

# Worksite Health and the Trucking Industry

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# About Partnership for Prevention®

## *Who We Are*

Nonprofit, non-partisan national health policy and advocacy.

## *What We Do*

- Work to improve the health of all Americans by increasing the priority on disease prevention and health promotion.
- Translate, develop, disseminate and advocate for science-based policies, practices, and programs.
- Convene various sectors to address priority health concerns.
- Leverage the workplace to improve health.

# Transportation Project

*Transportation policies and program initiatives that can promote public health and foster the development of healthy communities*

## Shift in Thinking

Yesterday's Assumption: *Health is a **COST** driver.*

Initiatives to improve employee health are primarily a  
additional top line expense.

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VS.

Today's Reality: Health is a **PERFORMANCE** driver.

Investing in health not only controls expenses, but also  
protects, supports and enhances human capital. It is  
fundamental to a healthier bottom line.

## Leading by Example

- Highlights the direct & indirect costs of poor health.
- Convince CEOs of the business case for investing in worksite health through a peer-level initiative.
- Transform the American healthcare system to emphasize prevention rather than treatment through CEO influence.

# Leading by Example



# What Small to Medium Sized Companies are Doing

- **Lincoln Industries-** *Lincoln Industries Wellness Program* offers a comprehensive wellness model to their employees that focuses on emotional, occupational, spiritual, social, intellectual, and physical components to support their people in making healthier choices.
  - **Results-** less turnover and absenteeism, higher quality, and lower Workers' compensation and healthcare costs.
- **Web Industries-** *Web Employees Living Longer (WELL)* implemented program to address rising healthcare costs. Each plant has a wellness committee that plans/implements wellness program.
  - **Results-** physical activity campaign had 74% participation rate and a 94% completion rate.
  - 73% participation in health risk assessment

# W orksite W ellness for the Trucking Industry

What's the big challenge?



**How can we get the good things happening at large trucking companies to happen at medium and small trucking companies?**

## Good collaborations are built on:

- Mutual gain and shared commitment
- Ability of each partner to bring new stakeholders to the table
- Ability of each partner to make the content better together than they could alone
- Ability of the partners to work together to deliver that content in a way that works and builds toward the future
- Ability of the partners, working together, to find and convince those with resources to support the collaboration

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