

# GUARANTEED GAZETTE

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## Healthy Lifestyle and Longevity

Researchers from the Harvard T.H. Chan School of Public Health conducted a massive study of the impact of health habits on life expectancy, using data from the well-known Nurses' Health Study (NHS) and the Health Professionals Follow-up Study (HPFS). This means that they had data on a huge number of people over a very long period of time. The NHS included over 78,000 women and followed them from 1980 to 2014. The HPFS included over 40,000 men and followed them from 1986 to 2014. This is over 120,000 participants, 34 years of data for women, and 28 years of data for men.

The researchers looked at NHS and HPFS data on diet, physical activity, body weight and smoking, that had been collected from regularly administered, validated questionnaires.

### What is a healthy lifestyle, exactly?

These four areas were chosen because prior studies have shown them to have a large impact on risk of premature death. Here is how these healthy habits were defined and measured:

1. **Healthy diet**, which was calculated and rated based on the reported intake of healthy foods like vegetables, fruits, nuts, whole grains, healthy fats, and omega-3 fatty acids, and unhealthy foods like red and processed meats, sugar-sweetened beverages, trans fat, and sodium.
2. **Healthy physical activity level**, which was measured as at least 30 minutes per day of moderate to vigorous activity daily.
3. **Healthy body weight**, defined as a normal body mass index (BMI), which is between 18.5 and 24.9.
4. **Smoking**, well, there is no healthy amount of smoking. "Healthy" here meant never having smoked.

Researchers also looked at data on age, ethnicity, and medication use, as well as comparison data from the National Health and Nutrition Examination Surveys and the Centers for Disease Control and Prevention's Wide-Ranging Online Data for Epidemiologic Research.

### Does a healthy lifestyle make a difference?

As it turns out, healthy habits make a big difference. According to this analysis, people who met criteria for all five habits enjoyed significantly, impressively longer lives than those who had none: 14 years for women and 12 years for men (if they had these habits at age 50). People who had none of these habits were far more likely to die prematurely from cancer or cardiovascular disease.

Experts have suggested that the best way to help people make healthy diet and lifestyle change is at the large-scale, population level, through public health efforts and policy changes. (Kind of like motorcycle helmets and seat belt legislation...) We have made a little progress



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# BCBSRI Online Member Account



## Create your member account

1. Go to **Employee** page at **bcbsri.com**

2. Click on **'Need to register?'**

(You'll need your **BCBSRI ID card** to complete your registration, so keep it nearby.)

3. Select **'Member'** from the registration categories.

4. Fill in your member ID and other required information and click **'Next.'**

5. Enter your BCBSRI account information including a user name and password. Once you've completed all fields, click **'Next.'**

**Your account has been created!**



## Fun Facts

- Pineapple works as a natural meat tenderizer.
- The wood frog can hold its urine for up to eight months.
- Copper door knobs are self-disinfecting.
- The dot over the lower case “l” or “j” is known as a “tittle.”
- The red food dye for Skittles is made from boiled beetles.
- Chewing gum boosts concentration.
- Koalas have fingerprints.
- The stage before frostbite is called “frostnip”.
- Bullfrogs do not sleep.
- Fruit flavored snacks shine because of car wax.
- The Boston Marathon didn’t allow female runners until 1972.
- Spider webs were used as bandages in ancient times.
- The Queen owns all the swans in England.
- McDonald’s sells 2.5 billion hamburgers every year.
- Grooves in the road on Route 66 play “America the Beautiful” when traveling 45 mph between Albuquerque and Tijeras.
- An eagle can hunt down a young deer and fly away with it.
- Popcorn in South Africa is roasted termites and ants.
- A lion’s roar can be heard from 5 miles away.
- Potatoes are 80% water.

# GTS Facebook Pages

## Guaranteed Transport Service Group

Guaranteed Transport Service Group is a page on Facebook that was created so that the drivers who work for GTS have a place to go for information that pertains to tankers and more specifically GTS, it is also a place to learn about our customers, tank washes, traffic issues and things that are happening with GTS. A lot of good informative useful information is on this page and we love to see the participation and helpfulness everyday! If you have not joined then search for the page on Facebook and request to become a member. The picture below is the picture for the GTS Group Page.



## Guaranteed Transport Service

The Guaranteed Transport Service page on Facebook is open to anyone and everyone to view, share, read reviews and leave a review. There is also useful informative posts on this page that pertains to GTS or the employees. If you would like to follow what goes on at GTS then go to Facebook and search for Guaranteed Transport Service, look for the page with the picture below, and then click on the like button. Be sure and leave a review on our GTS Facebook page and encourage others to leave a review.



**Guaranteed Transport Service**

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*“if you want the rainbow you have to put up with the rain”*

*-Dolly Parton*

*“Don’t be afraid your life will end; be afraid that it will never begin”*

*- Grace Hansen*



# Crash Indicator BASIC Factsheet



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## Crash Indicator Overview

**What is the Crash Indicator BASIC?** The Crash Indicator Behavior Analysis and Safety Improvement Category (BASIC) is one of seven categories that the Federal Motor Carrier Safety Administration (FMCSA) uses to determine how a motor carrier ranks relative to other carriers with a similar number of safety events (i.e., inspections, violations, or crashes). At present, the Crash Indicator BASIC can only be seen by enforcement personnel or by a motor carrier that is logged into its own safety profile; it is not publically available. FMCSA defines the Crash Indicator BASIC as histories or patterns of high crash involvement, such as frequency and severity. It is based on information from State-reported crashes that meet reportable crash standards. The Crash Indicator BASIC uses crash history that is not specifically a behavior but instead the consequence of a behavior or set of behaviors. The consequence of a behavior(s) can point to a problem that needs attention. State-reported crashes raise the percentile rank of the Crash Indicator, which indicates lower safety compliance. FMCSA's Safety Measurement System (SMS) does not currently factor in crash accountability; the agency is researching how this may be incorporated in the future.

**How do motor carriers know where they stand?** SMS determines an overall BASIC status for each motor carrier based upon roadside inspection results that are reflected as a percentile rank and/or prior investigation violations. This information can be seen by logging into the **SMS Website** (<https://ai.fmcsa.dot.gov/sms/>). Once logged into the SMS Website, a motor carrier with safety compliance problems in the Crash Indicator BASIC will see a warning symbol in that BASIC. You can also view the records of your company's crashes and request a review of any records you think are inaccurate through DataQs.

**What documents associated with this BASIC should motor carriers keep?** If an investigation is conducted, Safety Investigators (SIs) may request from motor carriers these types of documents: carrier data from their Accident Register and accident reports required by State or other governmental entities/insurers (for example, Police Accident Reports). Motor carriers should keep documents required by the Federal Motor Carrier Safety Regulations (FMCSRs), and know that SIs may use them to assess the nature and severity of safety problems.

**How can motor carriers and their drivers improve safety performance in the Crash Indicator BASIC?** Motor carriers and drivers should know that their State-reported crash history matters. Their safety performance will be assessed based on how many crashes they've been involved in, when they happened, and how severe they were. Drivers need to understand how to operate a commercial motor vehicle (CMV) safely in order to avoid crashes.

Motor carriers should know how to comply with the FMCSRs and improve their percentile rank in the Crash Indicator BASIC. Carriers should provide up-to-date mileage figures on their MCS-150 biennial updates, which are used in the Crash Indicator calculation. They should also educate their drivers about safe driving practices, ensure their drivers know and understand safety regulations, and help them to understand what they can do to prevent crashes. Ultimately, more knowledgeable and law-abiding drivers will lead to fewer crashes and fewer crashes mean safer roads.

Motor carriers should know crashes adversely affect SMS results for 24 months and that only not having crashes will improve motor carriers' BASIC percentile ranks. Also, they should check out the "What can a motor carrier do to improve?" section of the SMS Information Center for answers to commonly asked questions about safety performance.

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