

Memorandum



Date: August 24, 2012

To: Members of the Public Safety Committee

Subject: Wellness-Fitness Program Update

The Public Safety Committee will be briefed on Wellness-Fitness Program Update on Tuesday, August 28, 2012.

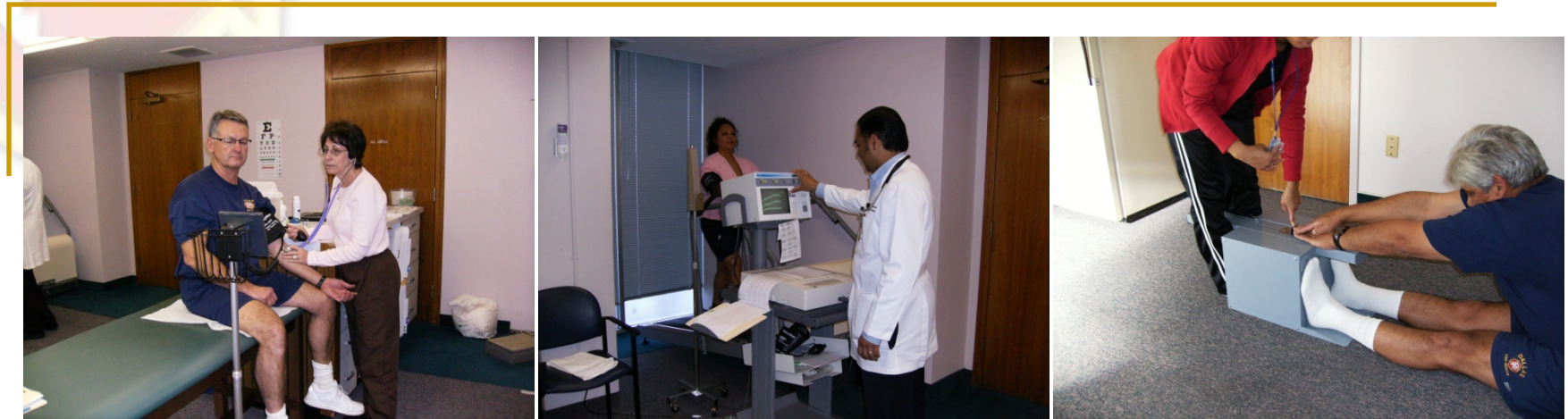


A.C. Gonzalez
First Assistant City Manager

Attachment

- c: Honorable Mayor and Members of the Dallas City Council
- Mary K. Suhm, City Manager
- Rosa Rios, City Secretary
- Thomas P. Perkins, Jr., City Attorney
- Craig D. Kinton, City Auditor
- C. Victor Lander, Administrative Judge
- Jill A. Jordan, P.E., Assistant City Manager
- Ryan S. Evans, Assistant City Manager
- Forest E. Turner, Assistant City Manager
- Joey Zapata, Assistant City Manager
- Jeanne Chipperfield, Chief Financial Officer
- Frank Libro, Public Information Office
- Stephanie Cooper, Assistant to the City Manager

Dallas Fire-Rescue Department



Wellness-Fitness Program Update

Public Safety Committee

August 28, 2012



Purpose

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



History

- Program
 - Modeled after the International Association of Firefighters and International Association of Fire Chiefs Joint Wellness Initiative
 - Recognizes firefighters have increased risk of medical problems such as cardiac disease and cancers
- City Council approved implementation on April 25, 2007 (Total Cost - \$1,301,576)
- First physicals were administered on March 3, 2008
- Public Safety Committee was last updated April 19, 2010

Index Cities

Similar programs have been implemented by several large urban areas including:

- Phoenix, Arizona
- Austin, Texas
- Fairfax County, Virginia
- San Diego, California

Phase I - Aggregate Data

1,437 firefighters tested during Phase I. Some medical conditions required physician follow-up. Leading illnesses identified were:

■ Cancer	141
■ Hematuria (blood in urine)	138
■ Cardiac	121

Phase II - Current Process

- Funded from 2009 Assistance to Firefighters Grant (\$956K)
- City has a contract with MedProvider Group at Baylor University Medical Center to perform the Wellness-Fitness physicals and fitness assessments.
- Current contract expires September 2012.

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 Assessment

Phase II - Current Status

As of July 20, 2012, 1,390* firefighters were evaluated in Phase II of the Program. They were placed into the following duty classifications:

Fit for Duty – 1,220 (89%)

No significant medical issues discovered

Conditional Fit for Duty – 142 (8%)

Medical issues discovered which are not deemed to be an imminent life threat

Limited Duty – 28 (3%)

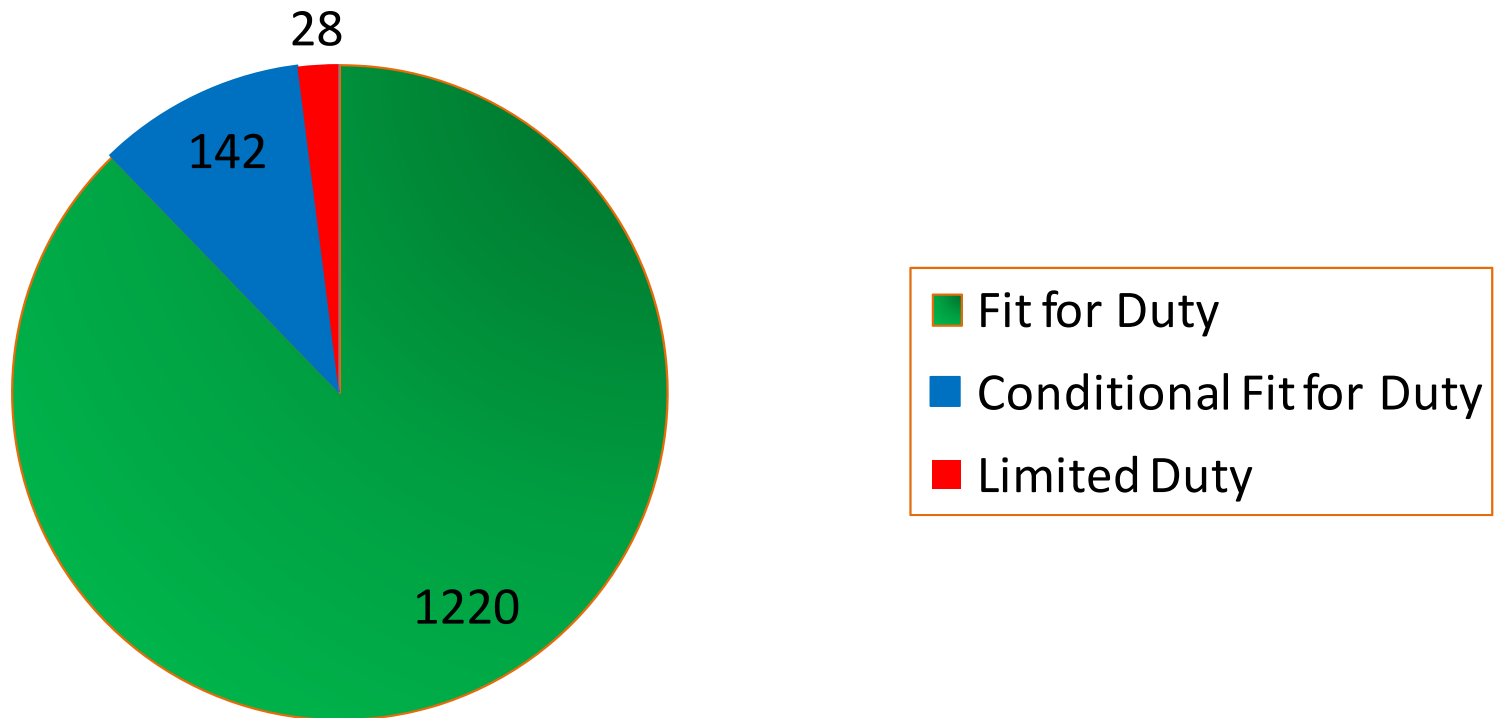
Medical issues discovered which are deemed to be imminently life threatening

* (82 % of these firefighters also evaluated during Phase I)

Phase II - Current Status (Cont.)

- 170 firefighters have been placed in either Conditional Duty or Limited Duty status.
- Most common reasons for Conditional Duty status are:
 - Cardiac issues
 - Hypertension
 - High cholesterol
 - Elevated triglycerides
 - Hyperglycemia (high blood sugar)
- The two most common reasons for Limited Duty status are respiratory or cardiac issues.

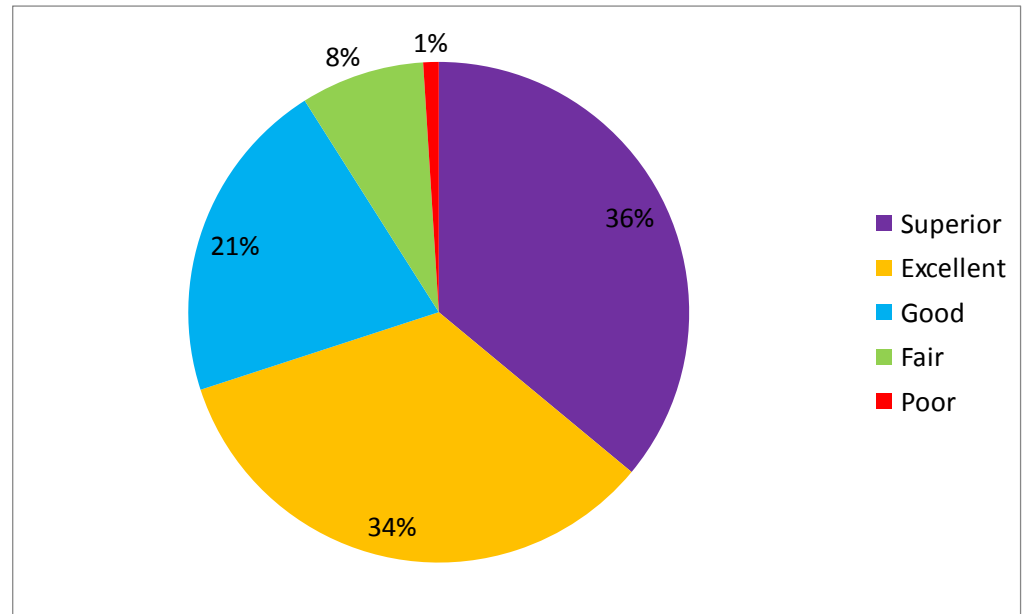
Duty Status Results – Phase II



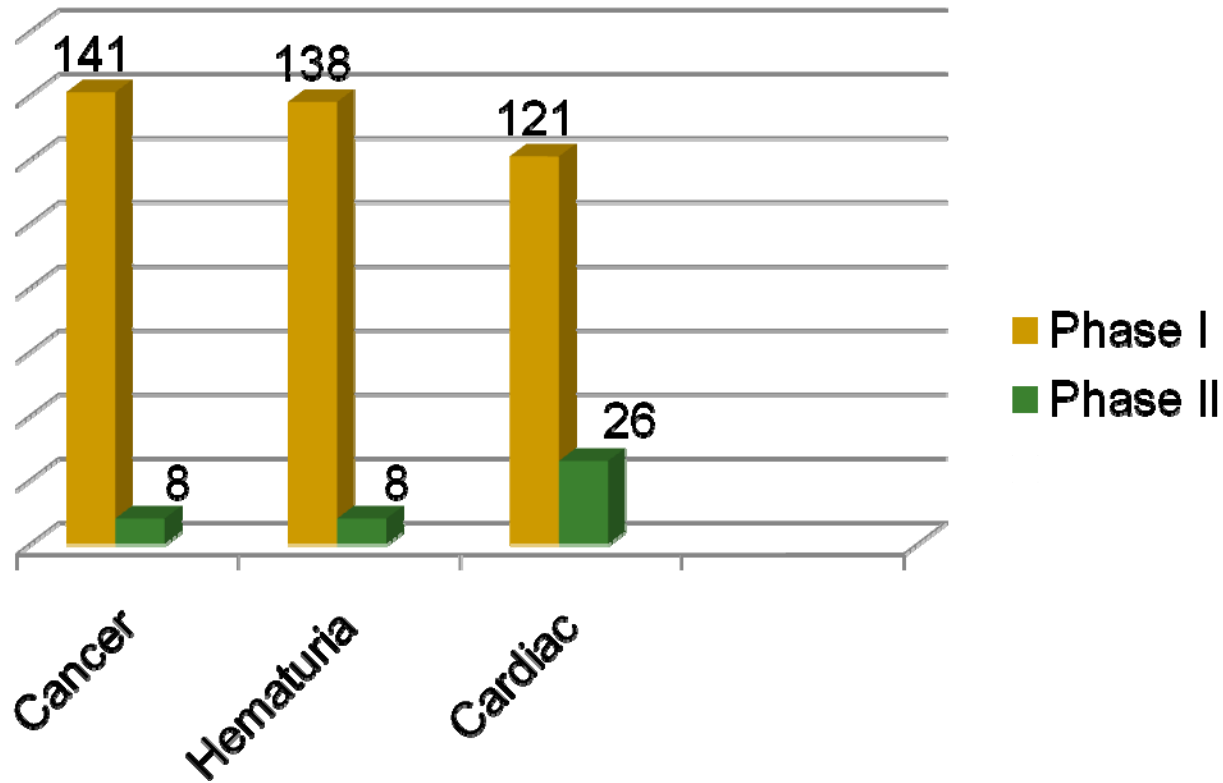
Phase II - Current Status (Cont.)

1,365 of the evaluated firefighters have also had a fitness assessment. Members were placed into one of the following fitness categories:

■ Superior	497
■ Excellent	474
■ Good	282
■ Fair	95
■ Poor	17



Disease Identification Progress



Success Stories

- Disease identification reduced from 400 during Phase I to 42 in Phase II
- Possibly saved lives
 - At least ten firefighters have undergone surgical cardiac procedures and returned to full duty
 - At least ten firefighters have had a confirmed cancer diagnosis and returned to full duty

Questions?