

# **Identifying Environmental Influences on Obesity Risk Factors of Commercial Truckers**

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According to recent statistics, over half of adults in the United States are either overweight or obese. Previous studies involving commercial truck drivers have noted high prevalence rates of obesity in this population. The National Occupational Research Agenda (NORA), a research framework for the National Institute of Occupational Safety and Health (NIOSH), has identified trucker health as a priority area of research. Being overweight or obese potentially influences a trucker's ability to safely perform their job, which in turn could influence the safety of all those who share the road. The proposed study will provide baseline data for obesity risk factors in commercial truckers and for developing appropriate nursing interventions to reduce commercial truckers' risk for obesity. The purpose of this study is to examine the exercise and dietary habits in a sample of commercial truck drivers and to examine various components of the work environment of commercial truck drivers in relation to their risk for obesity. The specific aims of this study are (1) to identify the key obesity risk factors for a convenience sample of commercial truck drivers, (2) to describe the feasibility of regular exercise and healthy eating based on the opinions and experiences of a convenience sample of commercial truck drivers, and (3) to compare the availability of exercise rooms at truck stops by geographic regions of the country. This study will involve surveying a convenience sample ( $n=370$ ) of commercial truckers about their obesity risks while traveling for their job. The variables that will be measured are the obesity risk factor questionnaire, body mass index, body fat percentage, and waist circumference. This study will add to the limited knowledge regarding the obesity risks of commercial truckers.



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