

Memorandum



DATE May 1, 2017

TO 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.



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 Bizzor 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



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



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



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

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



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



Wellness and Fitness Program

Public Safety Committee
May 8, 2017

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

