

Wellness:

What's Going on Behind the Wheel

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Overview

- Emerging issues related to single-vehicle crashes
- Dimensions of Wellness
- Strategies for Wellness

The Problem

49%

of officer crashes
from 2011-2015 were
single-vehicle
crashes

Emerging issues related to single-vehicle crashes



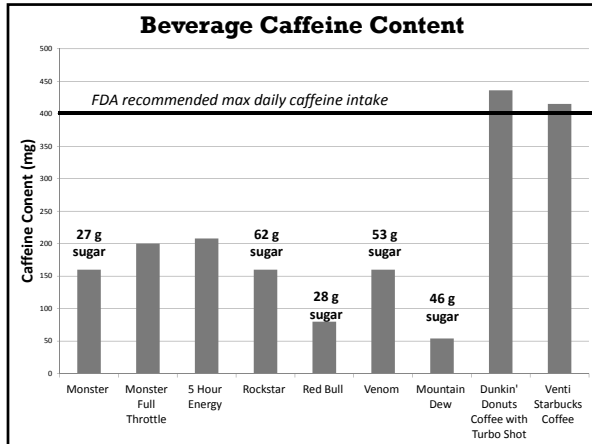
Fatigued/Drowsy Driving

- Can result in
 - “Tunnel Vision”
 - Driving under the influence of stimulants (e.g. caffeine)
- Those at highest risk
 - Young male drivers (ages 17-23)
 - People with sleep disorders
 - *Shift workers*
 - *People who sleep less than 6 hours a night*
- Drowsy driving is similar to alcohol-impaired driving
 - 28 hours sleep deprivation ≈ 0.1% BAC

Energy Drink Consumption

- High *caffeine & sugar* content
- Risks for the General Public
 - Cardiovascular problems
 - Risk-taking behavior
 - Alcohol dependence
 - Illicit drug use
 - Aggressive behavior
- Negative effects when combined with alcohol/drugs







Dietary Supplements

- Pre-workout

Ultra-Intense Muscle-Gorging Strength, Energy, Power & Endurance.

Jack3d

OxyELITE Pro

DMAA

Physical and Emotional Factors

- Unpredictable situations
 - Incident responses
 - Unanticipated extensions of work hours
- Long periods of activity and inactivity
- Balancing priorities
 - Managing work/home issues

How can we mitigate these issues?

Embrace *Wellness*









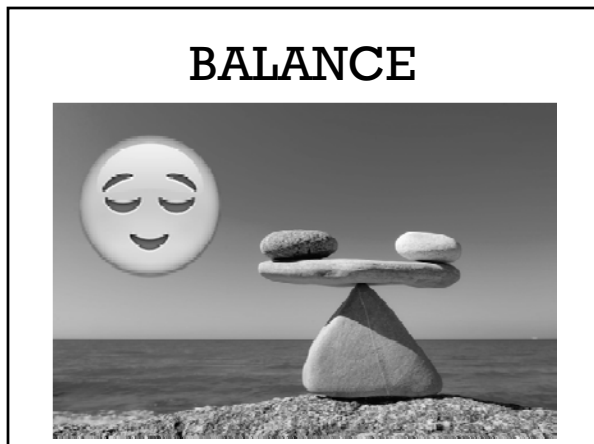












Strategies for Wellness



Strategies for Wellness *Occupational*

- Know your limits
- Engage in stress-relieving activities
- Manage work life and home life priorities
- Try to prevent drowsiness and fatigue on the job to maintain alertness
 - “26 minute nap” when possible
 - Drink a small cup of coffee/tea

Strategies for Wellness

Physical

- Exercise regularly
 - Substitute pre-workout with a little coffee, green tea, or healthy carb snack
- Stay hydrated!
 - Men: 4 liters of water/day (135 oz)
 - Women: 3 liters of water/day (100 oz)
- Prepare for long shifts
 - Sleep
 - Food – low carb, low cal, low sodium, high protein
- Limit caffeine and sugar intake
 - Stick to coffee/tea
 - Avoid energy drinks

Strategies for Wellness

Emotional

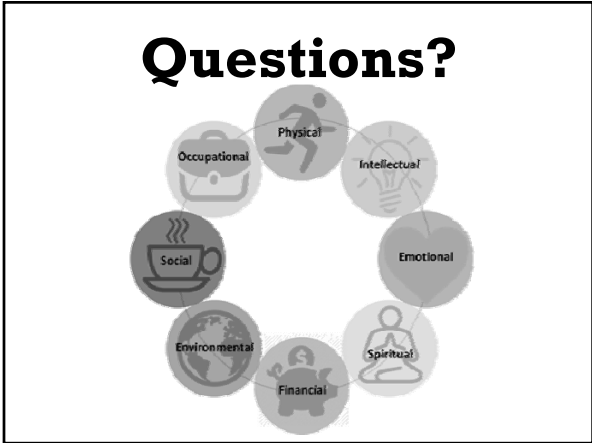
- Recognize & reduce stigma around
 - “having emotions” and “sharing feelings”
 - “balancing stress”
 - “seeking support”
- Manage reactions to unpredictable situations
 - Mindfulness meditation
- Know when it’s time to take action
 - Open communication
 - Mental health support – confidential counseling, CISD

“...Place the oxygen mask on yourself first before helping small children or others who may need your assistance.”



Thank you!

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Wellness Resources

- **Occupational Wellness Resources**
 - 26 minute nap app: <http://www.nap26.com/>
 - Top 10 Tips for Shift Workers to Combat Sleepiness and Drowsy Driving (NHTSA): http://www.nhtsa.gov/people/injury/drowsy_driving1/human/drows_driving/tipcard/tipcard_lg.html
- **Healthier Fast Food Meals**
 - <http://www.webmd.com/food-recipes/21-healthier-fast-food-meals>
 - <http://www.buzzfeed.com/carolynkylstra/healthy-fast-food-yes-for-real#.odbVKaeOR>
- **Emotional health resources**
 - Free guided mindfulness meditation: <http://marc.ucla.edu/body.cfm?id=22>
 - Headspace app: <https://www.headspace.com/>
