



ON THE ROAD TO BETTER HEALTH

Driver well-being survey - December 2021

Total Responses:126

Introduction

Thank you to all those who completed the recent well-being survey.

It was important for us understand your thoughts on how we could put together plans to support you with well-being issues; we did not want to make any assumptions about what you thought would be helpful.

I am sure you will be interested to see the survey results, so we have produced these easy read results for you to look at.

Many thanks for your participation in the survey; the results are very valuable to us and the logistics sector.



I think I am a healthy weight

59%



Agreed
strongly agreed

17%



Neither
agreed/disagreed

24%



Disagreed
strongly disagreed

I understand the physical effects of stress on the body

90%



Agreed
strongly agreed

5%



Neither
agreed/disagreed

4%



Disagreed
strongly disagreed

I understand how to manage worrying thoughts

71%



Agreed
strongly agreed

19%



Neither
agreed/disagreed

9%



Disagreed
strongly disagreed

I feel confident about changing a habit successfully

68%



Agreed
strongly agreed

20%



Neither
agreed/disagreed

10%



Disagreed
strongly disagreed

I have a healthy diet

49%



Agreed
strongly agreed

32%



Neither
agreed/disagreed

16%



Disagreed
strongly disagreed

I understand the impact of stress hormones on the body

76%



Agreed
strongly agreed

14%



Neither
agreed/disagreed

9%



Disagreed
strongly disagreed

I eat 5 fruit and vegetable per day

41%



Agreed
strongly agreed

24%



Neither
agreed/disagreed

33%



Disagreed
strongly disagreed

My job regularly contributes to my stress levels

14%



Agreed
strongly agreed

19%



Neither
agreed/disagreed

65%



Disagreed
strongly disagreed

I usually sleep well when I am at home

67%



Agreed
strongly agreed

17%



neither
agreed/disagreed

15%



Disagreed
strongly disagreed

I do not sleep well when I have to sleep in the vehicle cabin

51%



Agreed
strongly agreed

24%



Neither
agreed/disagreed

24%



Disagreed
strongly disagreed

I enjoy a good social life

47%



Agreed
strongly agreed

33%



Neither
agreed/disagreed

19%



Disagreed
strongly disagreed

I usually sleep well when I am doing shifts that involve unsociable hours

30%



Agreed
strongly agreed

20%



Neither
agreed/disagreed

48%



Disagreed
strongly disagreed

I am aware of things to do to help me sleep

63%



Agreed
strongly agreed

14%



Neither
agreed/disagreed

21%



Disagreed
strongly disagreed

I regularly feel lonely

24%



Agreed
strongly agreed

24%



Neither
agreed/disagreed

48%



Disagreed
strongly disagreed

I am comfortable discussing my emotions with other people

51%



Agreed
strongly agreed

29%



Neither
agreed/disagreed

24%



Disagreed
strongly disagreed

I have a good support network

49%



Agreed
strongly agreed

31%



Neither
agreed/disagreed

17%



Disagreed
strongly disagreed

I worry about money and managing financially

32%



Agreed
strongly agreed

34%



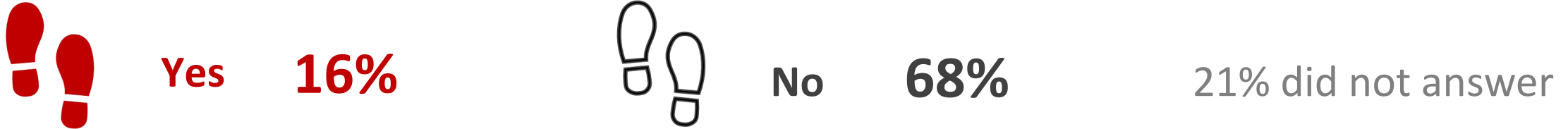
Neither
agreed/disagreed

33%



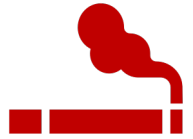
Disagreed
strongly disagreed

Monitoring daily steps



Number of daily steps ranged between 250 and 15,000

Smoking



Yes

17%

Cigarettes or tobacco

Number of cigarettes smoked between 1 and 30 per day, or 7g of tobacco.



No

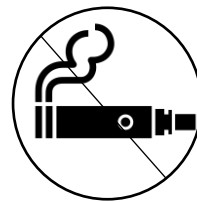
83%

21% did not answer



10%

Vaping



No

81%

9% did not answer

Drinking Alcohol



Yes

40%

Number of units drunk per week, ranged between 1 to 40 units.



No

38%

21% did not answer

Average stress levels over the last 2 weeks

0 not stress



10 very stressed



1,2 3, 4

42%



5,6

13%

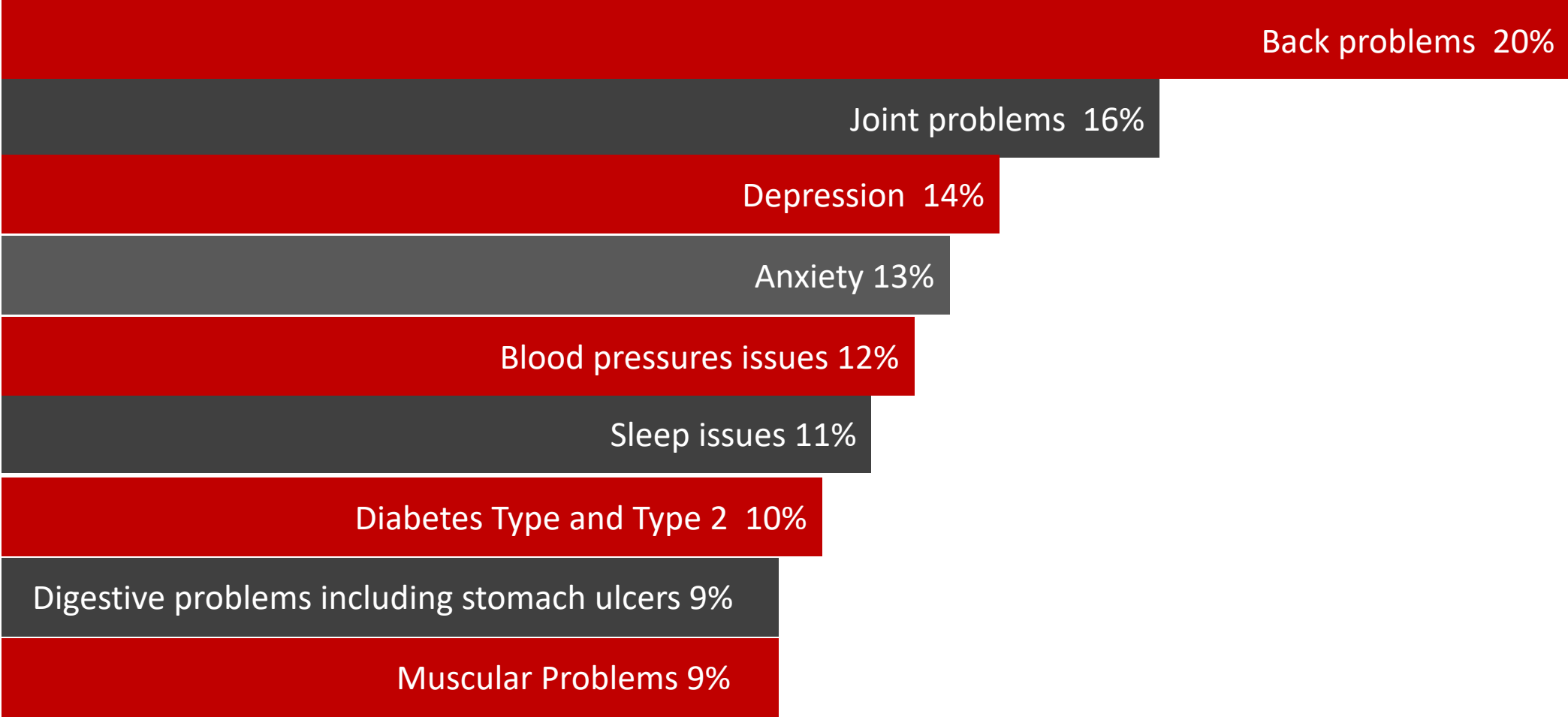


7,8,9,10

27%

17% did not answer

Health conditions



What you said would be helpful to be healthier

Hours: shorter, more sociable times, regular start times

12 hours is
too long!

Better facilities: clean toilets/washing areas, secure parking, better rest areas, access to healthy snacks.

Europe has
much better
service
facilities

Better diet and exercise: improved diet, weight and exercise such as information on diet/ healthy food, access to gym/swimming.

Healthier food
at service
station

Summary and what next?

The survey results has helped us identify priorities so we can develop plans to support you better. Over the next 12 months we will be addressing each area identified in different ways.

Areas of priorities are:

1. Inform you of the best service stations and what facilities they offer and see what we can do to campaign to improve them.
2. Information on healthy diet, weight and exercise.

