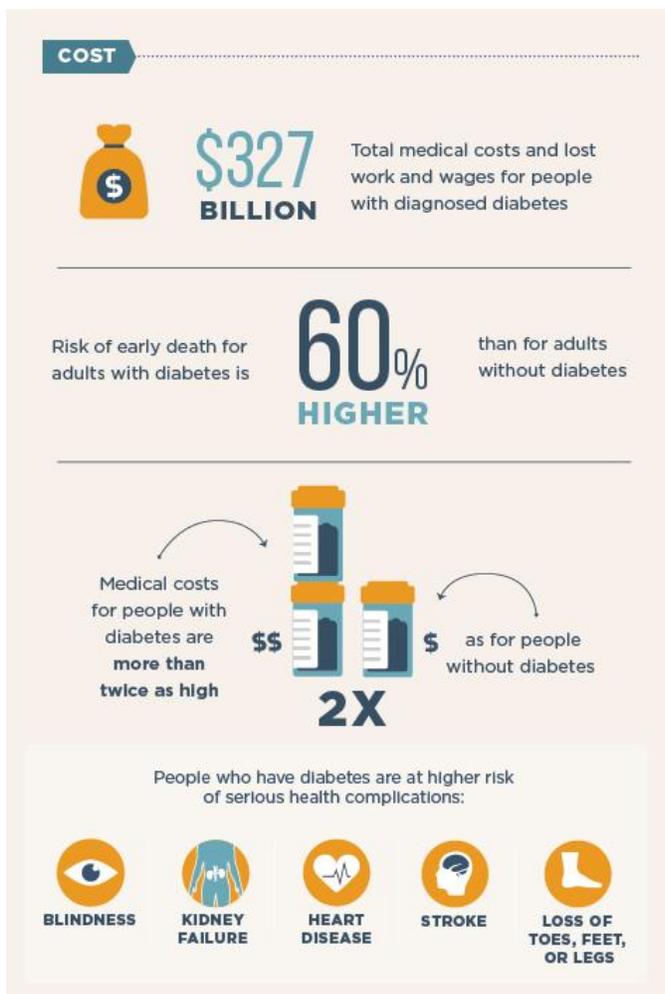


## Want to Drive Down Your Drivers Risk of Developing Diabetes?

The St. Christopher Truckers Fund (SCF) is a 501(c)(3) non-profit organization that serves over-the-road semi-truck drivers across the nation. The SCF has two missions of service. The first mission is to provide financial assistance to drivers and their families when an illness or injury has recently caused them to be out of work. The second mission is to make the truck driver population one that is healthier through prevention programs and education. One study of professional drivers showed that over 70% of drivers interviewed had at least one health issue such as diabetes, high blood pressure, obesity, or smoking. With this, and our health prevention mission in mind, we have implemented a tobacco cessation, a heart/total body health, and a diabetes prevention program.

Do you know that approximately one in three people in America are considered pre-diabetic and eight of ten of those people don't know it? What does that mean for you? If you have 100 drivers in your fleet, 33 of them are most likely pre-diabetic. That can not only affect the health of your drivers but it can also affect your bottom line.



The SCF has earned recognition as a CDC-approved diabetes prevention program. While using the CDC curriculum for the program, we have tailored it to meet the needs of truck drivers and call it Driving Down Diabetes. Past and present participants have had much success lowering their risk of diabetes. They have collectively lost well over 5% of their body weight, lowered their blood pressure, adopted healthier eating practices, and increased their time spent moving. Drivers have rated our program 5 stars, and we've even had repeat participants who learned the tools the first time but wanted to stay on top of their health and really ingrain the practices taught into their lives. One participant stated, *"It's devoting one hour a week that can change your life"*. A past participant said, *"Ten months after completing the program, I have kept off the 50lbs I lost, my A1c is in the normal range, and I recently walked in a 10 mile benefit for cancer."* That is success for life!

What exactly is this Diabetes Prevention Program thing, you ask? Great question! SCF's diabetes prevention program is FREE for all Class A CDL, over-the-road professional drivers who are **at risk** for Type 2 diabetes. Not sure if you or your drivers are at risk? Use our [risk assessment tool](#) to see if you're eligible for the program. We encourage every at-risk driver to participate in this evidence-based lifestyle change program to reduce their risk of developing type 2 diabetes. Driving Down Diabetes includes a CDC-approved curriculum, a lifestyle coach specially trained to lead the program, and a support group of other drivers who have similar goals and challenges. The program offers weekly classes focusing on nutrition, getting active, stress management, sleep, and more.

What makes our program different from others who offer similar programs? How does FREE sound? That's right, there is no cost to participate. The program's sponsorship by [Southern Recipe](#) has allowed us to offer this program for free, and to also provide scales, blood pressure monitors, activity trackers, resistance bands, and glucose monitors for those who need them.

SCF is beginning a new Driving Down Diabetes weekly session group on January 9<sup>th</sup>, 2023. We will meet Live on Mondays at 7 pm CT via the Zoom app. The program is a one-year commitment to making little lifestyle changes that can ultimately save or extend your life. It's never too late to take steps to feel and be the best you possible. And it's never too late to show your drivers you care about their health.

So, what can you as a company do?

- Tell your drivers about the program.
- Offer incentives for drivers to register and complete the program.
- Visit [Driving Down Diabetes](#) to have your drivers register to participate.

If you are interested in learning more about any of our wellness programs, please contact Julie at [julie@truckersfund.org](mailto:julie@truckersfund.org) or 865-544-8145. You can also visit our website for more information.

*About Julie: Julie Dillon is the Health & Wellness Manager for St. Christopher Truckers Fund. Julie is passionate about helping drivers live longer and feel their best. With her expertise as a Therapeutic Nutritional Counselor, certified Holistic Health Coach, and Tobacco Cessation*

*Specialist you can be assured she has the knowledge to help you succeed in any of the SCF's programs.*

## DRIVING DOWN DIABETES

The "Tastiest Crunch in the South."  
**Southern Recipe**  
sponsored by:

**Driving Down Diabetes is a CDC-approved diabetes prevention program led by a trained lifestyle coach.**

**It is offered virtually so that any Class A OTR driver can join from wherever they are.**



**NUTRITION**



**FITNESS**



**STRESS  
MANAGEMENT**



**TRUCKER  
FOCUSED**

**Take our  
Prediabetes  
Risk Test Now!**



**Learn More: [bit.ly/SCF-DDD](https://bit.ly/SCF-DDD)**

**“ One hour a week  
can change your life**

**“ I would give it 5 stars.  
Wish I could give it 10!**