

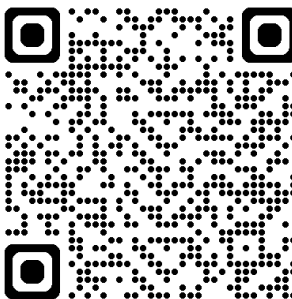


Top Two CMV Driver Mortality Causes: 2026 Guidelines and Prevention (Part 2 of 2)

NAFMP Driver Series

June 10, 2026

Get this slide deck at NAFMP.org/events



Slides are available **now** at

nafmp.org/events

Today's recording will be available afterwards at

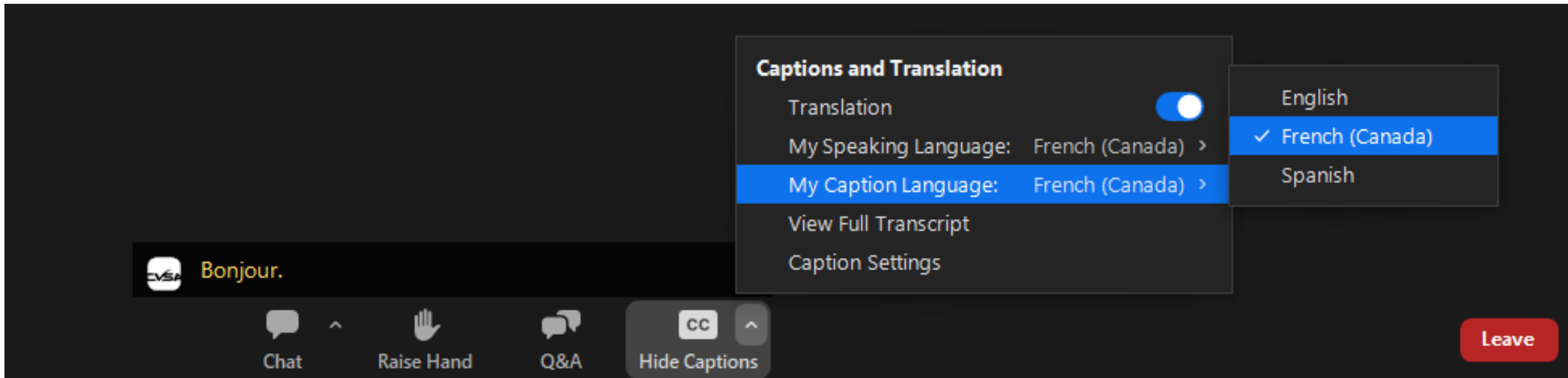
nafmp.org/webinars

The recording of Part 1 of this two-part webinar series is available there

Zoom Automated Captions Available



Use the Captions and Translation function at the bottom of your Zoom panel to enable automated English captions or translation in French or Spanish





Rodolfo Giacoman

Fatigue Management Specialist
Commercial Vehicle Safety Alliance

Rodolfo.Giacoman@CVSA.org

202-998-1830

Watch Part 1 of 2



nafmp.org/webinars



**Top Two CMV Driver Mortality Causes: 2026
Guidelines and Prevention (Part 1 of 2) –
NAFMP Driver Series**

1. Recap of Part 1
2. Quit Smoking
3. Warm Relationships
4. Cardiopulmonary Fitness (VO2 max)
5. Mindfulness
6. Sleep Hygiene
7. Nutrition
8. Part of a Safety Culture in an FMP (Swiss cheese model)
9. nafmp.org Free Resources
10. Questions

Recap of Part 1



- **Number 1 Biological Cause of Death of CMV Drivers is Atherosclerotic Cardiovascular Disease (ASCVD)**
 - Starts with damage to the inner layer of your arteries which makes them sticky
 - Once the artery wall is damaged, substances start to accumulate at the site
- **CMV Driver Life Expectancy is 61 years**
 - Over 40% of drivers are > 49 years old
- **Number 1 CMV Driver Lethal Occupational Hazard is Fatigue-related crashes**
 - Fatigue worsens ASCVD: Amplifies systemic inflammation, autonomic overdrive, metabolic disruption, oxidative stress

Recap of Part 1, Cont.



- March 13 2026 Guidelines
- PREVENT™ Calculator Biomarkers
 - Sex, age, SBP, Non-HDL Cholesterol, eGFR, BMI, Diabetes, Smoking
 - Whether on lipid-lowering and/or anti-hypertensive medications
- Clinical Therapies
- How health education is part of the safety culture

Reminders, please



- **Consult your medical provider before following any lifestyle recommendations or if you feel any discomfort**
- You are responsible for any consequences of following any recommendations provided
- Be aware and try to eliminate the stigma associated sometimes with sleeping, metabolic diseases, substance abuse and mental health
- Do not allow any recommendations cause you to worry or become obsessed with a toxic wellness culture



Quit Smoking

Smoking & Tobacco Use



- Leading preventable cause of disease, death, and disability
- ~20% of Americans smoke, but nearly **half** of CMV drivers do
- Causes lung cancer, COPD and other lung diseases, heart disease, and many other medical conditions
- >\$1,000 per year in medical costs for each smoker
- Reduces oxygen flow to the brain; worsens OSA
- Strategy: **QUIT!!!**
 - See your doctor
 - Call 1-800-QUIT-NOW
 - Click www.smokefree.gov or
 - Click www.hc-sc.gc.ca

How Smoking Damages Health



- Smoking triggers a massive inflammatory response. This causes the lining of the arteries (the endothelium) to become sticky, allowing plaque to build up much faster
- Carbon Monoxide binds to your hemoglobin more effectively than oxygen does. This essentially suffocates your tissues and heart muscle, forcing your heart to work harder to deliver less oxygen
- Combusted tobacco contains over thousands of chemicals, at least 70 of which are known to cause cancer by damaging DNA and preventing cells from repairing that damage

Potent Sympathomimetic Drug



- Nicotine causes an immediate increase in heart rate and blood pressure. It constricts the blood vessels (vasoconstriction), which makes the heart pump against higher resistance
- Nicotine interferes with insulin sensitivity. It can raise blood glucose levels and promote abdominal fat storage, which complicates the management of metabolic health and increases the risk of Type 2 diabetes
- Nicotine is highly addictive because it triggers dopamine release in the brain's reward circuitry. Over time, the brain rewires itself, leading to increased anxiety or irritability when not using it
- Disruption of sleep architecture (reducing the quality of deep sleep)
- Even without smoke, nicotine alone can impair the ability of blood vessels to dilate properly. This contributes to the long-term stiffening of the arteries, a key driver of ASCVD

What is the single most important predictor of wellbeing and longevity?

1. Low cholesterol
2. Not smoking
3. Warm relationships
4. Exercising
5. Meditation
6. VO2 max
7. Normal blood pressure

Warm Relationships



**Nurturing Positive Relationships – NAFMP
Driver Series**

Surprising Truth



- Strong social ties increase survival odds by 50%
- Relationship quality is as vital as quitting smoking
- Isolation is a risk multiplier for CMV drivers
- Good connections help regulate stress and cortisol
- Prevent inflammation from chronic stress

Positive Relationships and Health



- Individuals with strong social connections and supportive relationships tend to have lower risks of developing chronic diseases
- Strong social connections are associated with lower rates of depression, anxiety, and other mental health disorders
- Studies have consistently shown that individuals with strong social ties tend to live longer lives
- Supportive social connections and positive emotional experiences can enhance immune responses, leading to better resistance against infections and faster recovery from illnesses
- When individuals have supportive and encouraging relationships, they are more likely to engage in healthy habits and make positive lifestyle choices

Positive Relationships and Alertness



- When individuals feel valued, supported, and understood in their relationships, they are more likely to experience positive mental states and have a better ability to focus, concentrate, and stay mentally alert
- Strong social connections can also provide a sense of purpose and motivation, which can enhance overall alertness and engagement in various aspects of life

What is a positive relationship?

- a) One characterized by mutual respect, trust, support, and cooperation
- b) Where both parties feel valued, understood, and appreciated
- c) Individuals communicate effectively, listen attentively to each other's needs and concerns
- d) Individuals strive to find common ground and resolve conflicts in a constructive manner
- e) All of the above
- f) None of the above

What drivers can do to nurture positive relationships (1 of 2)



- Spend dedicated time with your relationships
- Be optimistic and grateful
- Keep stress in check practicing the other four keys to wellness
- Be open, honest and respectful
- Attack the problem, not the person
- Try not to jump to conclusions
- Make your relationships a priority

What drivers can do to nurture positive relationships (2 of 2)



- Make contact every day
- Underpromise and overdeliver
- Don't stop talking when something needs to be said
- Don't speak when someone else needs to be heard
- Appreciate your colleagues, family, and friends for who they are
- Treat relationships as a place where you go to give, not to take
- It's a process; work on it every day

What motor carriers can do to nurture positive relationships (1 of 2)



- Effective communication
- Fair compensation and benefits
- Give them time off
- Offer training and development opportunities
- Provide a safe work environment
- Improve driver experience with technology

What motor carriers can do to nurture positive relationships (2 of 2)



- Don't create impossible situations
- Give and take feedback
- Celebrate successes
- Offer them opportunities for advancement
- Praise them in front of their peers
- Thank them personally

What is the single second most important predictor of wellbeing and longevity?

1. Low cholesterol
2. Not smoking
3. Warm relationships
4. Exercising
5. Meditation
6. VO2 max
7. Normal blood pressure

Cardiopulmonary Fitness



Exercise – NAFMP Driver Series

VO2 max: Survival Metric



- It measures the max oxygen your body can use
- Stronger predictor of mortality than smoking or diabetes
- It determines your healthspan or years in good health

The Second Single Most Important Predictor of Wellness and Longevity

March 1, 2026



By Rodolfo Giacoman, Fatigue Management Specialist, Commercial Vehicle Safety Alliance

Originally published in the [2026 First Quarter Guardian, Page 36](#)

- **Unlock the #2 predictor of driver wellness: VO2 max rate — the measurable edge that beats conventional risk factors and shields fleets from fatigue-related costs.**
- **Learn practical, low-impact protocols (Zone 2, HIIT) and road-ready exercises that boost cardiovascular resilience for drivers on the clock.**
- **Implement data-driven fitness strategies to extend healthspan, reduce downtime, and lower fleet risk.**

Oxygen Supply Chain



1. Port of Entry: Lungs, Pulmonary Ventilation
2. Loading Cranes: Heart, Cardiac Output and Stroke, Volume
3. Delivery Fleet: Blood, Hemoglobin and Red Blood Cells
4. Local Infrastructure: Capillaries, Micro-circulation
5. Factory: Muscles, Mitochondria

Why Fitness Matters to Drivers



- High VO2 max buffers against daily driving stress
- Lowers cortisol and speeds up recovery from shifts
- Prevents energy crashes by burning fat for fuel
- Significantly lowers the risk of dementia

Methods to Measure or Calculate VO₂ Max

**See Important Safety Notice*

Specific Test*	Method Category	How It Works	Accuracy
Metabolic Cart, CPET	Direct Lab	Direct measurement of oxygen inhaled vs. carbon dioxide exhaled using a breathing mask while exercising to exhaustion	Gold Standard
Bruce Protocol	Clinical Stress	A treadmill test where speed and incline increase every three minutes; uses time lasted to calculate the rate	High
Cooper 12-Min. Run	Performance	Run as far as possible in 12 minutes; distance is plugged into a standardized formula	High
Beep Test, Shuttle Run	Performance	20m shuttles at increasing speeds; your final level determines the estimated rate	High
Rockport 1-Mile Walk	Submaximal	A brisk 1-mile walk; uses finish time and heart rate to predict oxygen capacity	Moderate
Queens College Step Test	Submaximal	Stepping up and down on a 16-inch bench for three minutes, then measuring recovery heart rate	Moderate
Watch or Ring, etc.	Wearable Tech	Uses GPS pace and heart rate data during outdoor movement to model your capacity	Variable
CERG Website Calculator	Research Model	An online tool from NTNU using age, BMI, resting HR and exercise habits	Predictive
Heart Rate Ratio	Resting Estimate	A simple formula: $(15.3 \times \text{Max Heart Rate}) / \text{Resting Heart Rate}$	Low

*Important Safety Notice



- The information provided here is for educational and informational purposes only and is not intended as medical advice. VO2 max testing, especially high-intensity protocols like the direct lab test, Bruce Protocol, Cooper Run, or Beep Test, places significant stress on the cardiovascular and respiratory systems
- Before attempting any VO2 max test, starting a new exercise program, or changing your physical activity level, you must consult with a qualified healthcare professional (such as a doctor, cardiologist or DOT medical examiner). This is especially critical if you:
 - Have a history of heart disease, high blood pressure, or respiratory issues
 - Are managing chronic conditions like diabetes or obesity
 - Experience chest pain, dizziness, or shortness of breath at rest or during activity
 - Have been sedentary for a long period
- Stop exercising immediately and seek medical attention if you feel any discomfort, unusual pain, lightheadedness, nausea, or extreme fatigue during a test or workout. Your safety and long-term health are more important than any fitness score

Upgrading Your Oxygen Supply Chain



- Zone 2 (Infrastructure)
 - 30–45 mins of medium intensity cardio
- HIIT (Cranes)
 - Short bursts of max (or close to max) effort

Is pain a normal part of making progress in exercise?

- True
- False

Three Types of Exercise



1. **Cardio:** Improves heart/lung fitness
2. **Resistance:** Prevents muscle loss (Sarcopenia)
3. **Stretching:** Maintains flexibility and range of motion
 - Note: Never stretch where it hurts; nerves dislike it

Protecting the Chassis



- The Neck and Low Back are most vulnerable to injury
- Strong Abs and Glutes protect the lumbar spine
- Strong muscles act as a brace for the spine

Timing and Fueling



- The best time to work out is when you will do it
- Avoid intense exercise 3-4 hours before bedtime
- Hydrate with water; avoid sports drinks/sugars
- Eat real food; shakes are highly processed substitutes

Poll



Which is the best exercise routine?

The Best Routine



- The best routine is the one you actually do
- Schedule workouts as non-negotiable calendar items
- Track your progress to keep motivated
- Remember: Your body is your most important asset

Exercise Best Practices



- Breathe; blow your nose before & after
- Maintain Spine Alignment
- Hydrate All Day
- Warm-Up Before
- Stretch Afterwards
- Recovery Day(s)
- Muscle Sore vs Discomfort/Pain/Injury
- Quality (Proper Form) vs Quantity (Overdoing it)

Sample Exercises



**Sample Exercises for Commercial Drivers –
Supplement to the NAFMP webinar on Exercise**

Sample Warm-Up



- Squat and hug
- Arms up and calf raise
- Little squat and raise/cross arm
- Arm circles with knee raises
- Any light cardio
- Any mimicking resistance

Sample Cardiovascular Exercises



- March with high knees
 - Add cross jab, upper cut, hook
- Run
 - Slow
 - Fast
 - High knees
 - Kick back
- Walk sides with arm raises
- Jumping Jacks

Sample Resistance Exercises



- **Squat**
 - Add lunges
 - Forward
 - Side
 - Back
 - Hold each side for faster failure
- **Push-up**
 - Modified
- **Burpee**
 - Squat + Plank + Push-up + Jump + Clap at the top
- **Hip raise/hold**
 - Legs extended
 - Raise from heels and shoulders

Sample Stretching



- Forward bow to decompress spine
- Sit on legs feet flat, massage sole of feet with hand knuckles
- Sit on toes with arm stretch & deep breathing
- Low lunge stretch
- Pigeon stretch
- Plank rotating sides
- Downward dog with back kick
- Half tortoise stretch
- Standing Separate leg stretch

Balancing Exercises



- Cross legged squat
- One leg slow run stretch
- Quad/shoulders/back stretch
- Standing head to knee

Mindfulness



Mindfulness – NAFMP Driver Series

- **What is Mindfulness? Please select any that apply:**
 - Intentionally paying attention to the present moment
 - Overall emotional, psychological, and social well-being
 - Opening ourselves to reality without judgment
 - Specialized treatment from a professional
 - Tool for managing stress, reducing anxiety and improving overall well-being
 - All of the above
 - None of the above

Mindfulness vs Mental Health



- **Mindfulness**
 - Intentionally paying attention to the present moment
 - Opening ourselves to reality without judgment
 - A tool for managing stress, reducing anxiety and improving overall well-being
 - Practice include meditation, breathing exercises, and body awareness
- **Mental health**
 - Overall emotional, psychological, and social well-being
 - Specialized treatment from a professional
 - Range of conditions that affect how a person thinks, feels, and behaves
 - Influenced by a variety of factors, including genetics, environment, and life experiences

Mindfulness: Not a Substitute for Mental Health



- Mental health disorders can be complex and require specialized treatment from a mental health professional
- Mindfulness practices can be integrated into a comprehensive mental health treatment plan, but they should not be relied on as the sole treatment for a mental health condition

Mental Health Resources



- Several private health insurance providers offer **Employee Assistance Programs (EAPs)**, which provide confidential counseling and other resources to employees and their families
- The **Substance Abuse and Mental Health Services Administration (SAMHSA)** provides resources and information on mental health and substance abuse treatment. [SAMHSA's National Helpline](#) can be reached at 1-800-662-HELP (4357). It's a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders
- The **National Suicide Prevention Lifeline** provides free, confidential support 24/7 to anyone in distress (in English and Spanish). [The Lifeline](#) can be reached at **988**
- **Mental Health America** provides a range of resources and information on mental health, including screening tools, self-help resources, and support groups. Anyone can access these resources through the [MHA website](#) or by calling its toll-free number at 1-800-969-6642

Benefits of Mindfulness



- Increased self-awareness
- Reduced stress and anxiety
- Improved cognitive function
- Enhanced physical health, concentration & focus
- Better sleep quality
- Improved well-being and resilience

Improved Sleep Quality



- Several studies have found that mindfulness-based interventions, which often include meditation practices, can improve sleep quality in individuals with sleep disturbances or insomnia
- A meta-analysis of 18 studies concluded that mindfulness-based interventions have a small-to-moderate effect on improving sleep quality across various populations
- Mindfulness practices may help regulate the sleep-wake cycle, reduce rumination and intrusive thoughts, and promote relaxation, leading to improved sleep

Reduced Fatigue



- Mindfulness interventions have been found to reduce fatigue and increase energy levels in various populations, including individuals with chronic fatigue syndrome, cancer patients, and healthcare professionals
- Mindfulness training can enhance self-regulation, reduce stress and burnout, and promote psychological well-being, which may contribute to decreased fatigue

- Principal instrument for strengthening our capacity for mindfulness
- Exercises that can be used to enlarge and refine mindfulness
- Specific ways to train our awareness
- Attention & focus
- Relaxation & calm
- Self-reflection & insight
- Different kinds of meditation – sitting and moving, guided and unguided, and more

How To Get Started?



- Meditation can be done at any time, in any location, and whether sitting, laying, or moving. You can even meditate while driving
- Start off with just one minute at a time
- Clear your mind
- Close your eyes and focus on breathing
- Allow your thoughts to move through you. Acknowledge them, and let them float on by
- Try not to get stuck on any one thought
- Start off with a few times per week and increase time and frequency

Meditation Recommendations



- Be comfortable
- Stay alert
- Environment quiet and free of distractions
- Body in proper position
- Eyes open or closed
- Start with deep breaths then go on with natural breathing

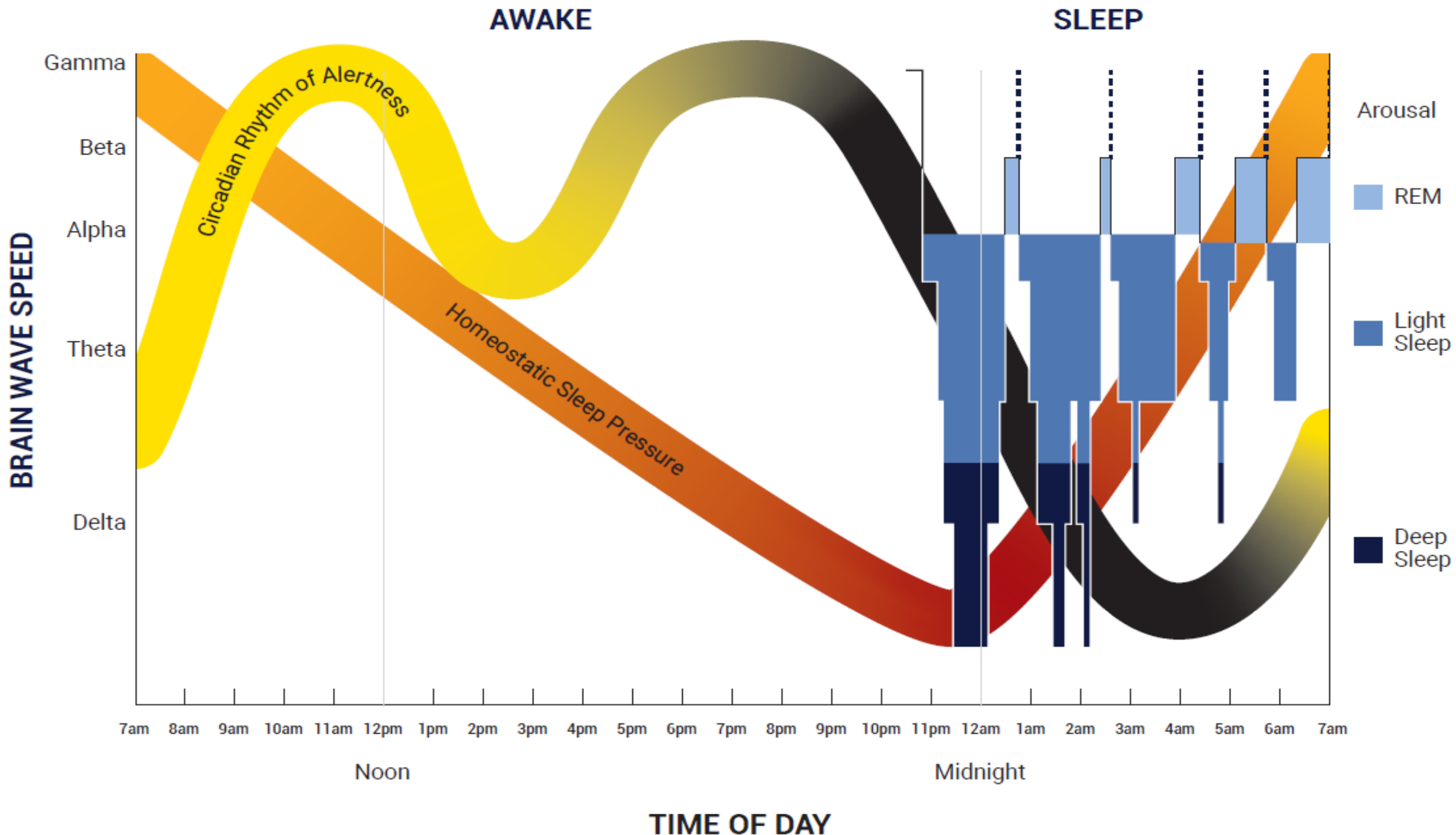
What will kill you faster?

- No Sleep
- No breathing
- Starvation
- Dehydration

Sleep Hygiene



The Scheduling Puzzle: Sleep Science and Driver Fatigue



Energy Stimulation Hygiene



- Light
- Temperature
- Sound
- Substances
 - Food
 - Caffeine
 - Alcohol
 - Nicotine
 - Amphetamines
 - Medications

Energy Release Hygiene



- **Exercise**
 - Early: Cardio & Strength
 - Anytime: Stretching & Breathing (Blow your nose & sleep position)
- **Make bed the sleep trigger**
 - Spine alignment
 - Supportive bed & pillows
- **If cannot sleep and are anxious**
 - Get up
 - Don't throw a party
 - Do something relaxing
- **Relax**
 - Land worries on paper
 - Meditate, practice yoga, pray or read something calming
 - Intimacy

What is the optimal duration of a nap?

- 5 min
- 20 min
- 60 min
- 90 min
- 120 min

- Naps
 - Best fatigue countermeasure
 - Improves alertness & performance
 - Planned naps reduced subsequent dozing by 50% & errors by 34%
 - Optimal duration 20 min / 90 min
 - Longer naps may delay onset of next main sleep
- Sleep inertia
 - Grogginess upon awakening
 - May last 20 minutes or more
 - May affect driving
 - Caffeine may help

How to Payback a Sleep Debt?



- Sleep debt
- Full night sleep
- May require several nights of full sleep
- Avoid deprivation
- Sleep until you wake up
- Make extra deposits on the weekend

Nutrition



Nutrition – NAFMP Driver Series

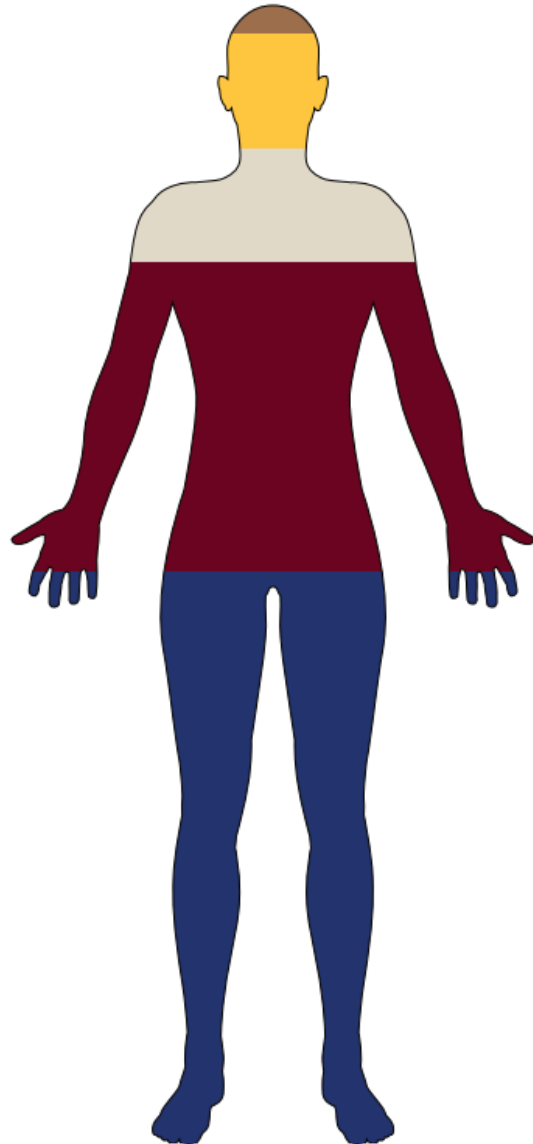
The purpose of diets is to lose weight

- True
- False

Rank where body weight comes from. Heaviest first, lightest last

- Visceral Fat
- Muscles
- Subcutaneous Fat
- Bones
- Liquids

What Makes Up Body Weight?



 LIQUIDS

 MUSCLE

 BONES

 SUBCUTANEOUS FAT

 VISCERAL FAT

Weight loss is the wrong goal

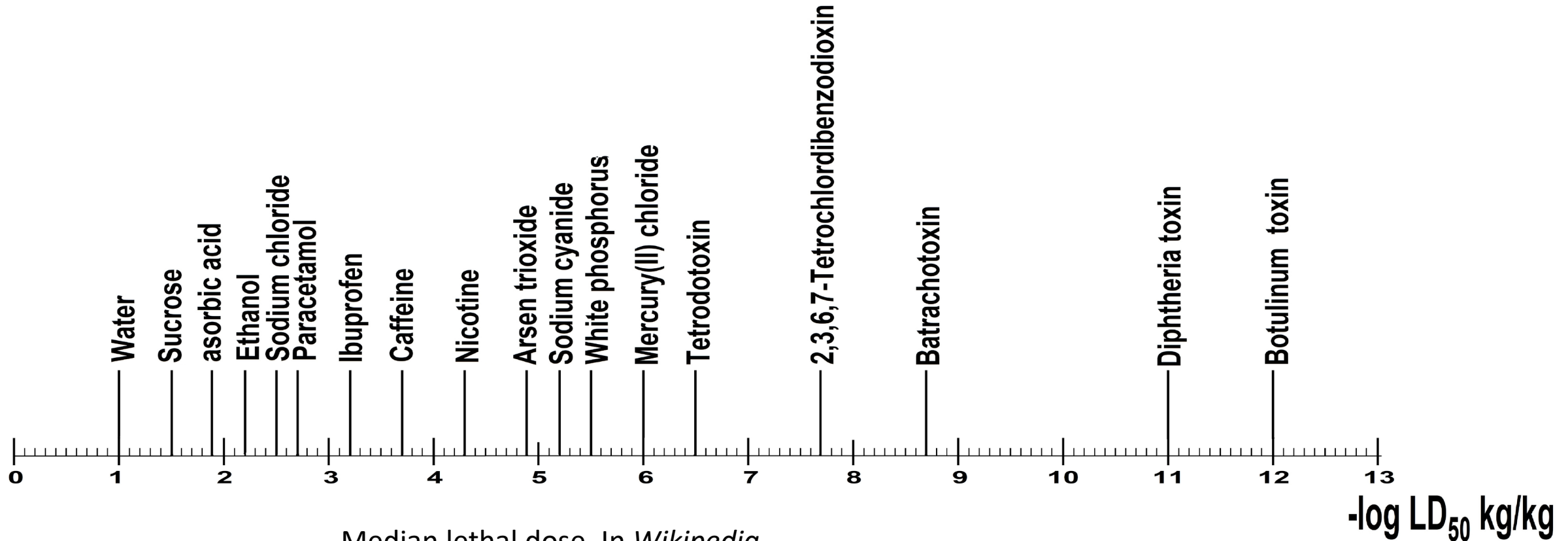


- Weight loss is regained in 1-5 years
- May lack essential nutrients and may be harmful
- May take pleasure out of eating
- May lead to eating disorders
- Snake oil is medical quackery
- Goal is to stay healthy, enjoy food and share it with others

What is a superfood?

- a) Food that helps promote health by increasing your immune function and decreasing your chance of disease progression
- b) Just a marketing ploy
- c) Food that you can solely depend on for all your nutritional needs

P o i s o n S c a l e



Median lethal dose. In *Wikipedia*.

https://en.wikipedia.org/wiki/Median_lethal_dose

- **Essential Macronutrients**
 - Carbs with Fiber (veggies, fruits, legumes, whole grains)
 - Fats except artificial trans fats (fatty fish, nuts, seeds, avocado, milk products)
 - Proteins (fish, seafood, chicken, beef, pork, tofu, milk products)
 - Water
- **Essential Micronutrients**
 - Vitamins (water-soluble and fat-soluble)
 - Minerals (macro and trace minerals)
- **Nutritious food**
 - No ingredients list
 - No nutrition label
 - No health claims

- Ultra processed food
 - Lack of fiber
 - Excess sugar, salt, oils, fats and other additives
 - Engineered to taste good
 - Cheap & convenient
 - Aggressively marketed
 - Addictive
- Liquid candy
 - Soda
 - Juice
 - Any caloric drink
- Toxic to the liver and brain
 - Excess sweeteners
 - Artificial trans fats
 - Excess protein
 - Alcohol and drugs

How much should I eat?

- Once a day
- Three times a day
- Until satisfied
- Five times a day
- Fast for 16 hours then eat whatever within 8 hours
- 5:2 Fasting protocol

General Recommendations



- Eat until satisfied; wait 20 minutes for seconds
- Really chew your food, don't swallow it. Breathe
- Eat when you have the appetite for it – Listen to your body
- Give your liver a break – It's okay to skip a meal
- Try not to eat shortly before going to bed
- Decline to eat a dessert-based diet – Try to eat most nutrients
- Plan your meals for the week – Your liver and wallet will thank you
- Most importantly: **Do not stress or obsess about food**

10 Types of Snacks for the Road



1. Unsweetened drinks: Water, sparkling water with lime/lemon, coffee, tea, herbal infusions
2. Any seeds: Pumpkin, sunflower, cacao nibs, flax, chia, hemp
3. Any nuts: Almonds, walnuts, pecans, cashews, pistachios
4. Any veggies: Romaine hearts, celery, carrots, cucumber, cherry tomatoes, bell peppers
5. Any fruits: Berries, apples, oranges, clementines, bananas, plums, pears, pineapple
6. Spreads: Guacamole, hummus, plain yogurt/Greek, plain nut butters, cheese, pesto
7. Not so smooth smoothies (keep the fiber): Made with any of those above
8. Any protein: Boiled eggs, rotisserie chicken, ribs, lamb/steak skewers, sashimi, fish fillet
9. Beans: Pinto, black, kidney, edamame, chickpeas
10. Minimally processed cereals: Steel cut oatmeal, barley, bulgur, brown rice, plain popcorn

Sample Malnutrition Foods



- Most protein bars
- Candy
- Cake & cookies
- Ice cream
- Soda
- Chips
- Most commercially prepared breads
- Boxed cereals
- Alcohol

What sides should I have at restaurants?



- Any vegetable, fresh or cooked
- Any fresh fruit
- Any whole grains

What sides should I avoid?



- Hash browns
- French fries (or anything deep fried)
- Potato dishes
- Gravy or starchy sauces
- Macaroni and cheese
- Any other starches

Should I count my food calories?

- Yes
- No

What Is in the Food Matters More



- A 20-ounce cola soda
 - 240 calories
 - 65 grams of carbs
 - Minerals: sodium, calcium, potassium and phosphorus

- Three eggs
 - 240 calories
 - 15 grams of fat, 1.8 grams of carbs and 19 grams of protein
 - Minerals: sodium, calcium, choline, iron, phosphorous, selenium, iodine, zinc, magnesium, copper, manganese, potassium
 - All vitamins except vitamin C: A, D, E, K, B1, B2, B3, B5, B6, B7, B9 and B12, which may represent up to 45% of our daily vitamin requirements

Freshly squeezed juice has less sugar than soda

- True
- False

You Be the Judge



- A 20-ounce of freshly squeezed orange juice made with six oranges has 360 calories and the equivalent of **24** teaspoons of table sugar
- A 20-ounce cola soda has 240 calories and the equivalent of **16** teaspoons of table sugar

I'm fat because of my lack of discipline

- True
- False

Obesity is Complex and Multifactorial



- Age
- Genetic predisposition (family history)
- Environmental factors
- Psychological and psychiatric factors

There is only one healthy diet

- True
- False

We Are Omnivores



- It is possible to get optimal nutrition with a strict herbivore or a strict carnivore diet, but it is more difficult
- Many types of diets may have good medical, environmental and personal justifications for different individuals

Eating low-fat foods is healthier

- True
- False

Low-Fat Is Not the Answer



- The problem with low-fat foods is that when removing the fat, food companies add more sugar
- Excess sugar is one of the contributors to fatty liver and raises our levels of triglycerides, both of which are markers of metabolic syndrome
- It is better to go for moderate portions of the whole-fat version and make sure you are eating all your nutrients

Eating fatty foods is unhealthy

- True
- False
- Depends on the type of fat

Types of Fat



1. Omega-3 fatty acids: Found in fish and some vegetables, these fats are anti-inflammatory and heart-healthy
2. Monounsaturated fatty acids: Found in olive and avocado oil, these fats are good for the liver and can help maintain healthy cholesterol levels
3. Polyunsaturated fatty acids: Found in nuts, seeds, and some seafood, these fats can help lower LDL cholesterol and support cell membrane health
4. Saturated fat: Found in meats and dairy, this fat may be neutral for cardiovascular health and diabetes for most but not all people
5. Medium-chain triglycerides: Found in coconut oil, these fats are vegan but can be unhealthy if mixed with lots of saturated fat
6. Omega-6 fatty acids: Found in highly processed seed oils like corn, cottonseed and soybean, these fats may drive inflammation
7. Trans fats: These fats are considered the worst type of fat

➤ Safety Culture

- 1) Education
- 2) Training
- 3) Continuous communications – Including partnerships

➤ Fatigue Risk Management System

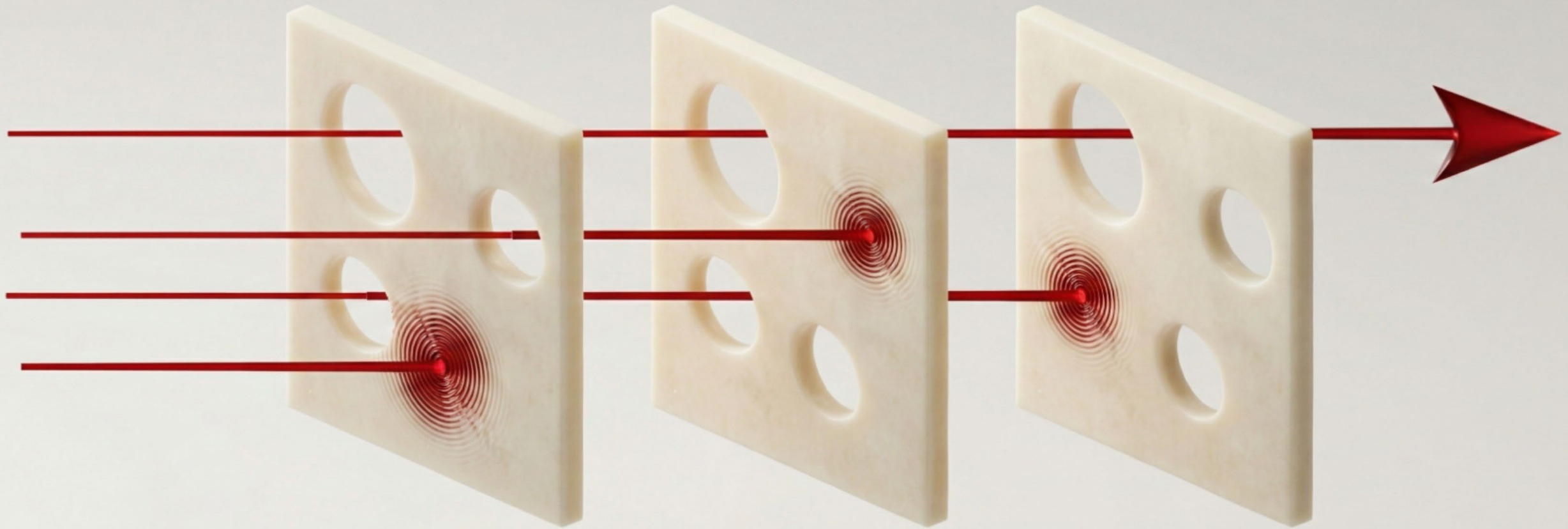
- 1) Operations
- 2) Identify risks with processes and controls
 - Predictive, proactive, reactive
 - Sound scheduling, sleep disorders management program, fatigue detection technologies
- 3) Risk assessment
- 4) Measures and countermeasures
- 5) Evaluation

[FMP Template](#)

[Module 2: Safety Culture and Management Practices](#)

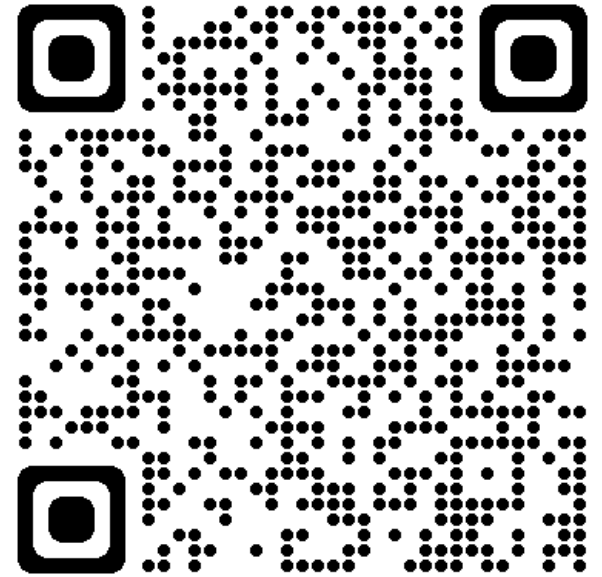
[Implementation Manual](#)

The Swiss Cheese Model





nafmp.org



NAFMP Website Free Resources



- **Tools**
 - FMP Template
 - Implementation Manual
 - ROI Calculator
- **Courses**
 - eLearning Platform
 - PowerPoints with and without audio
 - For carrier's executives, safety managers, dispatchers, instructors, drivers, driver's families, shippers & receivers
- **Webinars, Info Sessions & Articles**
 - Gallery
 - List
 - Categories
 - Sign up for article notifications
- **Podcast**
 - The NAFMP Pod
 - Available from eight platforms
- **Events**
 - Download individual event
 - Subscribe to Calendar of future events

Health & Biomarkers Questions



- What is the most important screening a driver can commit to, to assess their cardiovascular risks?
- Are there distinct risk marker differentiators between interstate and intrastate operators?
- Can you share some examples of companies that have successfully launched programs to improve these biomarkers?

Lifestyle Management Questions



- Is there an initiative for implementing exercise options at travel centers and truck stops?
- What steps can truck drivers take to improve their overall lifestyle and daily routine, reduce fatigue, and maintain a healthy weight?
- Weight loss ideas and exercise for OTR drivers (e.g., walking around the truck trailer at the end of a trip to get 10k steps a day)
- How can drivers maintain lifestyle changes over time?
- Interested in mortality causes related to diet/exercise

Sleep & Medical Compliance Questions



- Possible implications of sleep debt on overall health
- Fatigue and CPAP go hand in hand; what are the alternatives to combat non-compliance, and are there other prescribed ways to fight fatigue?
- FMCSA has a split sleeper berth pilot going into effect—any updates regarding this program?
- Do return-to-work letters from doctors of CMV drivers need to specify "return to work for driving a CMV"?
- Trucking Liability

Corporate Support Questions



- How can companies better support driver health and wellbeing?
- What communication strategies are most effective to get a CMV driver's attention regarding this critical information?
- What are some of the technologies Motor Carriers can provide their drivers (at terminals) for health monitoring?
- Share the names of companies who have some sort of fitness incentives or effective ways to get the message out about fitness
- What changes can be put in place with an owner-operator business model?
- How to attract younger individuals to the trucking industry?

Corporate Resources Questions



- Providing resources to implement sustainable changes for challenges faced by CMV drivers?
- Where can I find resources and tools for our drivers to combat these issues?
- Are there any effective approaches/best practices to minimize the risk of chronic diseases on drivers?
- My concern is driver health, being overweight, fatigue, and poor decision-making
- What can be done to improve this?

Watch Part 1 of 2



nafmp.org/webinars



**Top Two CMV Driver Mortality Causes: 2026
Guidelines and Prevention (Part 1 of 2) –
NAFMP Driver Series**

Additional Questions?



Email additional questions to
Rodolfo.Giacoman@CVSA.org

Slide deck is now available at
nafmp.org/events

Recording will be available at
nafmp.org/webinars

Please complete anonymous survey on this session at the end of the webinar

Thank you!



Get this slide deck at [NAFMP.org/events](https://www.nafmp.org/events)

