

DATE May 1, 2017

Honorable Members of the Public Safety Committee: Adam Medrano (Chair), B. Adam McGough (Vice Chair), Sandy Greyson, Tiffinni A. Young, Jennifer S. Gates, Philip T. Kingston

SUBJECT Wellness and Fitness Program

On Monday, May 8, 2017, you will be provided with an overview of the Dallas Fire-Rescue Department's Wellness and Fitness Program by Captain Keith Allen. The briefing materials are attached for your review.

Please contact me if you have any questions or need additional information.

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Eric D. Campbell Assistant City Manager

[Attachment]

cc: Honorable Mayor and Members of the City Council T.C. Broadnax, City Manager Larry Casto, City Attorney Craig D. Kinton, City Auditor Rosa A. Rios, City Secretary Daniel F. Solis, Administrative Judge Kimberly Bizor Tolbert, Chief of Staff to the City Manager Majed A. Al-Ghafry, Assistant City Manager Raquel Favela, Chief of Economic Development & Neighborhood Services Jo M. (Jody) Puckett, P.E., Interim Assistant City Manager Jill A. Jordan, P.E., Assistant City Manager Joey Zapata, Assistant City Manager M. Elizabeth Reich, Chief Financial Officer Alan E. Sims, Interim Chief of Community Services Theresa O'Donnell, Chief of Resilience Directors and Assistant Directors

Wellness and Fitness Program Public Safety Committee May 8, 2017

Keith Allen, Captain Dallas Fire-Rescue Department City of Dallas



Introduction

- The Dallas Fire-Rescue Wellness and Fitness Program began March 3, 2008
- Developed to monitor and improve the overall health of our members





Presentation Overview

- Details the features, advantages, and benefits the program has provided to the department and our members
- Discuss the productivity of the Wellness and Fitness Program
- Challenges and Solutions



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Features

The Wellness and Fitness Program provides annual physical examinations that include:

- Submaximal Treadmill Test (stress test)
- Spirometry Exam
- Physicals
- Lab work
- Hearing and vision exams

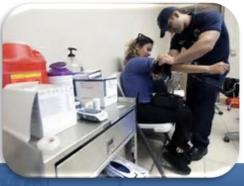


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Advantages

- Contributes to lower healthcare costs for the City of Dallas
- Reduction of unscheduled leave time
- Gives our department the opportunity to monitor health-related trends
- Increased employee productivity



City of Dallas

Benefits

- Provides a platform for members to receive regular medical screenings and evaluations at no cost to member
- Early identification of various diseases and illnesses
- Medical counseling on areas of concern
- Identifies and temporarily relieves members from the Emergency Response Bureau who are not fit for duty



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Production

- Over the past three (3) years
 - 1,434 members were tested,
 - 88 placed on conditional duty, and
 - 19 placed on a limited duty status
- Identified 61 members with possible cancers
- Identified 152 members suffering cardiac issues





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Challenges

- Our greatest challenge is communicating the cost-benefit outcome of the program compared to other departmental needs
- Incorporating preventive measures to minimize risks associated with the hazards of fire fighting and emergency medical services



Goals

- Develop solutions that will allow Dallas Fire-Rescue to provide annual physical fitness examinations for all uniformed members of the department
- Continue to train and educate members about particular hazards and appropriate measures to incorporate



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