

UCI/Center for Occupational and Environmental Health (COEH)
 Report to Orange County Fire Authority – Risk Management Section

WEFIT Aggregate Medical Exam and Fitness Test Results
 January 22, 2004 – February 28, 2010

WEFIT Exams	2004	2005	2006	2007	2008	2009	2010	2004-2010 New Hires
Number of WEFIT physical exams performed	619	416	421	343	412	409	50	266
Number of WEFIT fitness tests performed	616*	412*	418*	335*	402*	406*	49*	265*
Number of referrals to the OCFA Exercise Physiologist	619	416	421	343	237^	0^	0^	266
Health Data	2004 Results (%)**	2005 Results (%)**	2006 Results (%)**	2007 Results (%)**	2008 Results (%)**	2009 Results (%)**	2010 Results (%)**	2004-2010 New Hires (%)**
Physician referrals	37	10	19	12	9	12	18	0
Heart Disease - Number with following risk factors:								
Above normal weight measurement – body fat measurement (≥ 24 %)	47	42	39	34	32	25	36	11
Elevated blood pressure on exam (systolic ≥ 130 or diastolic ≥ 85 mm/Hg)	29	22	15	15	15	11	14	10
Hypertensive, taking medicine	8	7	8	8	7	9	4	0
Personal history of heart disease	< 1	0	2	0	0	0	0	0
Family history of heart disease	35	29	27	23	21	18	25	8
High total cholesterol (≥ 200 mg/dl)	51	54	46	50	44	39	30	27
Low HDL-C level (< 35 mg/dl)	2	3	2	4	5	6	5	3

Health Data	2004 Results (%)**	2005 Results (%)**	2006 Results (%)**	2007 Results (%)**	2008 Results (%)**	2009 Results (%)**	2010 Results (%)**	2004-2010 New Hires (%)**
Elevated ratio of total cholesterol/HDL-C (> 3.3)	66	67	65	68	67	65	58	49
High LDL-C level (≥ 130 mg/dl)	38	39	33	37	33	30	28	25
Elevated triglycerides (≥ 200 mg/dl)	16	19	15	12	13	12	9	5
Tobacco use (any and all tobacco use)	6	11	17	13	15	12	8	8
Number with personal history of diabetes	< 1	< 1	< 1	1	< 1	< 1	0	< 1
Number with elevated fasting glucose (> 114 mg/dl)	2	1	3	3	2	2	0	< 1
Fitness Data	2004 Results (%)**	2005 Results (%)**	2006 Results (%)**	2007 Results (%)**	2008 Results (%)**	2009 Results (%)**	2010 Results (%)**	2004-2010 New Hires (%)**
Number with a predicted VO ₂ score of less than 42 ml/Kg/minute	52	41	43	40	37	34	46	15
Graphs/Histograms showing: strength testing, endurance and flexibility	See attached	See attached	See attached	See attached	See attached	See attached	See attached	See attached

- * 3 people did not complete fitness testing at 2004 visit.
- 4 people did not complete fitness testing at 2005 visit.
- 3 people did not complete fitness testing at 2006 visit.
- 8 people did not complete fitness testing at 2007 visit.
- 10 people did not complete fitness testing at 2008 visit.
- 3 people did not complete fitness testing at 2009 visit.
- 1 person did not complete fitness testing at 2010 visit.
- 1 candidate did not complete fitness testing.

Aggregate data on reasons why testing was not completed will be provided semi-annually.

**Percentages are based on the number of people who participated in the specified test and/or who were within the specified age range.

^ No OCFA Exercise Physiologist has been available since 7/1/08. OCFA PFT services have been offered.

Self-Reported Data	2004 Results (%)**	2005 Results (%)**	2006 Results (%)**	2007 Results (%)**	2008 Results (%)**	2009 Results (%)**	2010 Results (%)**	2004-2010 New Hires (%)**
American Cancer Screening Guidelines (Number who have NOT met the following)								
Colon/Rectal (ACS):								
Sigmoidoscopy/Colonoscopy (ages 50 and over)	41	46	40	44	42	37	33	--
Prostate (ACS):								
Annual Digital Rectal Exam (ages 50 and over)	36	29	21	21	28	22	8	0
Serum PSA [African Americans (ages 40 and over), Caucasians (ages 50 and over)]	35	24	25	36	36	37	45	0
Cervical (ACS):								
Routine Pap Smear (ages 18 and over)	38	17	0	20	0	--	--	23
Breast (ACS)								
Self breast exam	38	33	0	60	22	--	--	31
Clinical breast exam	38	33	0	20	0	--	--	46
Mammography, every 1-3 years (ages 40-49)	25	0	0	50	0	--	--	--
Mammography, every year (ages 50 and over)	0	0	0	0	--	--	--	--

LIFESTYLE INFORMATION
9/1/06 – 2/28/10
Number of Respondents = 1333

1. Dietary Habits:

a. On average during the past year, how often does your diet meet the following criteria:

- Fruits and vegetables (5 or more servings per day)
- Fat-free and low-fat milk products (2-4 servings per day)
- Variety of grain products- bread/cereal/rice/pasta (6 or more servings per day)
- Lean meats and poultry without skin (up to 6 total ounces per day)
- Fatty Fish- salmon/tuna/mackerel (2 or more servings per wk)

2 % Never (0 days/wk) 37 % Sometimes (1-3 days/wk) 52 % Usually (4-5 days/wk) 9 % Always (6-7 days/wk) < 1 % Missing

b. During the past year, has the WEFIT program improved your overall diet or supported your healthy eating habits?

30 % Not at all 59 % Some 8 % A lot 1 % N/A 2 % Missing

2. Aerobic/Cardio Exercise Habits:

a. On average during the past year, how many days a week has your aerobic or cardio exercise met the following two criteria:

- 30 minutes or more in duration
- Medium to vigorous intensity

3 % 0 days/wk 27 % 1-2 days/wk 70 % 3+ days/wk < 1 % Missing

b. During the past year, has the WEFIT program improved or maintained your exercise habits?

23 % Not at all 57 % Some 18 % A lot 1 % N/A 2 % Missing

3. Tobacco Use:

a. Do you currently use tobacco products:

86 % No 14 % Yes < 1 % Missing
If yes, 58 % Cigars 9 % Cigarettes 33 % Chew/Dip 5 % Missing
(If greater than 100%, more than one product used)

b. To what extent has the WEFIT program decreased or prevented your use of tobacco in the past year?

71 % Not at all 5 % Some 4 % A lot 7 % N/A 13 % Missing

4. Alcohol Intake:

a. Do you drink alcohol?

15 % No 85 % Yes < 1 % Missing
If yes, 3 % drink greater than 15 drinks (wine/beer/mixed drinks)/week

b. To what extent has the WEFIT program decreased your use of alcohol in the past year?

79 % Not at all 13 % Some 2 % A lot 2 % N/A 5 % Missing

5. Caffeine Intake:

a. Do you drink caffeinated beverages?

13 % No 87 % Yes < 1 % Missing

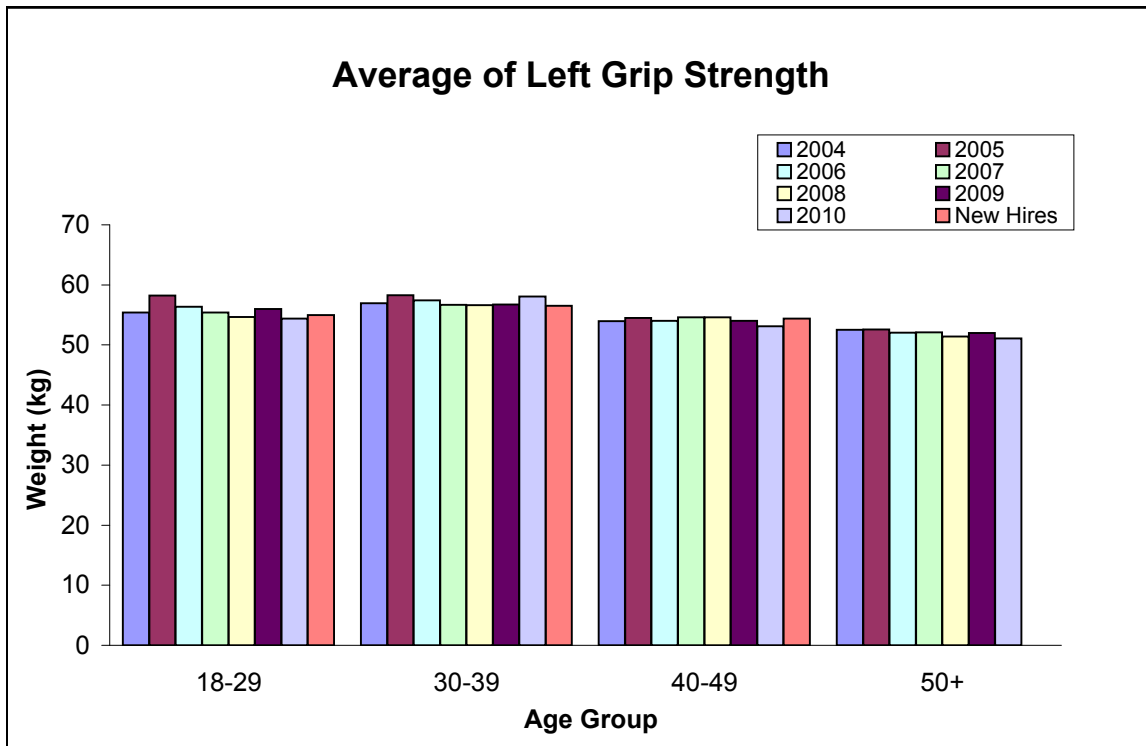
b. To what extent has the WEFIT program decreased your caffeine intake in the past year?

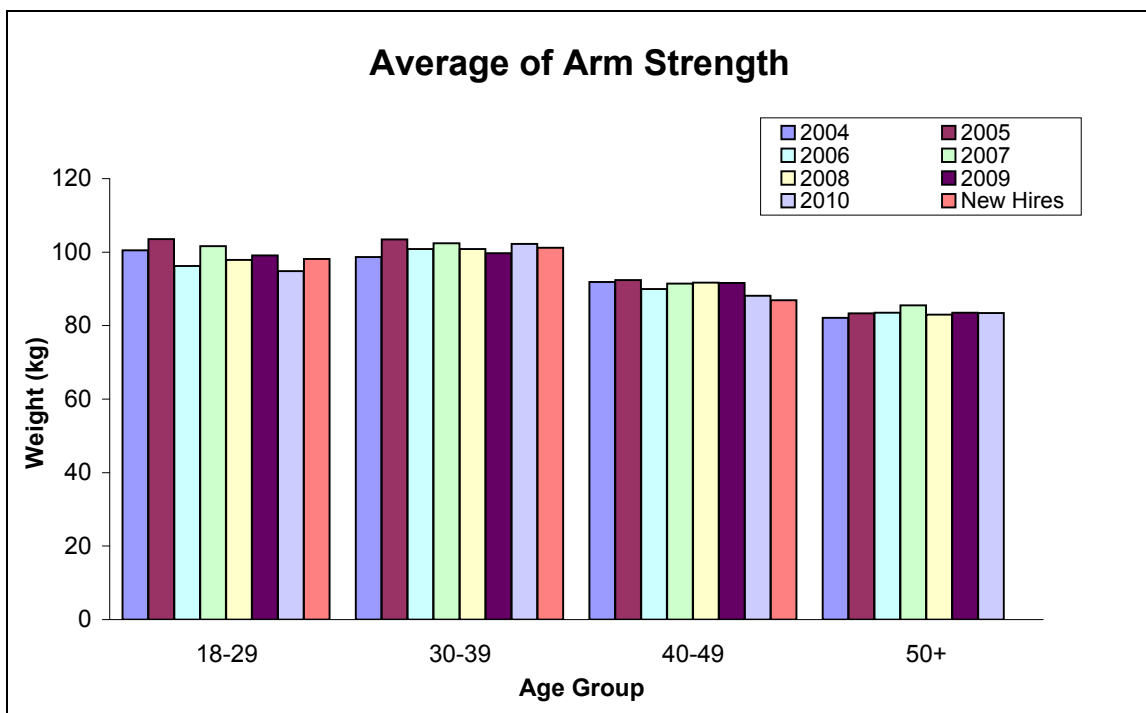
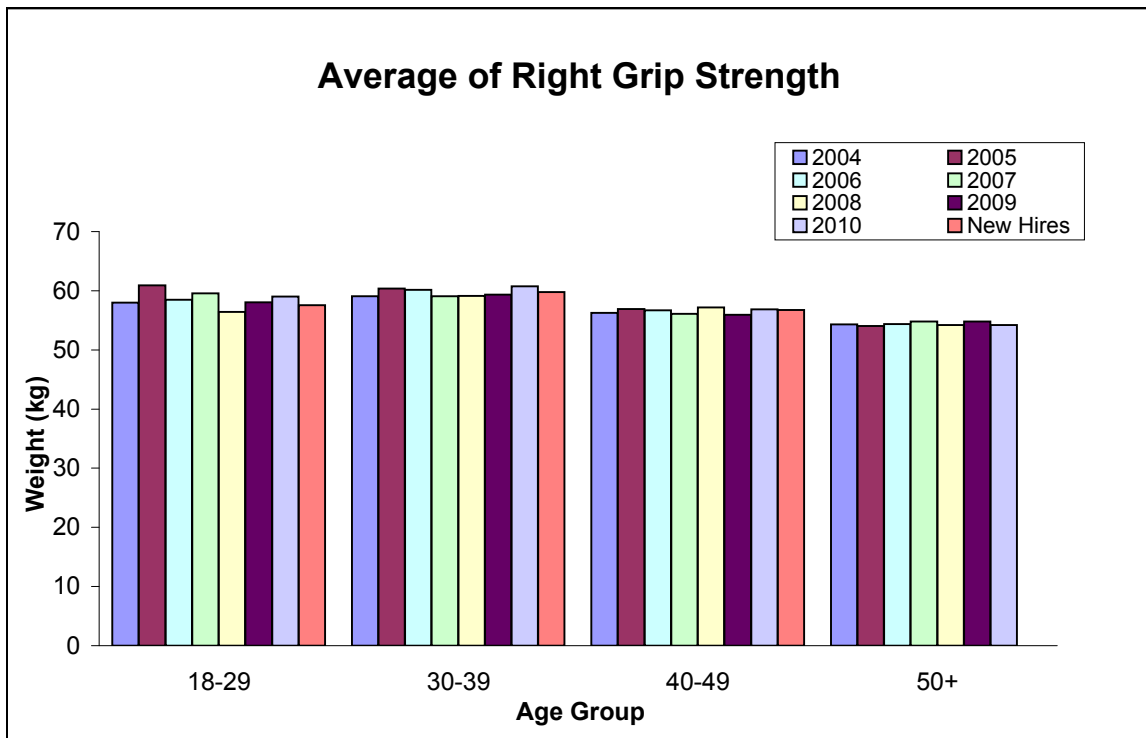
75 % Not at all 16 % Some 3 % A lot 2 % N/A 4 % Missing

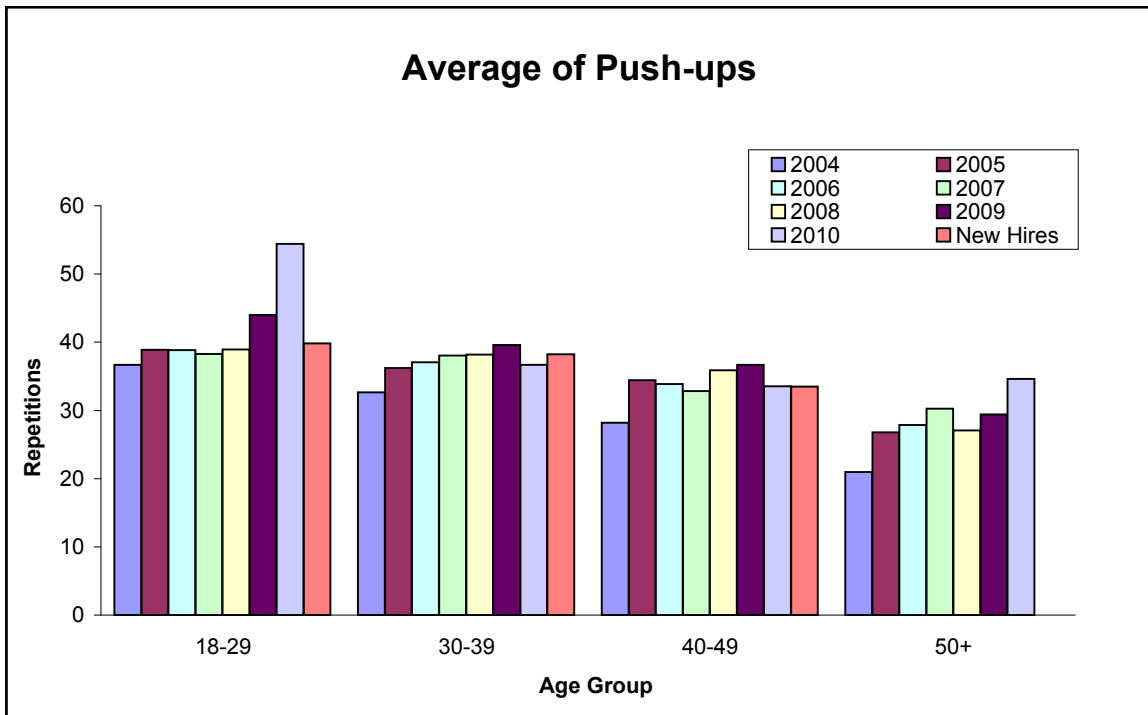
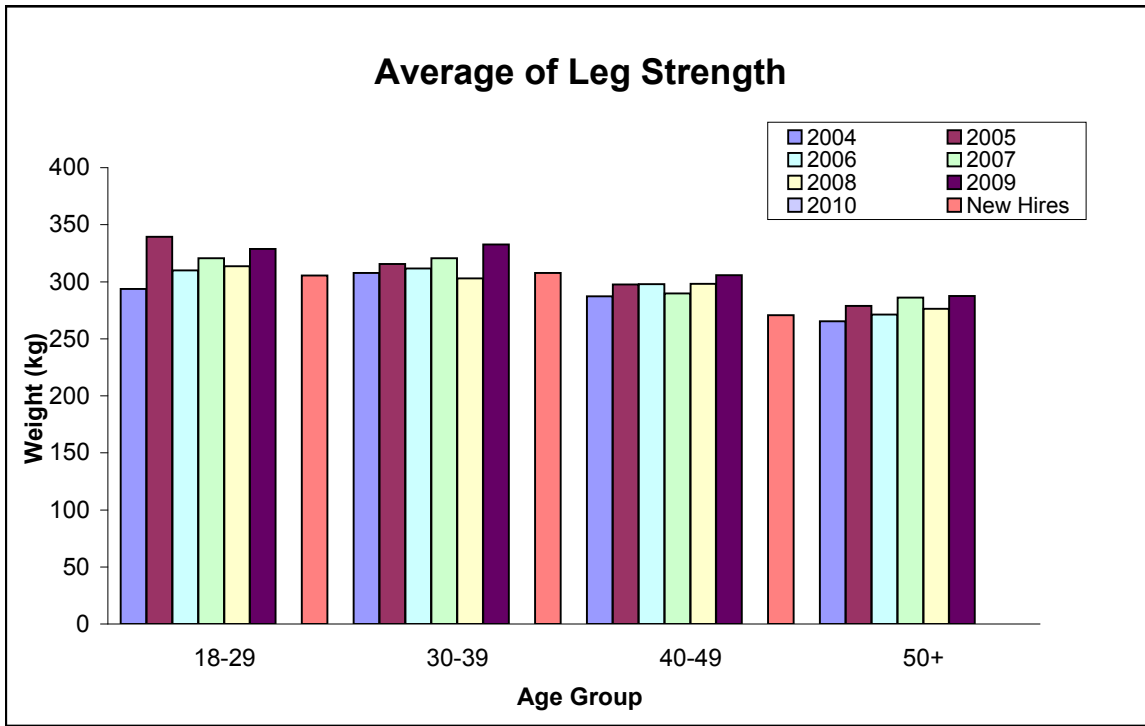
Graphical Summary of Fitness Testing January 22, 2004 through February 28, 2010

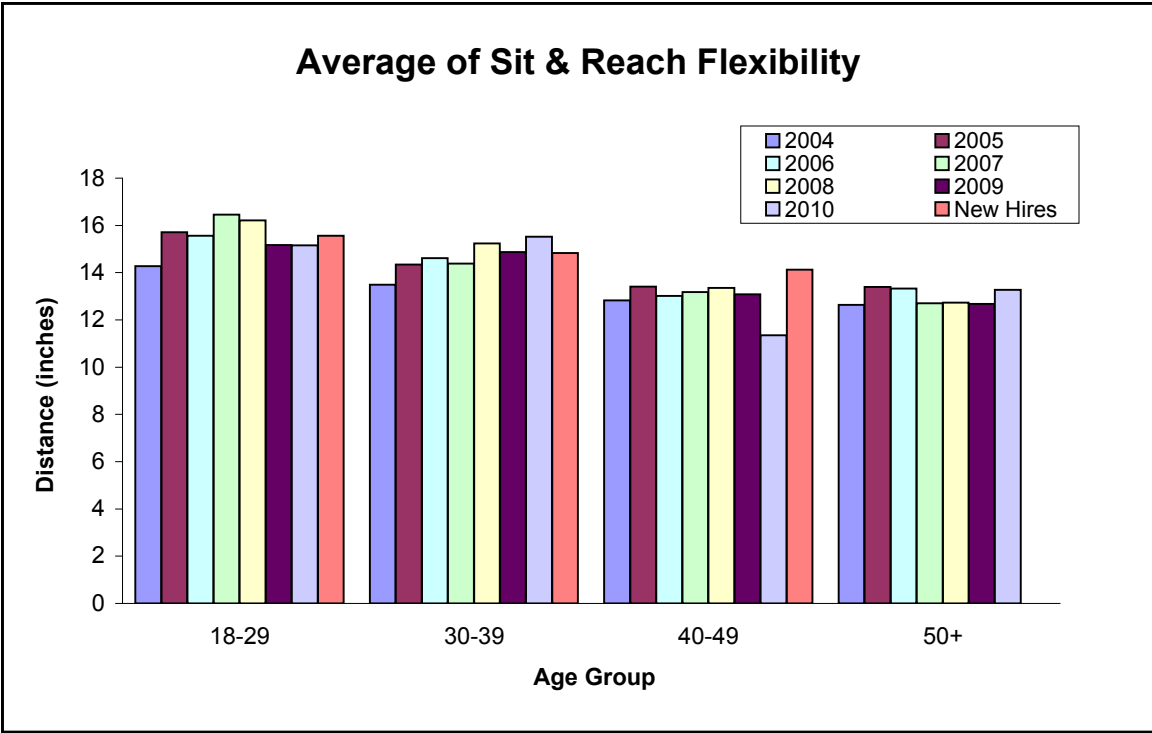
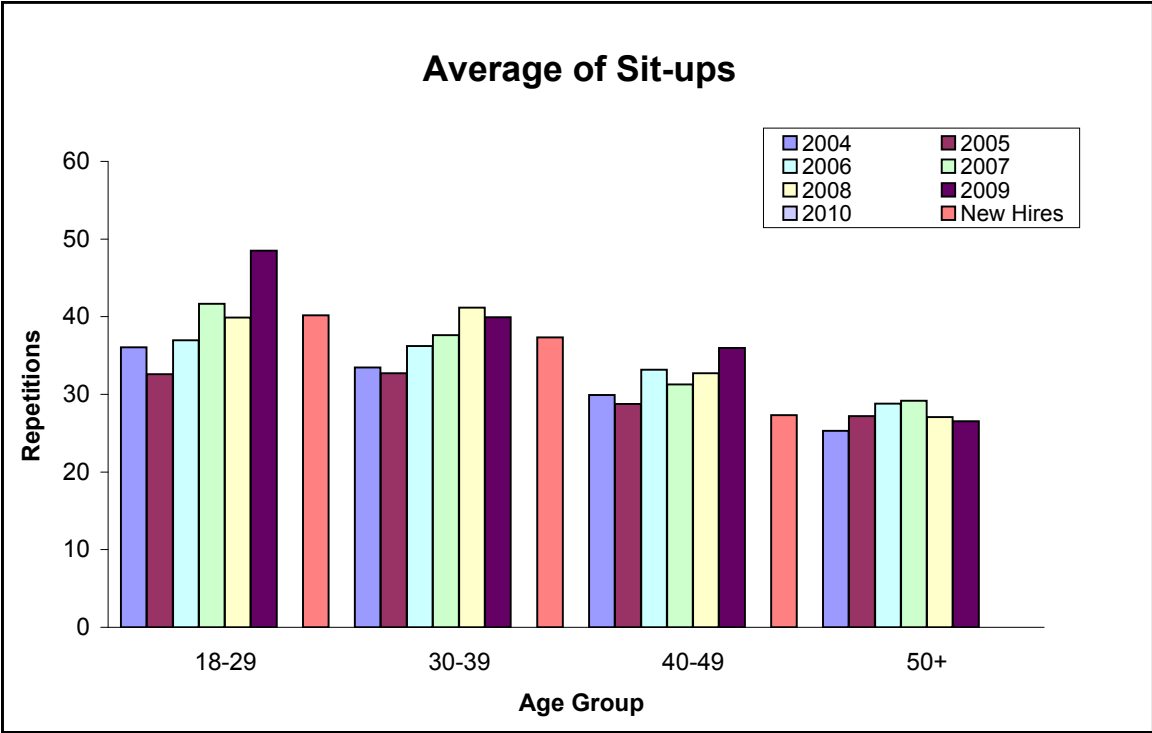
Number of Participants by Age Group

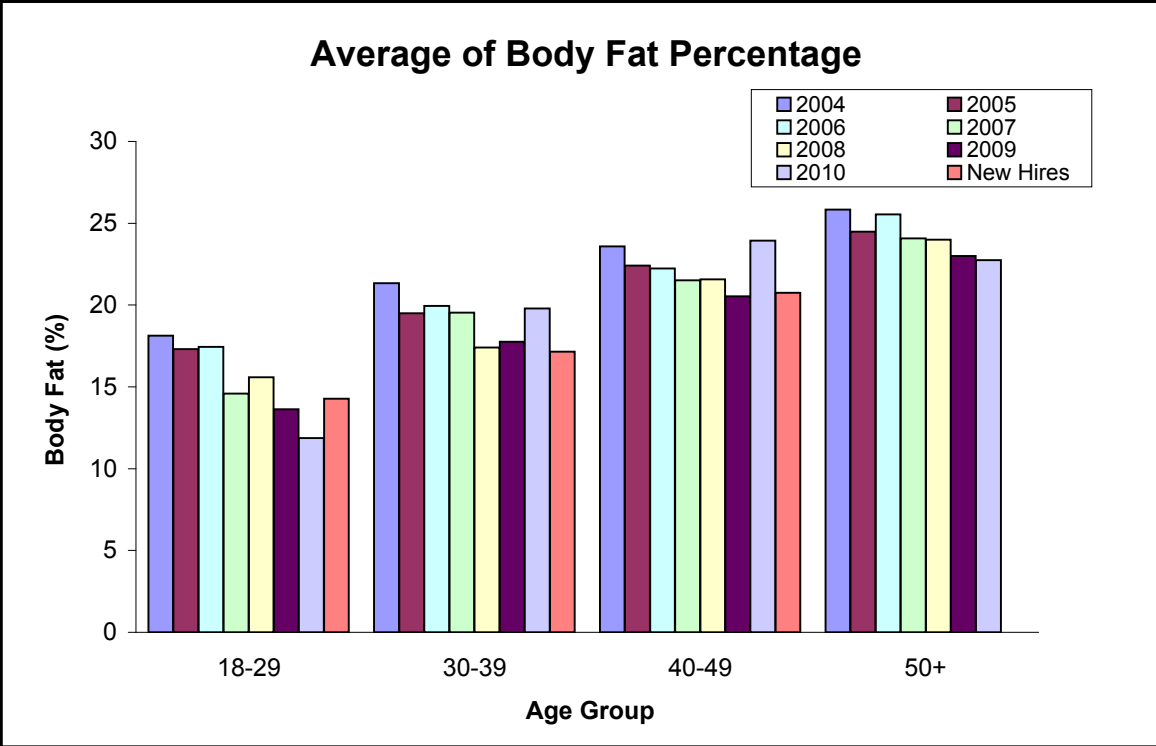
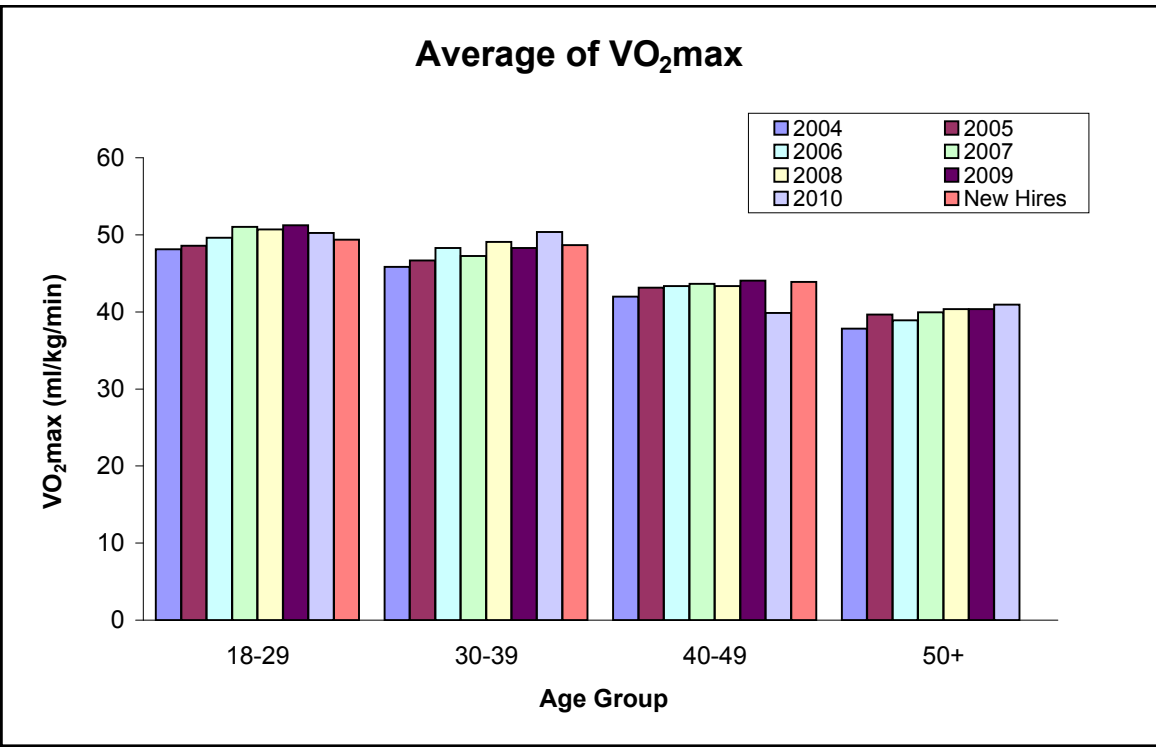
<u>Age Group</u>	<u>2004</u>	<u>2005</u>	<u>2006</u>	<u>2007</u>	<u>2008</u>	<u>2009</u>	<u>2010</u>	<u>New Hires</u>
18-29	40	24	41	31	38	47	5	145
30-39	159	110	102	87	107	130	16	108
40-49	282	185	182	141	164	136	16	12
50+	135	93	93	76	93	93	12	0
Total	616	412	418	335	402	406	49	265



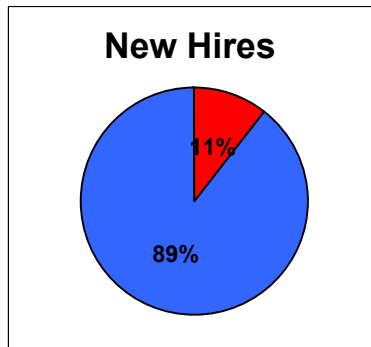
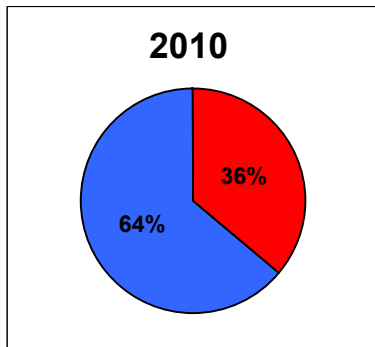
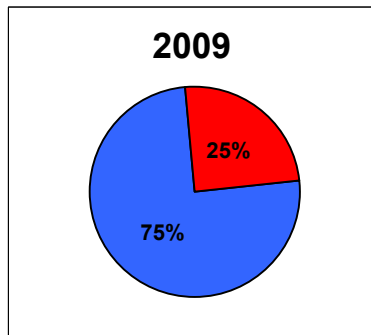
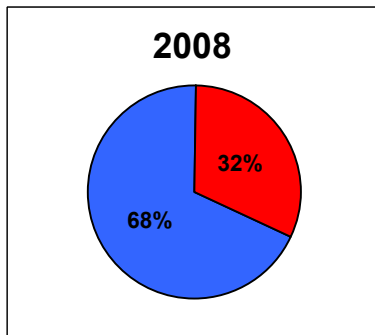
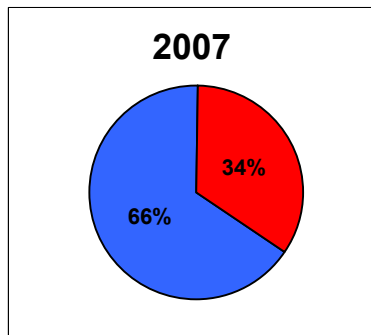
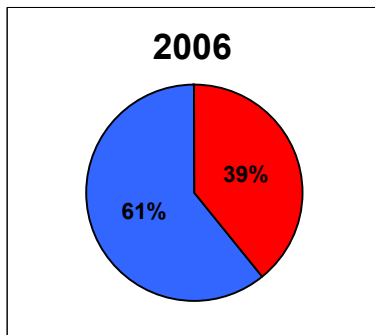
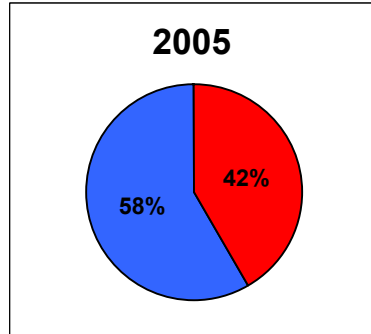
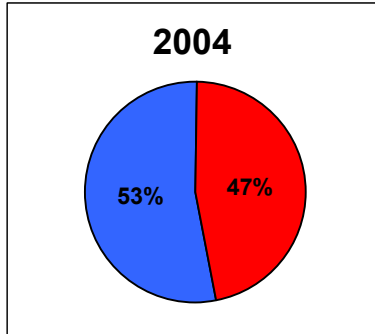
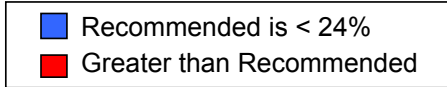




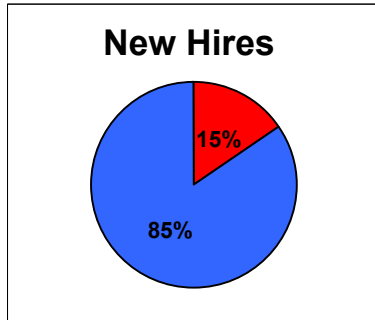
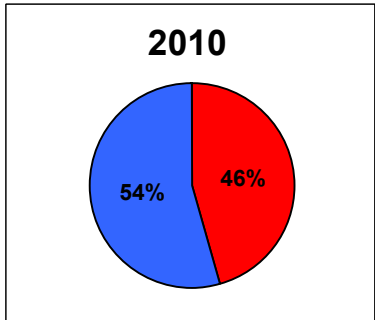
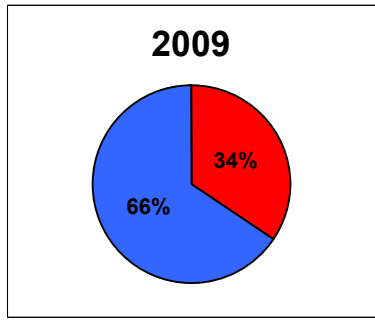
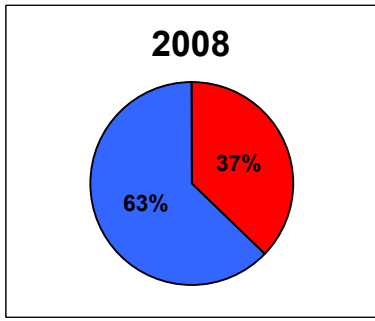
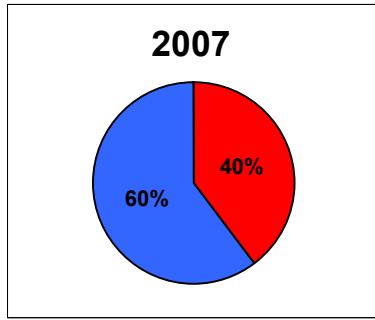
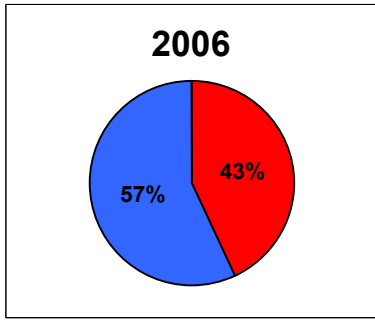
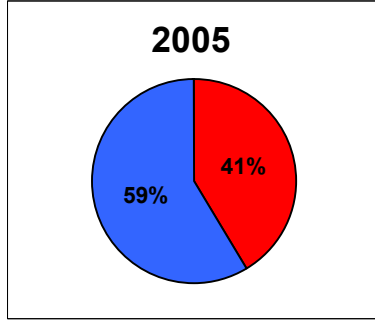
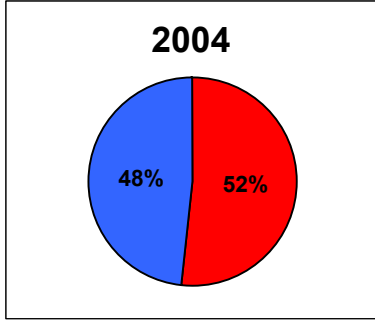
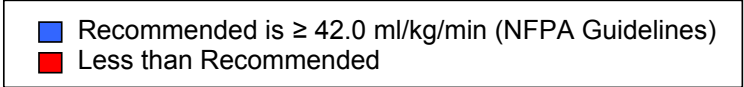




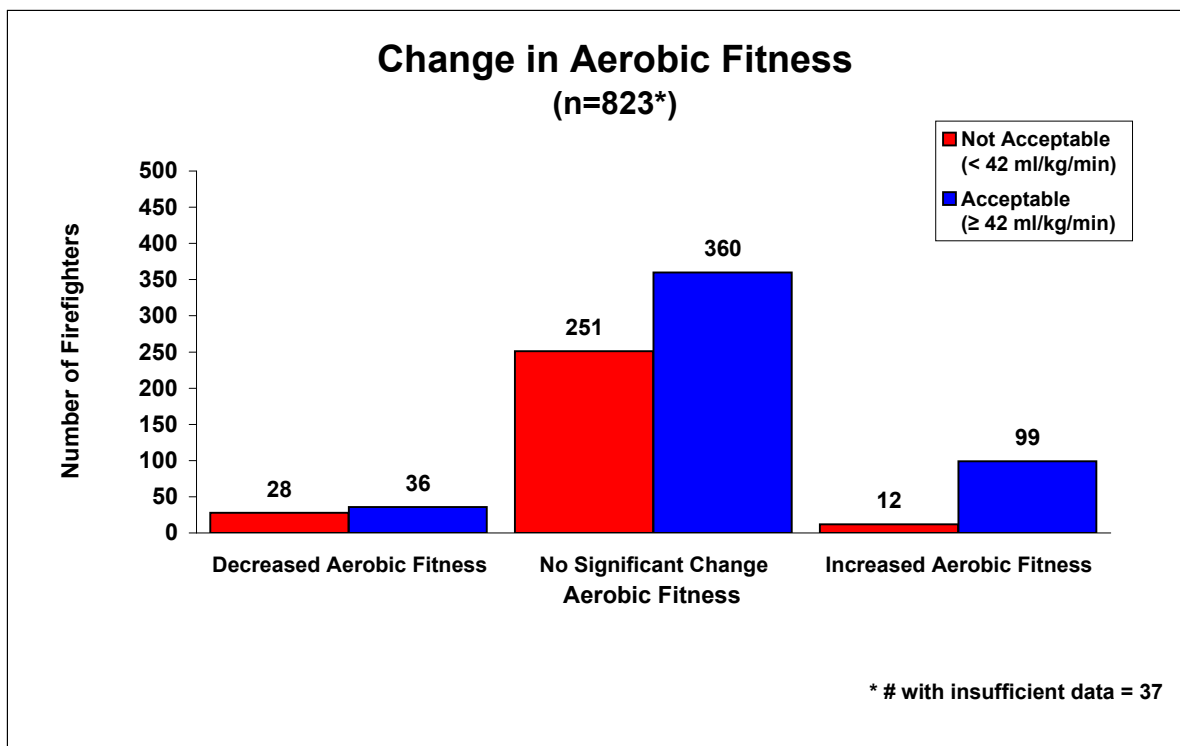
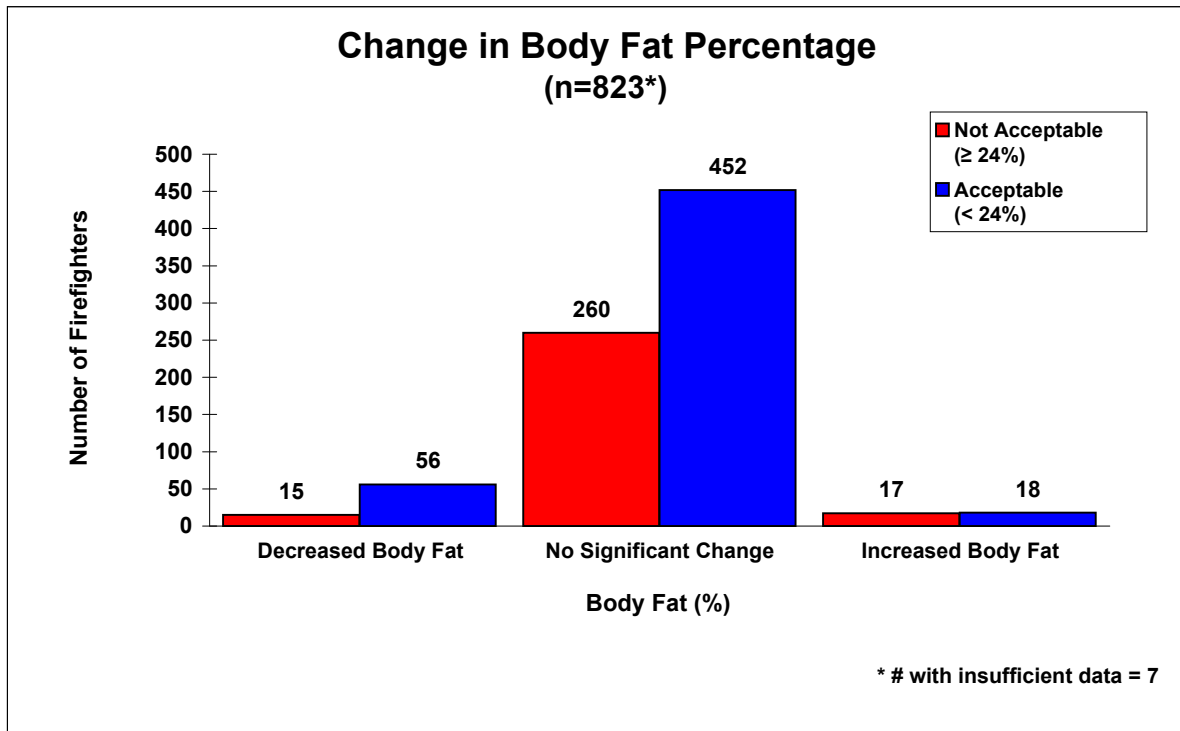
Percentage Body Fat



V_O2max



Change in Body Fat Percentage and Aerobic Fitness Measures Between WEFIT Exams 1 and 2



New Fitness Testing Began on November 1, 2009

Numbers are insufficient to report by age groups

	<u>Total Participants</u>	<u>Average</u>
Prone Plank	84	131 seconds
Vertical Jump	40	5,060 watts