



**MONASH**  
University



## Health Conditions and Aussie truck drivers

*"[Companies are] more interested in drug and alcohol than doing blood pressure and sugar testing... any one of the four is as bad as each other and they don't worry about that." Driver*

### Key Findings



**1 in 2** truck drivers have  
**2+** chronic medical conditions



**Top 3** diagnosed conditions  
**Back problems**  
**High blood pressure**  
**Mental health problems**



**↑#** of Chronic conditions  
**=**  
Poorer Health and decreased  
Driving performance



**Heart disease & Cancer**  
Leading cause of death in transport  
workers >40 years

### Supporting Drivers



#### Prevention - Better than Cure!

Seek help in the early stages – don't wait till it gets really bad!



#### Minimise the risks

By decreasing sugars and fats, and increasing physical activity each day, your health risks are lessened



#### Actively Seek Help

Contact a trained professional for regular health check-ups and identify how to decrease your health risks

*"Drivers have got to realise that the body needs to move. You've got two aspects... fatigue and chronic disease. Both can be fixed with a bit of exercise." Driver*

For support speak with your GP/ health professional.  
Complete findings can be found on [drivinghealth.net](http://drivinghealth.net)

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