



## I'VE NEVER TAKEN PART IN ANYTHING LIKE THIS BEFORE

For some people, taking part in a course like this sounds like school. But think again! In a SHIFT course, the atmosphere will be informal and friendly.

Your local team running the course are very approachable and part of their job is to make you feel welcome and comfortable. If joining in as part of a group isn't for you, no one will force you to take part. However, you will get more out of the course if you are willing to share your experiences, thoughts and opinions with fellow colleagues in your group.

## WHAT IF I DECIDE IT'S NOT FOR ME?

If at any time, before, during or after the sessions you change your mind, that's fine, please let us know as soon as possible. Your work would not be affected but you would need to attend your usual shift instead. Once you have committed to the course, non-attendance will be deemed as absence.

## WHAT WILL I GET FROM ATTENDING SHIFT?

You will get up-to-date information about the risk of developing health issues which can be related to being a lorry driver and sitting for long periods. You will also learn practical skills which you may find helpful in managing your own personal risk. Opportunities will be provided to discuss factors relating to your risk, such as food choices and physical activity. You will also discover how making small, realistic changes could be put into practice to help your health and future well-being.

You will have the opportunity to talk to others in the same situation. Your contribution to the study will help to increase health and scientific knowledge which helps to inform future services.

At the end of the course, you will have information to take away, an activity monitor (Fitbit®) and other free gadgets/equipment for you to keep for your own use.

## FOR MORE INFORMATION ABOUT SHIFT, PLEASE CONTACT:

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If you are not happy with how the research was conducted, please contact Ms Jackie Green, the Secretary for the University's Ethics Approvals (Human Participants) Sub-Committee:

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## IN CONJUNCTION WITH LOUGHBOROUGH UNIVERSITY AND DHL, THE SHIFT PROGRAMME AIMS TO SUPPORT LORRY DRIVERS TO TAKE STEPS TO ACHIEVE A HEALTHY LIFESTYLE.

In an earlier study, HGV drivers participating in the SHIFT programme were able to increase their activity levels and/or make improvements to their diet. As a result of these changes, the drivers participating in this study saw positive changes to their health, such as reductions in cholesterol and glucose (sugar) levels in their blood, along with reductions in their blood pressure.

### WHAT IS SHIFT?

**!** It's a free full health check worth £300

**Followed by the opportunity to take part in the SHIFT Programme, which will involve:**

- ✓ A paid session of approximately 6 hours off work to attend a one-day course to help you**
- ✓ Find out more about health issues relating to being a lorry driver**
- ✓ It will help you think about small changes you could make which may improve your health**
- ✓ It's straight forward advice about food and activity**
- ✓ You'll also get free gadgets and equipment**
- ✓ It's an opportunity to talk to others**
- ✓ And bring a guest to learn more**

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**!** You will have a **50-50 chance** of being allocated into the SHIFT programme group

### WHAT'S INVOLVED?

Firstly, you will be invited to attend a free full health assessment, which will take place during your working hours. Your blood pressure, weight and body fat levels (this will be measured by standing on a set of electronic scales) will be measured. Bad and good cholesterol and sugar levels in blood will also be assessed. Your sitting time will be measured as well as your activity over a seven-day period. Your results will be made available to you and will be kept strictly confidential between you and the researchers involved in this study – no information will be passed to DHL.

After the health assessments have taken place across a number of depots, participating depots will randomly be assigned to either the study control group or to the SHIFT programme group. You will have a 50-50 chance of being allocated into the SHIFT programme group.

### WHAT IF MY DEPOT IS ALLOCATED TO THE CONTROL GROUP?

If your depot is assigned to the control group, you will be requested to continue with your normal daily routine throughout the 6 month study period. You will be invited back for your health assessments at 6 and 12 months after the first assessments. Your contribution to the study will help to increase health and scientific knowledge.



### WHAT IF MY DEPOT IS ALLOCATED TO THE SHIFT PROGRAMME GROUP?

If your depot is allocated into the SHIFT programme group, you will then be invited to join a small group of about 8-10 fellow lorry drivers to take part in the SHIFT course. This lasts approximately 6 hours and you are welcome to bring a partner, family member or friend (over 18 years of age) with you.

The trained facilitators who will run the course will help to provide you with honest, up-to-date information about food, activity and health issues relating to being a lorry driver as well as certain lifestyle choices and how these can be managed.

DHL have agreed to allow you time to attend this 6-hour course. Courses will be run at different times of the day to fit into your normal work routine.

After participating in the SHIFT programme, you will be invited back for your health assessments at 6 and 12 months after the first health check.