

Memorandum

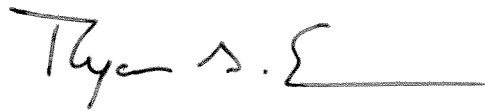


DATE February 13, 2009

TO Dr. Elba Garcia, Chair
And Members of the Public Safety Committee

SUBJECT Wellness-Fitness Update

The Public Safety Committee will be briefed on the Wellness-Fitness Update on Tuesday, February 17, 2009.



Ryan S. Evans
First Assistant City Manager

Attachment



WELLNESS & FITNESS PROGRAM UPDATE

February 17, 2009

Dallas Fire-Rescue





Purpose

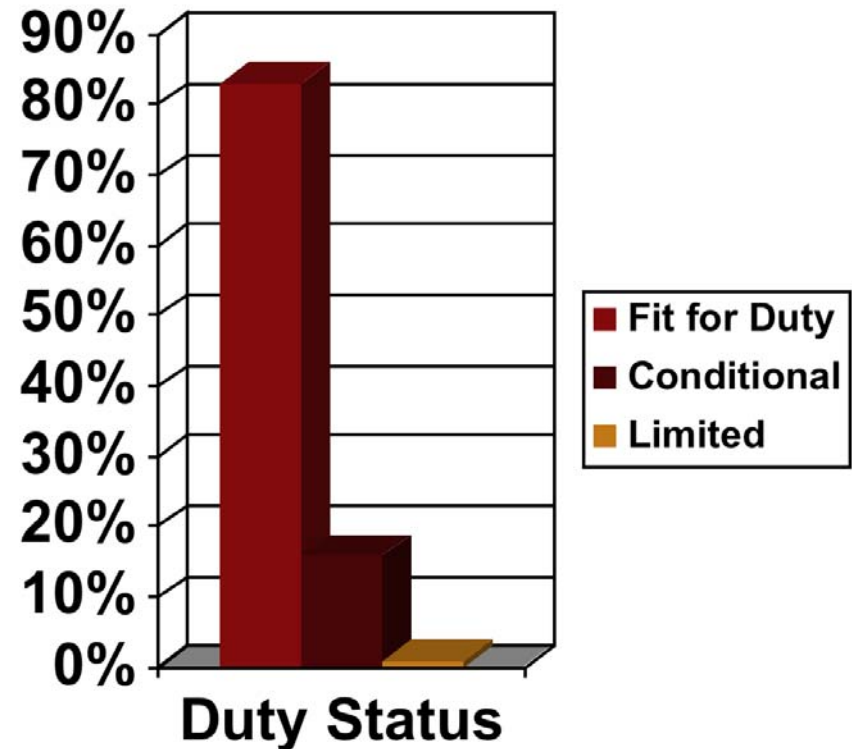
- To provide a brief update of the current status of Dallas Fire-Rescue's Wellness-Fitness Program.
- City Council approved the Wellness-Fitness Program on April 25, 2007 (total cost \$1,301,576).
- The first physicals for the Wellness Program were given on March 3, 2008.
- Public Safety Committee was last updated on this program on August 4, 2008.



Physical Exams

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

- Fit for Duty = 802
- Conditional = 148
- Limited Duty = 9

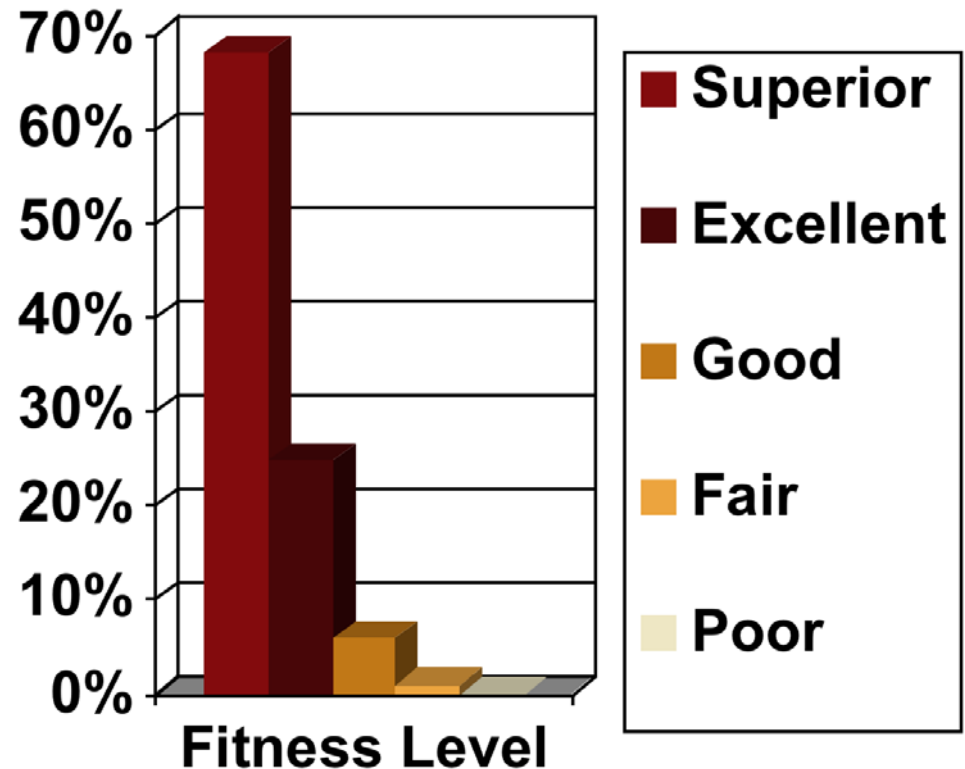




Fitness Assessment

959 Firefighters have also had a fitness evaluation:

- Superior = 665
- Excellent = 238
- Good = 51
- Fair = 5
- Poor = 0





Success Stories

Cancers diagnosed:

- Prostate
- Thyroid
- Colon

Cardiac issues diagnosed:

- Several Firefighters have undergone minor procedures and continue cardiologist supervision
- Approximately six firefighters have undergone cardiac surgical procedures



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.



Aggregate Data (Cont.)

The latest data represents the first 959 Firefighters to complete this program:

- Hypertension - 135
- Cholesterol - 85
- Triglyceride - 132
- Glucose - 17
- Hematuria - 69
- Cardiac - 70
- Cancers - 73



Current Status

- DFR is in the process of evaluating current program procedures and practices for areas of needed improvement.
- The current contract with Healthtexas Provider Network is due to expire on August 15, 2009.
- The contract allows for two 12-month renewals.



Future

- Provide medical and physical exams for every member of the Department, uniform and civilian, on an annual basis.
- An evaluation of creating an in-house program is also underway. An assessment of other fire departments' practices and procedures along with site visits is being utilized for this evaluation.



Questions?