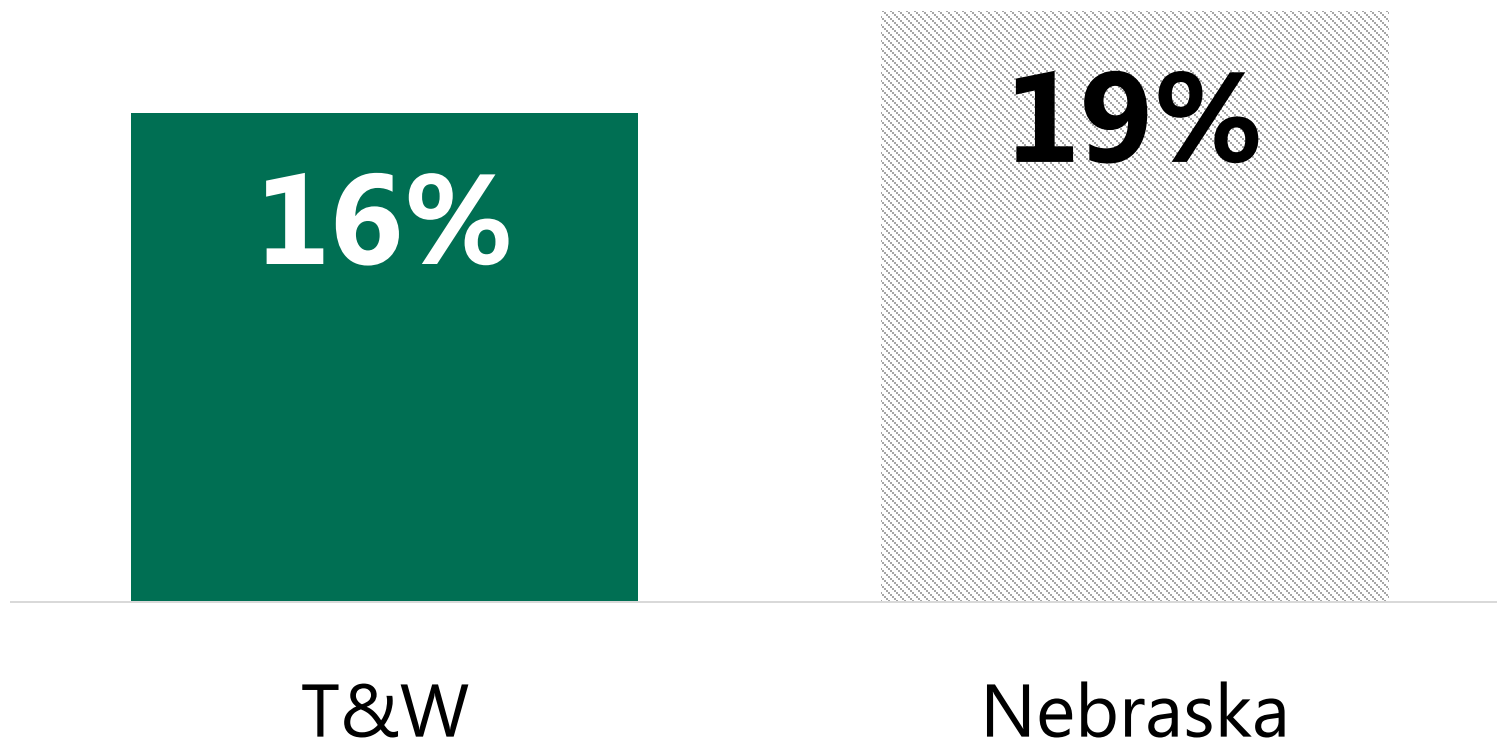
% of worksites offered smoking cessation programs
or incentives to quit



What We Found – Education

Fewer T&W worksites offer health education

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

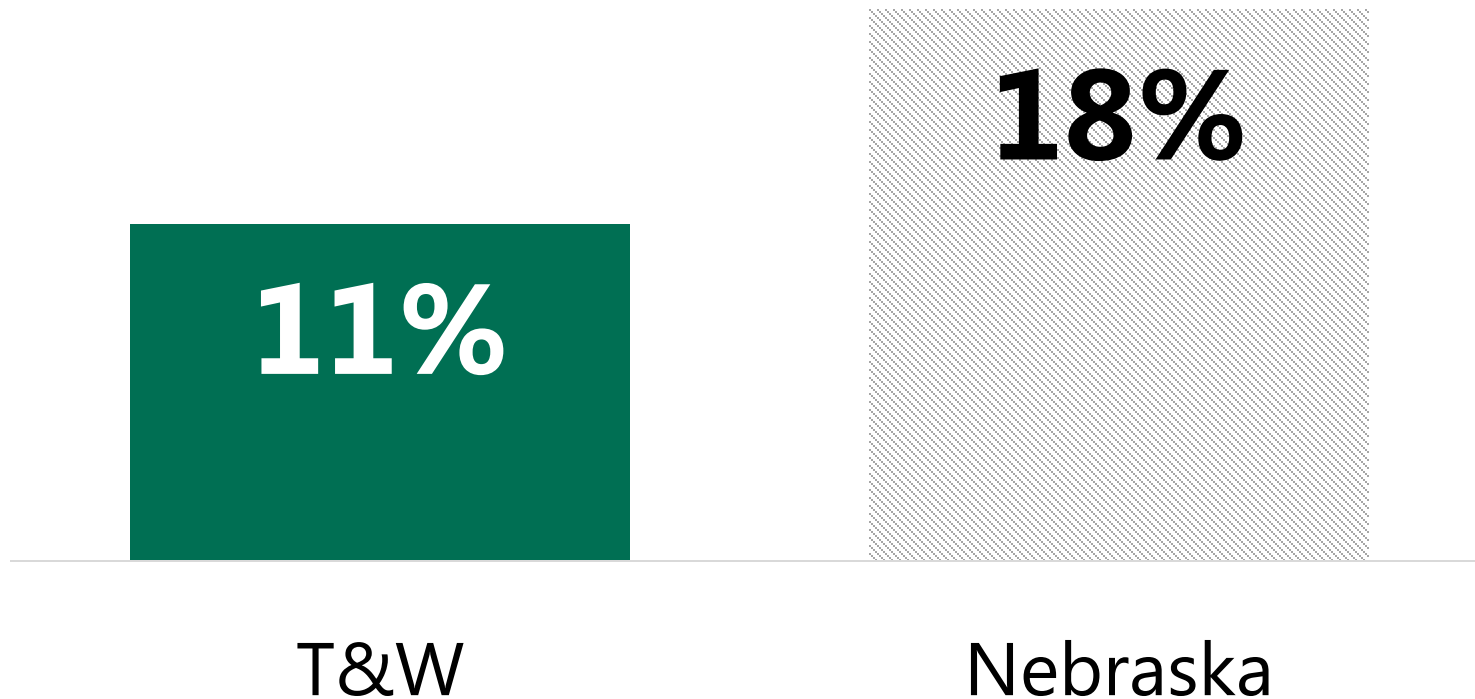


What We Found - Wellness



Fewer T&W worksites had wellness committees

% of worksites with a worksite wellness committee



What We Found – Wellness Barriers

Management supports wellness

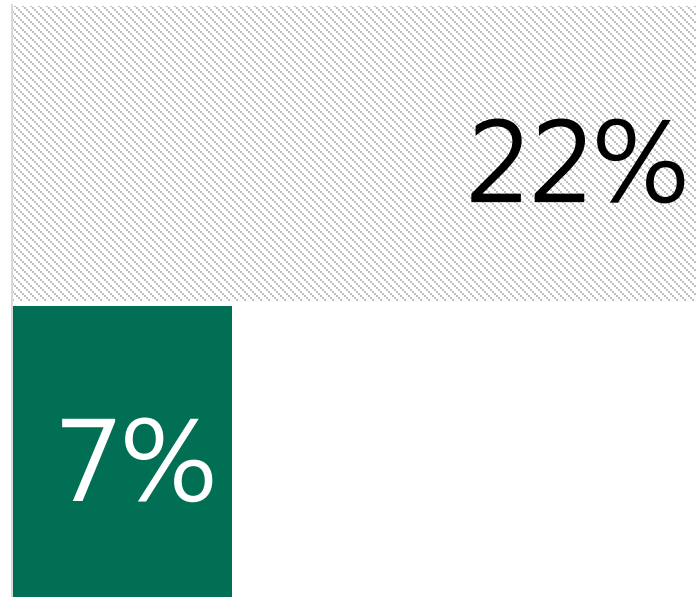
% worksites reporting “Lack of Management Support” as a barrier

All Nebraska Worksites

22%

T&W

7%



What We Found – Wellness Barriers



Major worksite wellness barrier is employee interest

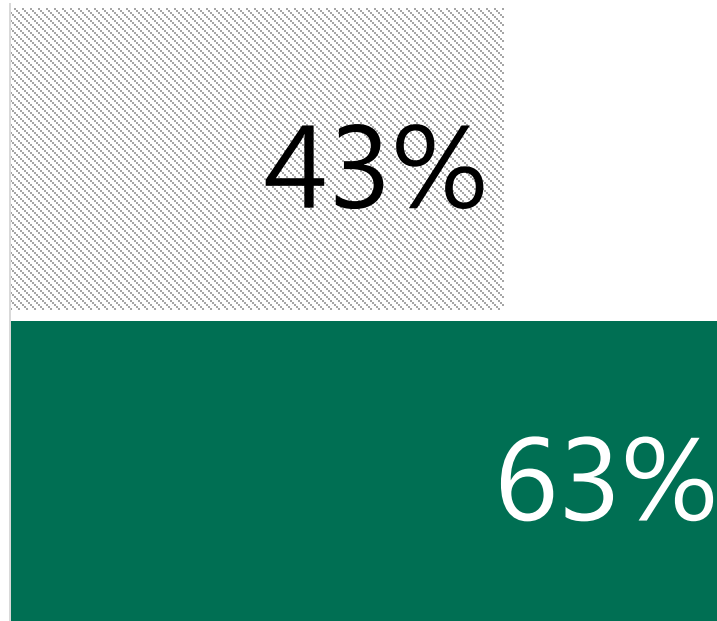
% worksites reporting “Lack of Employee Interest” as a barrier

All Nebraska Worksites

43%

T&W

63%



Conclusion

More T&W worksites had policies 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

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Transportation and warehousing worksites good candidates for Total Worker Health programs

Thank you and...

