

**WE KINDLY ASK THAT IF THE EMAILER BELOW IS NOT OF RELEVANCE TO YOU,
PLEASE PASS IT ONTO THE CORRECT PERSON IN YOUR ORGANISATION.**

TRUCKING WELLNESS & HIV TREATMENT PROGRAMME

KEEPING YOU INFORMED VIA THE
LATEST INFORMATION AND STATISTICS



Dear NBCRFLI Member,

We would like to inform you about the excellent work performed by the Trucking Wellness Programme over the last few years and how employers and employees in the Road Freight and Logistics Industry can continue to benefit from the programme through Trucking Wellness participation in your Wellness Days.

TRUCKING WELLNESS

The Trucking Wellness Programme was launched in 1999 and is an initiative of the National Bargaining Council for the Road Freight and Logistics Industry (NBCRFLI). It is a primary healthcare delivery programme dedicated to the wellness of those employed in the Road Freight and Logistics Industry. The Programme's aim is to create HIV&AIDS and STI awareness amongst long distance truck drivers and commercial sex workers.

Over the years, it has evolved into a sustainable model of primary healthcare delivery to key populations through a blend of a fleet of mobile Wellness Centres and 22 fixed roadside Wellness Centres situated on all major trucking routes.

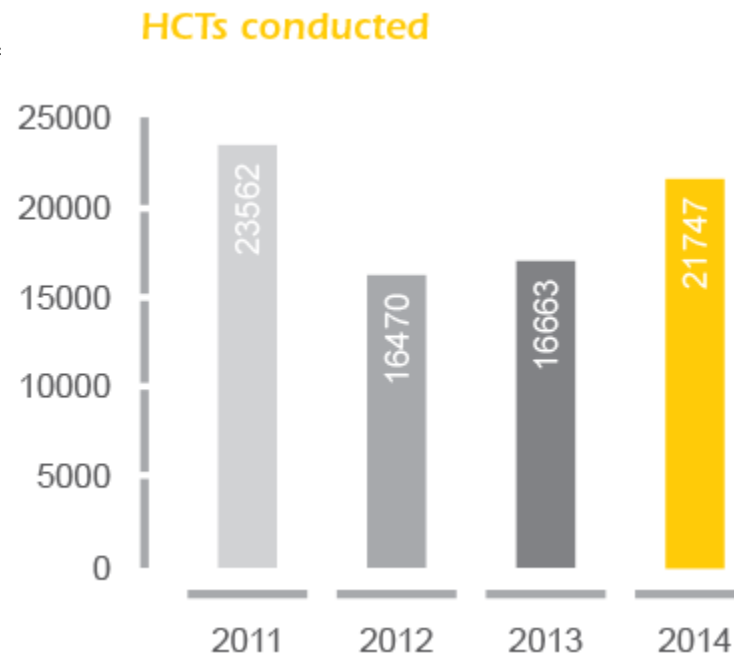
To date, Trucking Wellness has provided healthcare education to 686 211 long distance truck drivers, sex workers and community members. 378 338 patients were consulted and have received various forms of treatment and care, with over 16 million condoms distributed to these key population groups over the past 14 years.

Our fleet of Mobile Wellness Centres are dedicated to provide services at company depot level in order for staff that are not able to reach a roadside Wellness Centre to be able to access the following services:

- HIV Counselling and Testing (HCT)
- Blood Pressure testing
- Glucose testing
- Cholesterol testing
- Body Mass Index calculation
- Screening for TB
- Screening for STIs

All the services offered are voluntary and results are strictly confidential. All Industry members testing positive for HIV are immediately referred into the NBCRFLI HIV Treatment Programme.

The Mobile Wellness Centres, staffed by professional nurses and counsellors, travel nationally to reach any geographically located company that falls under the jurisdiction of the NBCRFLI and the services are offered at times that suit the specific site in order to least impact operations.



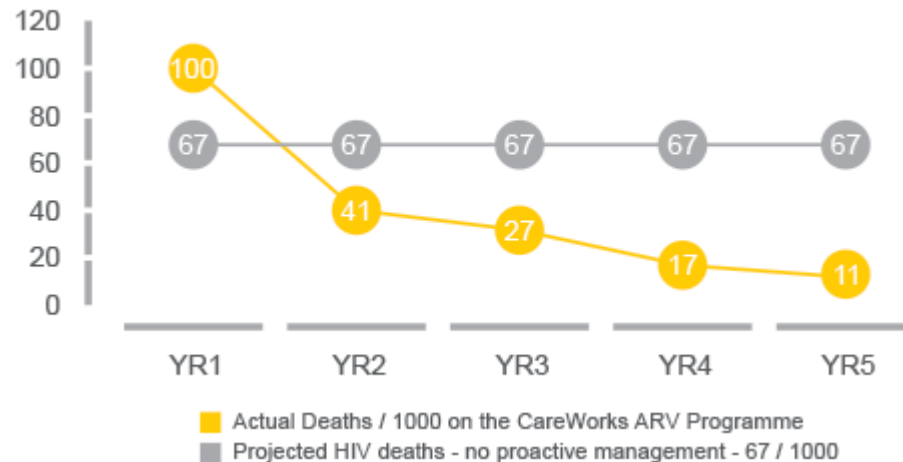
In light of the testing numbers over the past years, we would like to encourage all our employer members to invite Trucking Wellness to attend your company Wellness Days, or any other events that you hold, so that your employees can receive HIV Counselling and Testing. Remember the more we test, the greater the benefit to all employers and employees in the Industry. To organise for Trucking Wellness to come to your office, please contact info@truckingwellness.co.za or **011 916 1610**

NBCRFLI HIV Programme

Assisting members in preventing, diagnosing and treating HIV has become part of everyday business within the NBCRFLI. Now, more than 5 years on, the results achieved illustrate the impact that this initiative has had on the Industry and its members.

The NBCRFLI Antiretroviral Treatment programme was started in 2008. Since then, 70 000 people had HIV tests through Trucking Wellness, of which 40% were Bargaining Council members. From 2009 to 2014, approximately 4 600 HIV Positive people have registered with CareWorks to access treatment, including more than 500 spouses of members. In an analysis reported by Wits Reproductive Health and Research Institute of over 45 000 South African adults (>15 years) who started ART between 2001 and 2009, the mortality rate was 67.7 per 1 000 person-years of observation (PYO). This graphic draws on CareWorks data over the past 5 years and depicts the improved death outcomes of a proactive HIV programme.

Projected vs Actual Deaths / 1000



As can be seen, a substantial reduction in mortality is achievable. The return on investment to the Industry is dependent on how far and wide the intervention is taken. Additionally, to maximise the impact of the programme, we have to ensure that the “value chain” is not broken. The HIV value chain consists of:

1. Intensive case finding of HIV positive people,
2. Pro-active conversion of those HIV positive people into an ARV programme, and
3. Maintaining their treatment adherence on ARVs.

These outcomes reinforce the importance of a comprehensive HIV programme in the Industry that reaches everybody.

The National Department of Health has introduced a goal of achieving “90-90-90” by 2020. This involves having 90% of HIV positive people knowing their status, 90% of these people placed on ARV treatment, and 90% of these people adherent with viral suppression. Hitting these targets translates into an AIDS free generation by 2030. The same applies to our Industry.

The benefits to all stakeholders, the Industry and members can be radically enhanced if we achieve 90-90-90 within the

Industry through proactive engagement and a drive to teach, test and treat more members.

For more information about Trucking Wellness or to book a Mobile Wellness Centre, please contact info@truckingwellness.co.za or **011 914 1610**

For more information about the HIV Treatment Programme, please contact CareWorks info@careworks.co.za or 0860 10 11 10

