

Memorandum

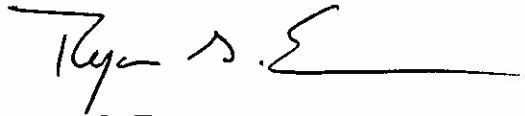


Date: April 16, 2010

To: Mayor Pro Tem Dwaine Caraway, Chair
and Members of the Public Safety Committee

Subject: Wellness-Fitness Program Update

The Public Safety Committee will be briefed on the Wellness-Fitness Program Update on Monday, April 19, 2010.



Ryan S. Evans
First Assistant City Manager

Attachment

- c: Honorable Mayor and Members of the Dallas City Council
 - Mary K. Suhm, City Manager
 - Deborah Watkins, City Secretary
 - Tom Perkins, City Attorney
 - Craig Kinton, City Auditor
 - Victor Lander, Administrative Municipal Judge
 - Jill A. Jordan, P.E., Assistant City Manager
 - A.C. Gonzalez, Assistant City Manager
 - Forest E. Turner, Assistant City Manager
 - Jeanne Chipperfield, Chief Financial Officer
 - Helena Stevens-Thompson, Assistant to the City Manager Mayor/City Council Office

Dallas Fire-Rescue Department



Wellness-Fitness Program Update

Fernando Gray
Section Chief

April 19, 2010



Purpose

- To provide an update on the Wellness-Fitness Program for Dallas Fire-Rescue



History

- City Council approved the Wellness-Fitness Program on April 25, 2007 (Total Cost - \$1,301,576)
- Initial physicals for the Wellness-Fitness Program were given on March 3, 2008
- Public Safety Committee was last updated on this program on June 1, 2009

Phase I Aggregate Data

A total of 1437 uniformed members (all Emergency Response personnel) were tested during Phase I. Some medical conditions required physician follow-up. The three leading illnesses identified were Cancers, Hematuria, and Cardiac conditions

- ❑ Cancers –141
- ❑ Hematuria –138
- ❑ Cardiac-121

Current Process

- The City of Dallas has a contract with the MedProvider group at Baylor University Medical Center to perform Wellness-Fitness physicals and fitness assessments
- The current contract expires September 2010. We have one additional 12 month extension under the current agreement

Exam Components

- Occupational Medical and Fitness Evaluations; Fit-for-Duty exam components:
 - ❑ Medical History
 - ❑ Blood Tests/Urinalysis
 - ❑ Physical Examination
 - ❑ Chest X-Rays (as needed)
 - ❑ Stress Test/ Cardiac CT Scan
 - ❑ Fitness Evaluation

Current Status

As of March 12, 2010, there have been 278 uniformed members evaluated through Phase II of the Wellness-Fitness Program (this includes 58 members from Fire Dispatch, Inspection, and Arson Investigation). These members were placed into one of the following duty classifications:

- ❑ Fit for Duty – 243
 - No significant medical conditions discovered
- ❑ Conditional Fit for Duty – 33
 - Medical conditions discovered which are not deemed to be an imminent life threat
- ❑ Limited Duty – 2
 - Medical conditions discovered which are deemed to be imminently life threatening

Current Status (Continued)

265 uniformed members have also had a fitness evaluation. These members were placed into one of the following fitness categories:

- ❑ Superior – 109
- ❑ Excellent – 100
- ❑ Good – 42
- ❑ Fair – 10
- ❑ Poor – 4

Aggregate Data Results

- 35 members (13%) who have completed the Wellness-Fitness Program have been placed in either Conditional Duty or Limited Duty status
- The most common reasons for Conditional Duty status are cardiac, hypertension, high cholesterol/triglycerides or high blood sugar
- The two most common reasons for Limited Duty status are respiratory or cardiac issues

Success Stories

- Over 200 uniformed members have been diagnosed with a previously undiagnosed medical condition, such as hypertension, diabetes, high cholesterol and high triglycerides. These members are now under a doctor's care for these conditions
- At least ten uniformed members reported having undergone surgical cardiac procedures due to the results of their Wellness examinations
- At least ten uniformed members have reported a confirmed cancer diagnosis

Questions?