

Increase in support for Engen's Driver Wellness campaign

Five years since the inception of Engen's Driver Wellness campaign, the health awareness initiative aligned to the Corridor Empowerment project and Trucking Wellness programme is receiving amplified uptake.



Truck driver Andre Carolissen, Benjamin Bus Services & Talent Xulu

Engen's corporate social investment manager, Mntu Nduvane, says that the main aim of this initiative is to improve health through awareness. "Education helps to remind drivers and our employees why their health is important and how life choices impact on their well-being. Ultimately this increases their health, safety and productivity."

"It is remarkable to see the increase in the amount of individuals using the services we provide in conjunction with Engen year-on-year. This is a clear indication that this intervention is making a difference to the well-being of the road freight industry personnel," adds Tertius Wessels, executive director for Trucking Wellness.

Operated nationwide at Engen Truck Stops and retail service stations, drivers are offered voluntary screening in mobile clinics by qualified nurses and councillors. Blood pressure, cholesterol, diabetes, tuberculosis, body mass index and HIV/AIDS are tested. Counselling and referral consolidate the outcomes.

Healthier population

"An increase in testing shows that industry personnel are starting to take their health seriously and this will ultimately lead to a healthier population in the road freight industry," says Wessels.

As testing is voluntary, the incremental acceptance of health management as a path to longevity and well-being are important indicators that health empowerment is gaining traction. Given the long and lonely hours long haul drivers spend on the road and the stresses associated with the job, these interventions form a critical pillar of support.

Statistics show how cholesterol screening jumped by 63% from 2014 to 2015. Glucose testing went up by

18.5% and 16% more drivers tested their body mass index, while blood pressure screening also realised increase of 16% for 2015. HIV and STI testing rose by 16% between 2014 and 2015 and TB screening saw a 15% upsurge.

"Engen's Driver Wellness campaign continues to have a massive all-round impact. This includes both on the drivers and their families, who benefit from reduced exposure to diseases and greater longevity of a breadwinner, and of course on the company itself, in terms of improved worker productivity, skills retention and disease management," says Tasneem Sulaiman-Bray, general manager of Corporate Affairs at Engen.

For more, visit: <https://www.bizcommunity.com>