

### Commute Eating

Miami - Unhealthy fast food - as well as risky driving while eating behind the wheel - is part of an estimated 122 million Americans’ commutes; this presents many dangers to all users of the roadways. This is an unsafe practice and should be avoid if possible.

Researchers from a Florida auto dealer used publicly available health data from County Health Rankings (long commute - driving alone) and conducted a survey of 3,000 drivers.

- What they found:
- 68% of the drivers chose their commuting route based on drive-thru restaurants in the area.
  - Respondents reported consuming an average of 420 calories during a commute.
  - 44% have experienced a “food mishap” that distracted them or nearly caused a crash.

Examples of “food mishaps” included eating hot food that could spill or burn the driver (48%), driving with the knees (32%), balancing a meal on the lap (13%), and using utensils while driving (6%).

The reasons for relying on fast food were to:

- Save time (53%)
- Avoid getting “too hungry” (21%)
- Maintain a habit (14%)
- Cope with stress or boredom (12%)

The study also reveals the states with the highest percentages of drivers who admit to snacking on junk food during their long commutes. Topping the list were Maryland and Arkansas at 92%. A close third was Mississippi at 91%, followed by Louisiana (88%) and Georgia (84%).



### Work Stress

77% of workers reported that job-related stress has contributed to negative physical health effects, including weight gain. Around 71% said they’ve experienced a divorce, breakup or other personal issue because of workplace stress.

- What did the research find:
- Nearly 40% of the workers indicated that stress has adversely affected their ability to care for their children’s or family’s mental health.
  - Approximately 37% said stress has contributed to problems such as substance misuse or

suicidal ideation.

Employers can help workers feel less stressed by:

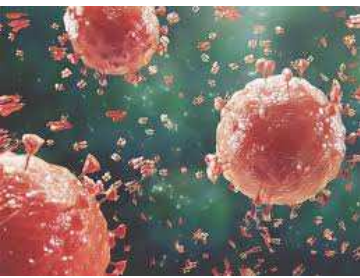
- Encourage workers to set healthy boundaries between work and personal life.
- Making time in work schedules to support creation of those boundaries.
- Creating opportunities for flexibility in and outside of work.
- Offering comprehensive mental health benefits.

### 9 things to know about Disease Transmission

Disease transmission is a complex process that involves the transfer of disease from one individual to another, or from an animal to a person. Diseases are caused by pathogens - microorganisms like bacteria, viruses, fungi, and parasites. Understanding the modes of transmission is vital to prevent their spread, especially during first aid. Get educated on these important aspects of Disease Transmission.

1. Hand Hygiene
2. Personal Protective Equipment (PPE)
3. Proper Wound Management
4. Bloodborne Pathogens

5. Respiratory Disease
6. Gastrointestinal Infections
7. Insect and Animal Bites
8. Vaccinations
9. Safe Disposal of Contaminated Material



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