We at OOIDA appreciate the invitation to participate in a health and wellness program for truckers.  The OOIDA Foundation was active in helping to develop the NIOSH , National Survey of Long-Haul Truck Driver Health and Injury Survey; I serve as a trade association member of NORA, the Transportation, Warehouse and Utilities sector council on Bus and Truck Safety and Health. I am also a member of the TRB Truck and Bus Safety Committee and a member of the Health and Wellness subcommittee.  The OOIDA Foundation does a profile of its membership every two years and has done so since 1998.  Within the survey we ask a few health and wellness questions and find that, unfortunately, they reflect similar findings that NIOSH found in their survey.  As a result of our own research, NIOSH’s findings and the new emphasis on the medical examination the Foundation performed  some research on its own and initiated a Beta test program customized to reach out to our long-haul drivers.  Our program took what we learned about past initiatives that were not very successful in reaching out to truck drivers, and devised a program customized to the trucker.  Attached is a White Paper that we developed explaining the reason why we did the program and how we achieved success where others floundered.  We believe that the essentials of any program to reach the long-haul, and we feel any driver, can be achieved using the basics of the program we devised.  In fact we have been looking for partners to expand our program into Phase II as described in the White Paper.

The Foundation has also created a series of Business Education Modules offered free through the OOIDA Foundation web site, [www.ooidaonlineeducation.com](http://www.ooidaonlineeducation.com). Once on this site click on the Education tab and a list of available education programs will be there; scroll down to whatever you wish and then click on view to open the program. There are several modules there that if you click on view you can get some idea of what we offer already.  Three of which pertain to health and wellness.  We are currently working on a 5 part series on health and wellness concerns that cover the medical exam requirements.  We have made some good contacts with Merck pharmaceuticals and their education programs.  As we get sponsors for these programs they are offered free to anyone and are available on computer, mobile devices and You Tube. We get support from our affiliate magazine LandLine and its 224,000 circulation, our digital landline magazine with 227,000 monthly viewers, our social media followers numbering 30,000+, our email blast list of over 68,000 and our affiliate radio program LandLine Now on Sirius XM in support of our programs so getting the word out is not a problem for us.  Recently  we have begun to put the modules on You tube and have had phenomenal success.

We offer this information as a foundation for any research or project that can help drivers to understand and achieve better life choices leading to a healthier life.

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