

# Memorandum



CITY OF DALLAS

Date: August 1, 2008

To: Dr. Elba Garcia, Chair  
and Members of the Public Safety Committee

Subject: Wellness-Fitness Program

The Public Safety Committee will be briefed on Wellness-Fitness Program on August 4, 2008.

A handwritten signature in black ink, appearing to read 'Ryan S. Evans'.

Ryan S. Evans  
First Assistant City Manager

Attachments



# WELLNESS & FITNESS PROGRAM

August 4, 2008

Dallas Fire-Rescue





# Importance of the Program

- Protect DFR's #1 asset: Firefighters
- Improve the physical fitness of Firefighters
- Identify and treat the medical hazards of the profession:
  - Increased risks of cancer
  - Increased risk of cardiac problems



## Overview

- On October 1, 2007 DFR received funding from the City Council for the Wellness-Fitness Program
- Contract negotiations were compiled with MedProvider in February 2008
- Wellness-Fitness exams began March 3, 2008
- The current contract is for an 18-month term:
  - Provisions provide for two 12-month extensions, with Council approval
- The current funding for this program is for \$1.2 million per year



# MedProvider

MedProvider is the physician group contracted to administer the Wellness-Fitness Program to the Department

Services provided:

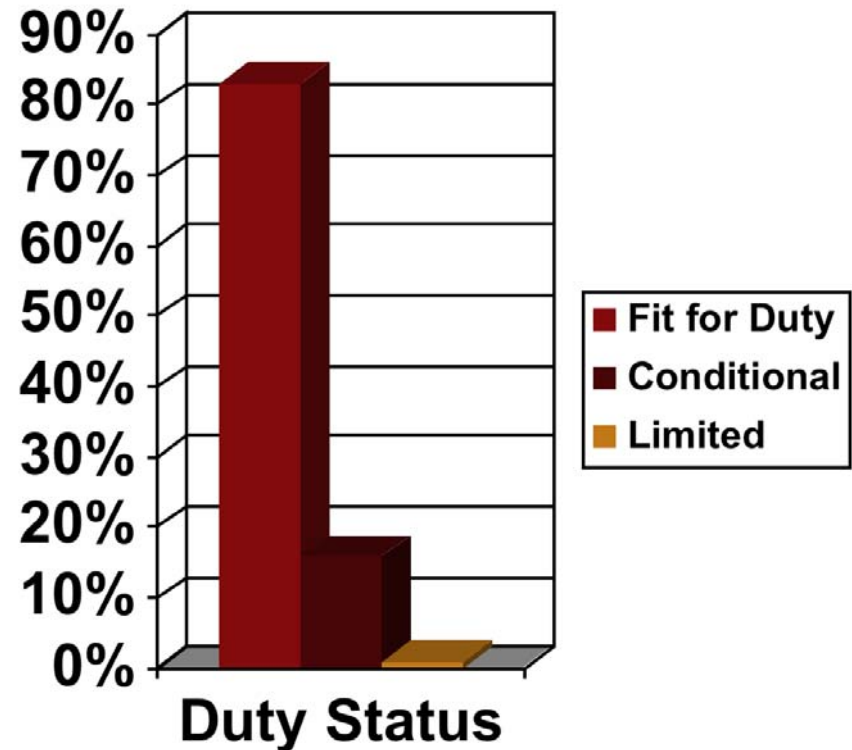
- Complete physical examinations
- Fitness Evaluations - with Tom Landry Center
- Medical advice during consultation
- Aggregate data provided periodically to the Department



# Physical Exams

503 Firefighters have had physical exams through the Wellness-Fitness Program:

- Fit for Duty = 417
- Conditional = 80
- Limited Duty = 6

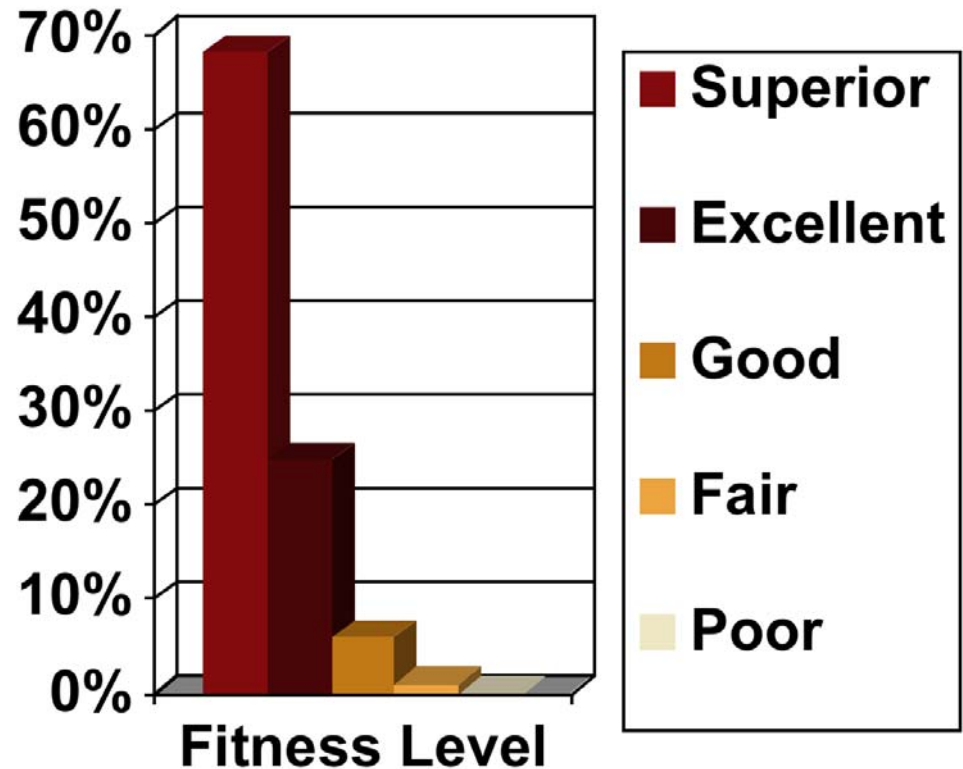




# Fitness Assessment

503 Firefighters have also had a fitness evaluation:

- Superior = 344
- Excellent = 128
- Good = 28
- Fair = 3
- Poor = 0





## Success Stories

Many Firefighters are now aware of and under a physician's care for problems with blood pressure, cholesterol, triglycerides and glucose levels

Blood screening has also provided valuable information on prostate levels:

- Some are currently under treatment for prostate cancer
- Other Firefighters are currently monitoring increased PSA levels



# Success Stories

## Cancers diagnosed:

- Prostate
- Thyroid
- Colon

Some Firefighters have been referred to specialists due to concerning spots on lung tissue and also possible bladder cancer



# Success Stories

## Cardiac:

- Several Firefighters have undergone minor procedures and continue cardiologist supervision
- One Firefighter had 4 blockages – 100%, 95%, 75%, and 50% – that required 2 heart surgeries



# Success Stories

## Weight Loss:

- Improved nutritional choices
- Increased awareness of fitness levels
- Fitness Center attendance rising
- Station personnel are requesting new/improved exercise equipment



# Aggregate Data

Aggregate data allows the Department to identify needs of members, set goals, and gauge effectiveness of the Wellness-Fitness Program in the coming years

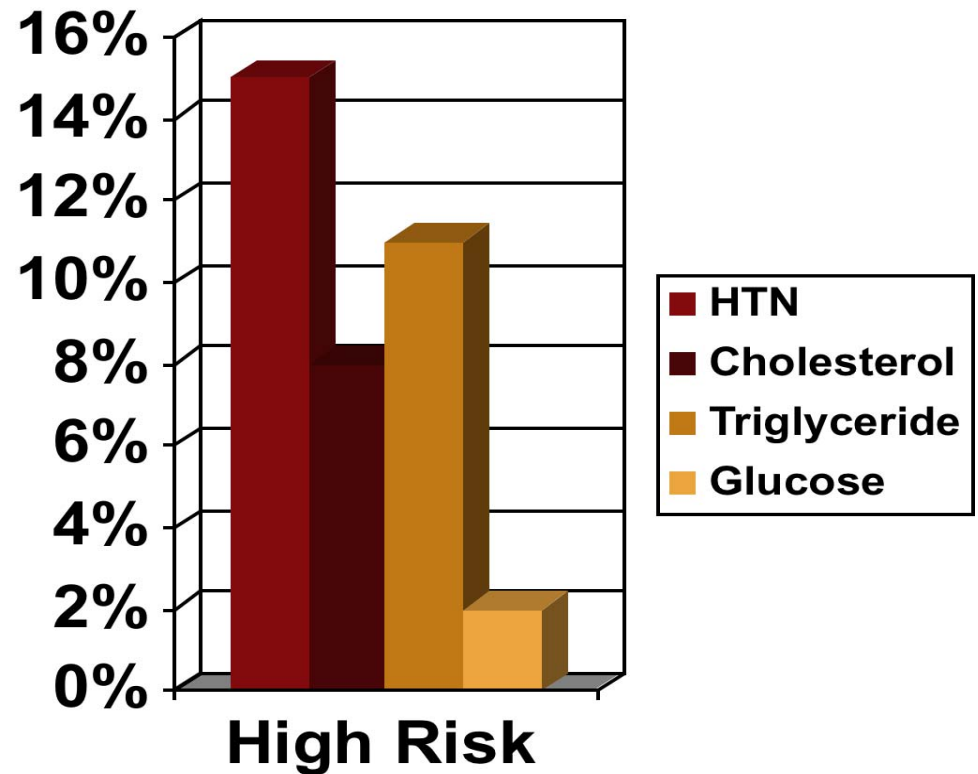
The latest data represents the first 503 Firefighters to complete this program:

- The next two slides reflect this data



# Firefighters at High Risk

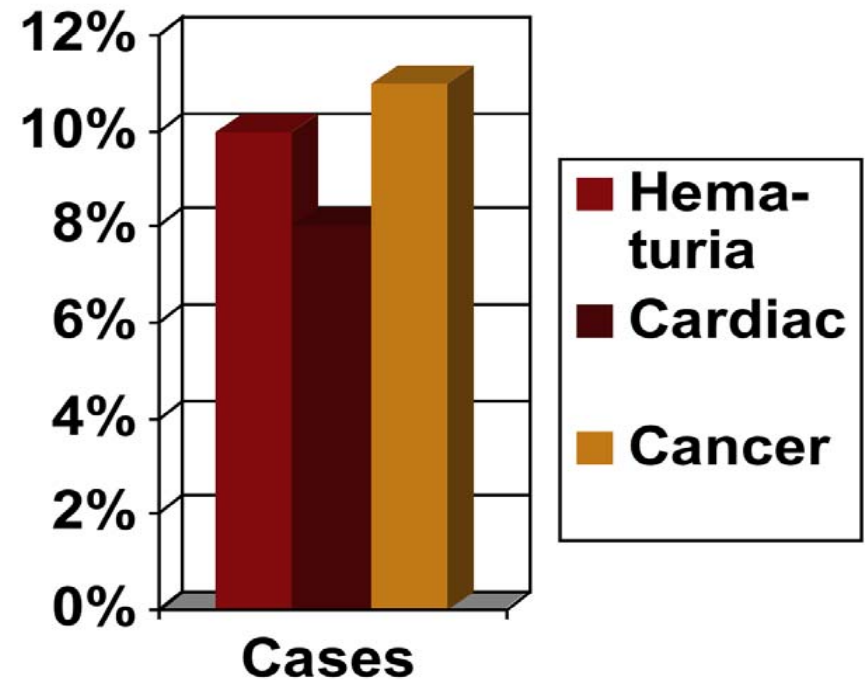
- Hypertension  
( $>140/90$ ) = 68
- Cholesterol  
( $>240$ ) = 35
- Triglyceride  
( $>200$ ) = 49
- Glucose  
( $>126$ ) = 8





# Possible Cases

- Hematuria = 45
- Cardiac = 37
- Cancers = 50





# Peer Fitness Trainers

60 DFR members completed a training program at the Cooper Institute

- Training included:
  - Fitness programs
  - Health concerns
  - Minimal nutrition advice
- Trainers assist fellow Firefighters:
  - Establish workout programs
  - Preparation for the Wellness Exam



## Future 2009-2010 Program Cycle

Provide physical exams for every member of the Department annually:

- Continued relationship with MedProvider
- Lab work to include thyroid screening
- Include EBCT scans as part of physicals:
  - Ascertains all cardiac blockages as small as 12%
  - Discovers any masses in the torso area

An elliptical machine at each fire station for improved cardiovascular fitness



# Future

- Implement “Nutrition Now” Program
- Program was developed by the Cooper Institute for the U.S. Navy to cover both fundamental aspects of nutrition as well as practical application for Firefighters to assess dietary practices:
  - Proven curriculum
  - Nutrition education and healthy dietary change
  - Behavioral strategies and new skills for weight management
  - Encourages realistic lifestyle changes



**Questions?**