



"Our Family Protecting Your Family"

San Antonio Fire Department Wellness Program

Maria Worley, LD, MSBA, MSSA

San Antonio Fire Department Wellness Program

- 7th Largest fire department in the country
- 1698 employees
- 68 fire stations
- Fire Academy
- Arson and Recruiting Divisions
- Supports the 9th largest metropolitan area in the country

Vision

To be a service driven, nationally recognized leader in providing emergency services with exceptional leadership, open communication, state-of-the-art resources, and a healthy, highly trained, and motivated workforce

Wellness Program Initiative

- SAFD health status is a safety issue
- National Fire Protection Association Standard of Mandatory Physical Evaluations
- International Association of Fire Fighters and Fire Chiefs- Wellness Fitness Initiative

Besides the Obvious....

- Line of Duty Deaths (LODD)
 - 45% from CVD
 - Other Emergency Responders

Police- 22%

EMS - 11%

Incidence Statistics

	Increased Risk
Putting out a fire	12-136%
Responding to an Alarm	3-14%
Returning from an Alarm	2-10%
During physical training	3-7%

Factors Affecting Cardiac Health

- Lifestyle
- Knowledge
- Exposure to extreme temperatures
- Exposure to chemicals and toxins
- Heavy physical labor
- Shift from sedentary to high physical/high stress situations

Wellness Approach

- Personal health risk screening
- Fit for duty determination
- Education

Education Objectives

Every member of SAFD is an informed consumer who makes choices knowingly and consciously, to improve performance and feel their physical best.

Education plan

- Academy basic nutrition
- Academy cooking class
- Clinic physical
- Station house presentations
- Cooking at the station
- Wellness Newsletter

Education Now

- Top four disease diagnosis
 - Overweight-48%
 - Obese-38%
 - Insulin resistance-16%
 - Hperlipidemia-34%
 - HBP-12%
- Effects of lifestyle
- Nutritional implications
 - Sugars/artificial sweeteners
 - Fats
 - Alcohol
 - Fiber
 - Calories

Future Plans

- EMS annual training
- Pre-academy education
- Grocery tours for SAFD and their families
- Farm to business program
- Healthy cooking for families
- Presentation on supplements
- Presentation on how to eat healthier in San Antonio restaurants

QUESTIONS



"Our Family Protecting Your Family"