

The Structured Health Intervention For Truckers (SHIFT)

The effectiveness of a programme designed to increase HGV drivers' physical activity (a randomised controlled trial)

Population



382 HGV drivers from 25 transport sites

99% male

Average age: 48 years

High-risk occupational group:

67% with high cholesterol

28% with high blood pressure & 51% with pre-hypertension

88% were overweight or had obesity

Primary outcome

Daily steps at 6 months



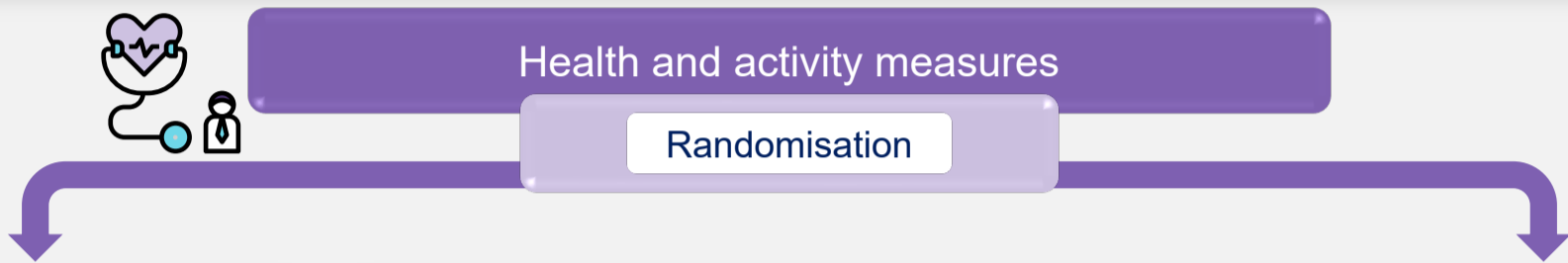
High sitting



Low activity



Short sleep



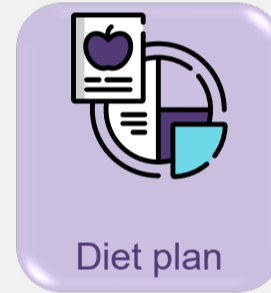
Control

199 HGV drivers from 13 transport sites

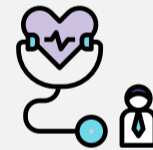


SHIFT

183 HGV drivers from 12 transport sites



Health and activity measures (6 months)



Findings

SHIFT group versus Control group at 6-months, based on data from 209 drivers

Activity and sitting across all monitored days (primary comparisons):

Daily steps **+1008 steps/day**

Sitting time **-24 mins/day**

Health enhancing activity **+6 mins/day**

Greater changes in behaviours were observed on non-workdays:

Daily steps **+2012 steps/day**

Sitting time **-40 mins/day**

Health enhancing activity **+11 mins/day**

Drivers with obesity (n=44) had a greater intervention response (versus controls with obesity [n=51] at 6-months)

Daily steps **+1827 steps/day**

Sitting time **-57 mins/day**

Body weight **-2.4kg**

Summary

The SHIFT programme led to a potentially clinically meaningful difference in daily steps, between groups, at 6 months. Widespread support received for the programme to be translated into a driver CPC module