

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 - July 31, 2008

WEFIT Exams	2004	2005	2006	2007	2008	2004-2008 New Hires
Number of WEFIT physical exams performed	619	416	421	343	264	235
Number of WEFIT fitness tests performed	616*	412*	418*	335*	261*	235
Number of referrals to the OCFA Exercise Physiologist	619	416	421	343	264	235
Health Data Reported	2004 Results (%)**	2005 Results (%)**	2006 Results (%)**	2007 Results (%)**	2008 Results (%)**	2004-2008 New Hires (%)**
Physician referrals	37	10	19	12	9	0
Heart Disease - Number with following risk factors:						
Above normal weight measurement – body fat measurement (≥ 24 %)	47	42	39	34	33	12
Elevated blood pressure on exam (systolic ≥ 130 or diastolic ≥ 85 mm/Hg)	29	22	15	15	17	11
Hypertensive, taking medicine	8	7	8	8	6	0
Personal history of heart disease	< 1	0	2	0	1	0
Family history of heart disease	35	29	27	23	24	9
High total cholesterol (≥ 200 mg/dl)	51	54	46	50	43	27
Low HDL-C level (< 35 mg/dl)	2	3	2	4	5	2

Health Data Reported	2004 Results (%)**	2005 Results (%)**	2006 Results (%)**	2007 Results (%)**	2008 Results (%)**	2004-2008 New Hires (%)**
Elevated ratio of total cholesterol/HDL-C (> 3.3)	66	67	65	68	70	51
High LDL-C level (≥ 130 mg/dl)	38	39	33	37	34	25
Elevated triglycerides (≥ 200 mg/dl)	16	19	15	12	16	5
Tobacco use (any and all tobacco use)	6	11	17	13	18	7
Number with personal history of diabetes	< 1	< 1	< 1	1	< 1	< 1
Number with elevated fasting glucose (> 114 mg/dl)	2	1	3	3	2	< 1
American Cancer Screening Guidelines (Number who have NOT met the following)						
Colon/Rectal (ACS):						
Sigmoidoscopy/Colonoscopy (ages 50 and over)	41	46	40	44	48	--
Prostate (ACS):						
Annual Digital Rectal Exam (ages 40 and over)	72	69	70	74	77	91
Serum PSA [African Americans (ages 40 and over), Caucasians (ages 50 and over)]	35	24	25	36	46	0
Cervical (ACS):						
Routine Pap Smear (ages 18 and over)	38	17	0	20	0	23

Health Data Reported	2004 Results (%)**	2005 Results (%)**	2006 Results (%)**	2007 Results (%)**	2008 Results (%)**	2004-2008 New Hires (%)**
Breast (ACS)						
Self breast exam	38	33	0	60	0	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	--	--
Number with a predicted VO ₂ score of less than 42 ml/Kg/minute	52	41	43	40	37	17
Graphs/Histograms showing: strength testing, endurance and flexibility	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.
3 people did not complete fitness testing at 2008 visit.
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.

LIFESTYLE INFORMATION
9/1/06 - 7/31/08
Number of Respondents = 727

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) 39 % Sometimes (1-3 days/wk) 50 % Usually (4-5 days/wk) 7 % 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 60 % Some 7 % 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

2 % 0 days/wk 29 % 1-2 days/wk 68 % 3+ days/wk < 1 % Missing

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

22 % Not at all 57 % Some 18 % A lot 1 % N/A 2 % Missing

3. Tobacco Use:

a. Do you currently use tobacco products:

84 % No 15 % Yes < 1 % Missing

If yes, 59 % Cigars 11 % Cigarettes 33 % Chew/Dip 2 % 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?

69 % Not at all 6 % Some 4 % A lot 9 % N/A 12 % Missing

4. Alcohol Intake:

a. Do you drink alcohol?

15 % No 85 % Yes 0 % Missing

If yes, 4 % 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?

78 % Not at all 12 % Some 2 % A lot 3 % N/A 5 % Missing

5. Caffeine Intake:

a. Do you drink caffeinated beverages?

14 % No 86 % Yes < 1 % Missing

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

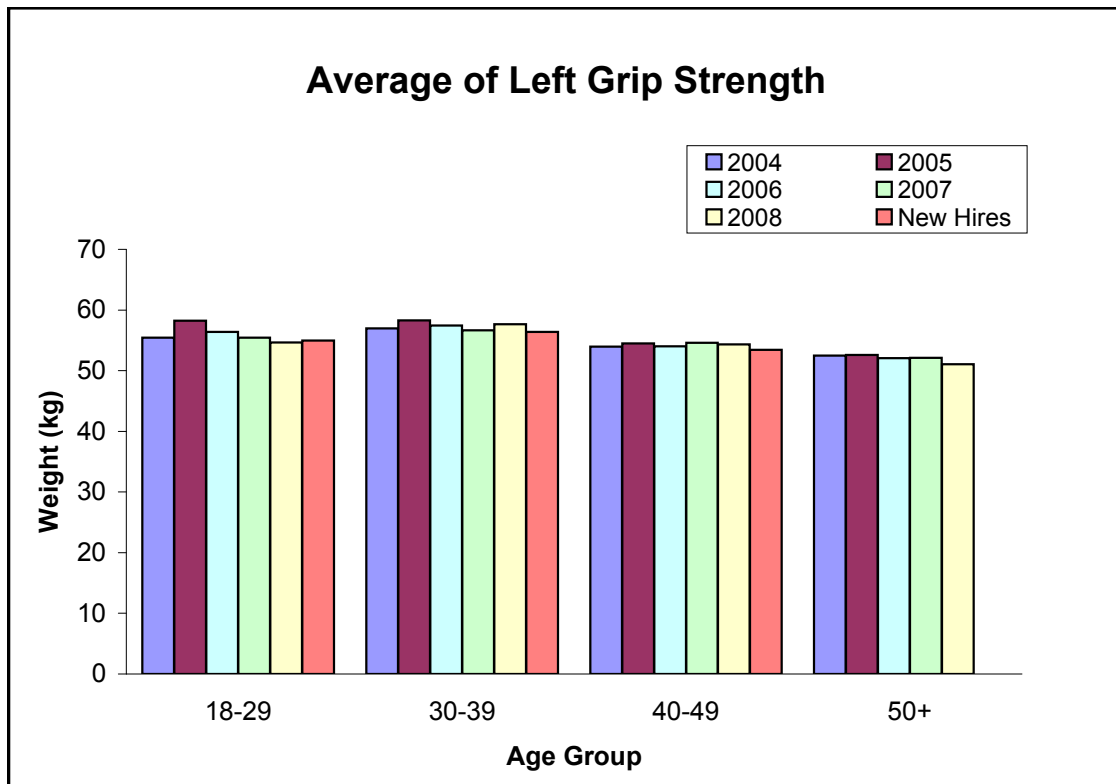
76 % Not at all 15 % Some 3 % A lot 2 % N/A 4 % Missing

Graphical Summary of Fitness Testing

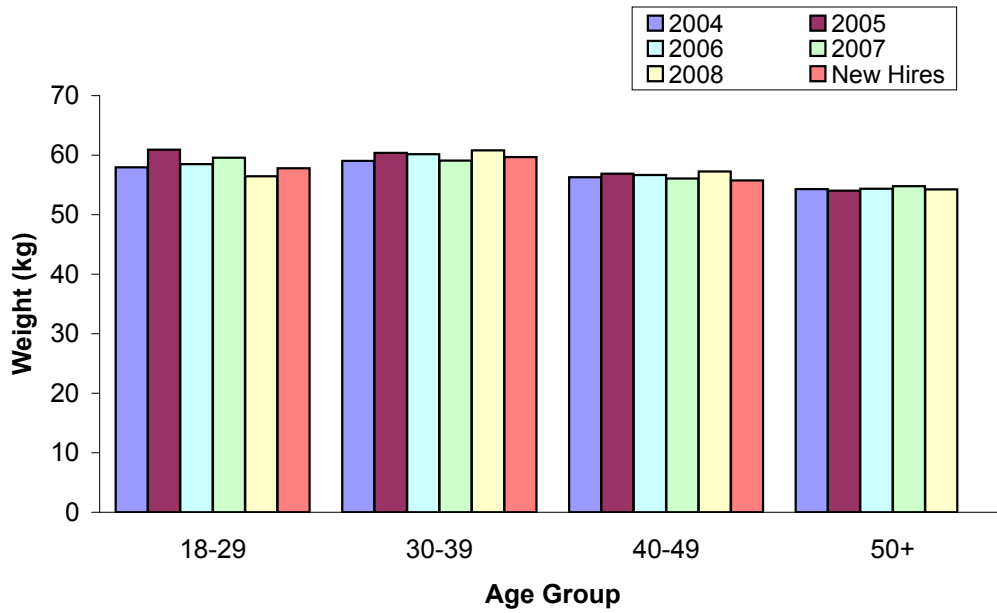
January 22, 2004 through July 31, 2008

Number of Participants by Age Group

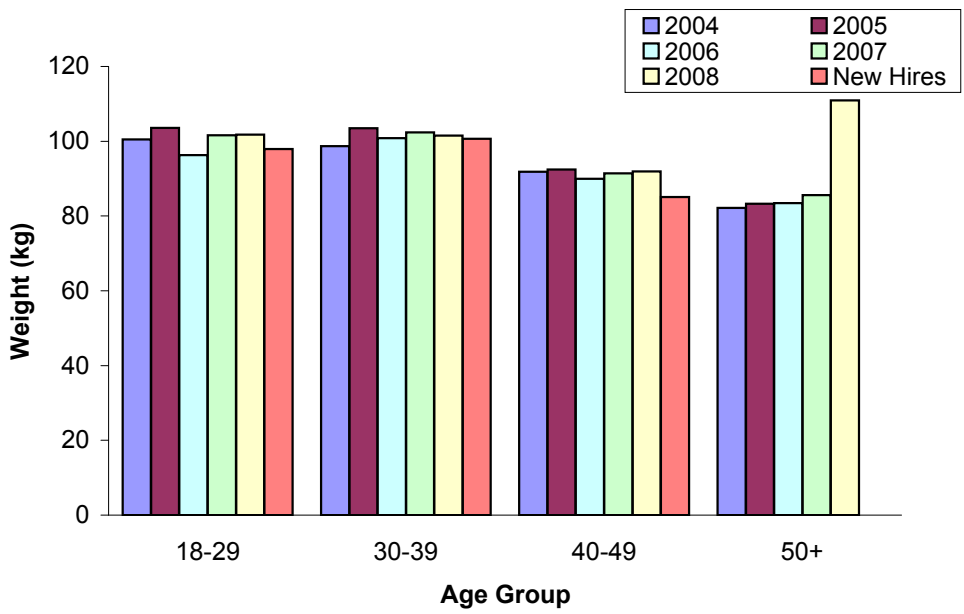
<u>Age Group</u>	<u>2004</u>	<u>2005</u>	<u>2006</u>	<u>2007</u>	<u>2008</u>	<u>New Hires</u>
18-29	40	24	41	31	24	129
30-39	159	110	102	87	69	95
40-49	282	185	182	141	109	11
50+	135	93	93	76	59	0
Total	616	412	418	335	261	235



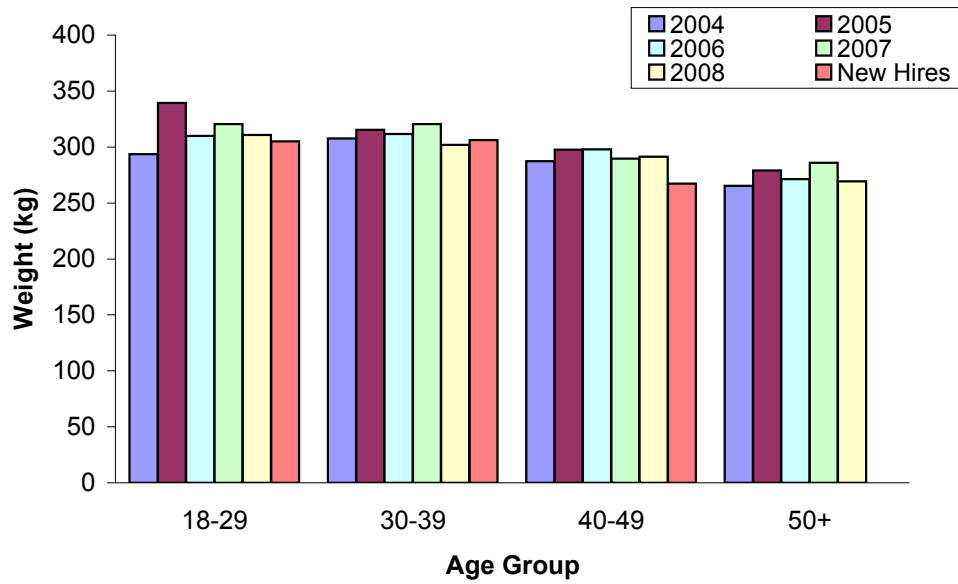
Average of Right Grip Strength



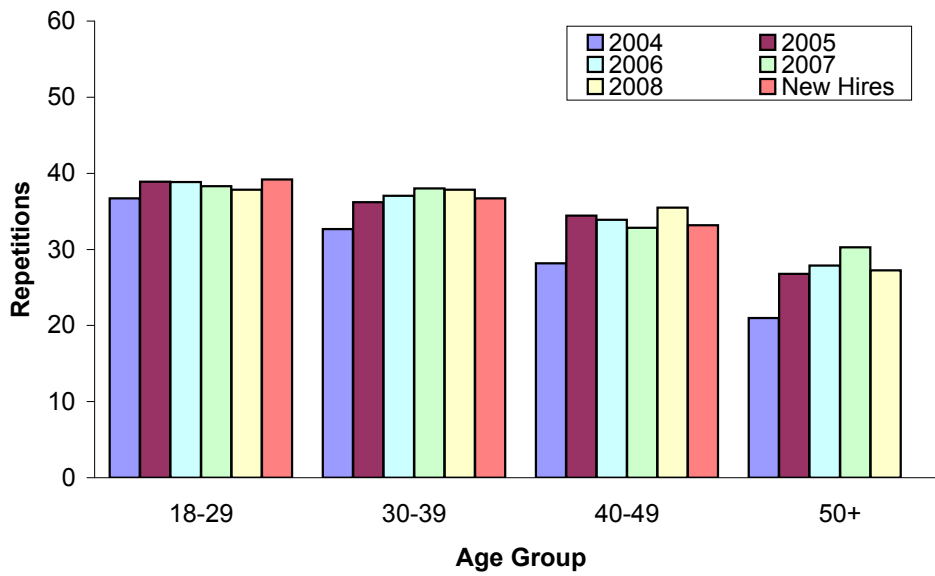
Average of Arm Strength



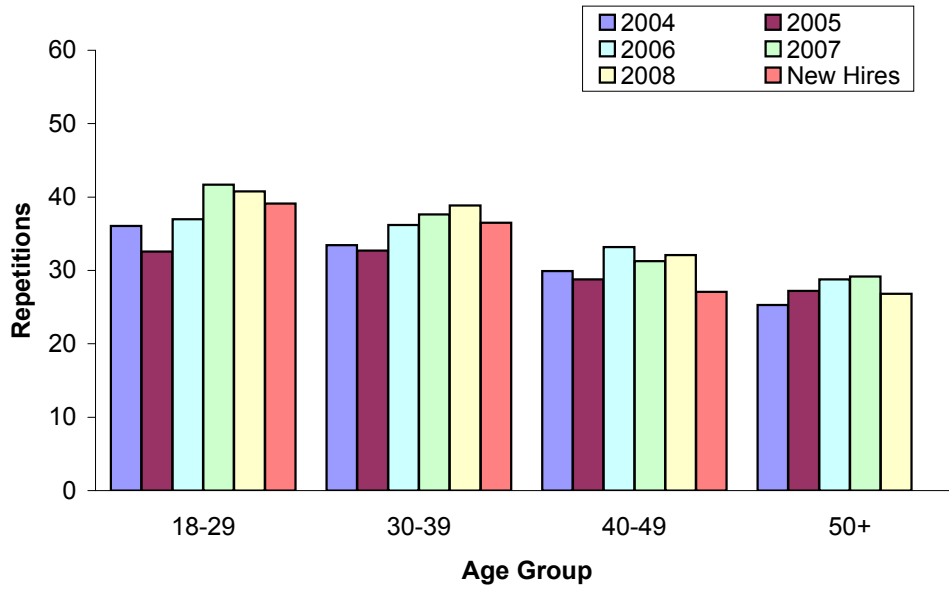
Average of Leg Strength



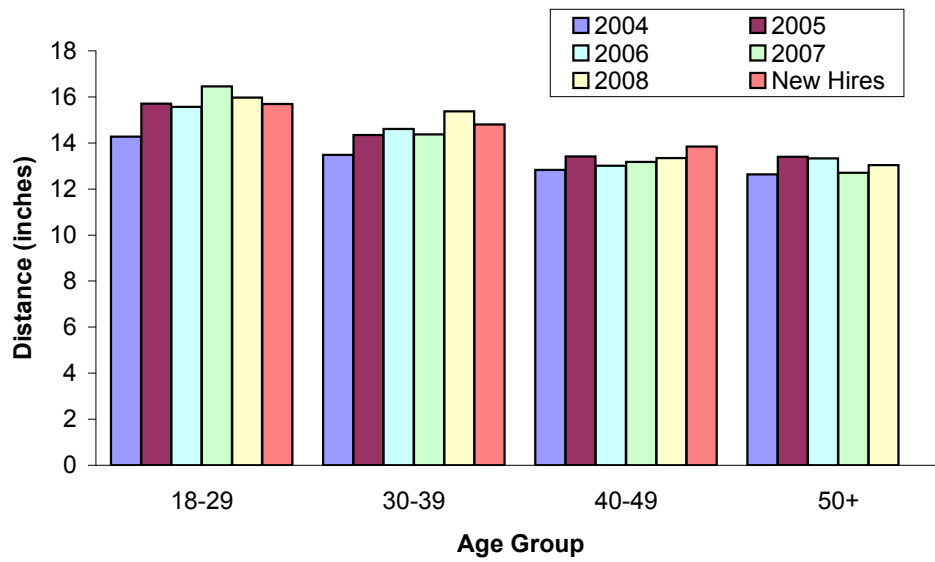
Average of Push-ups

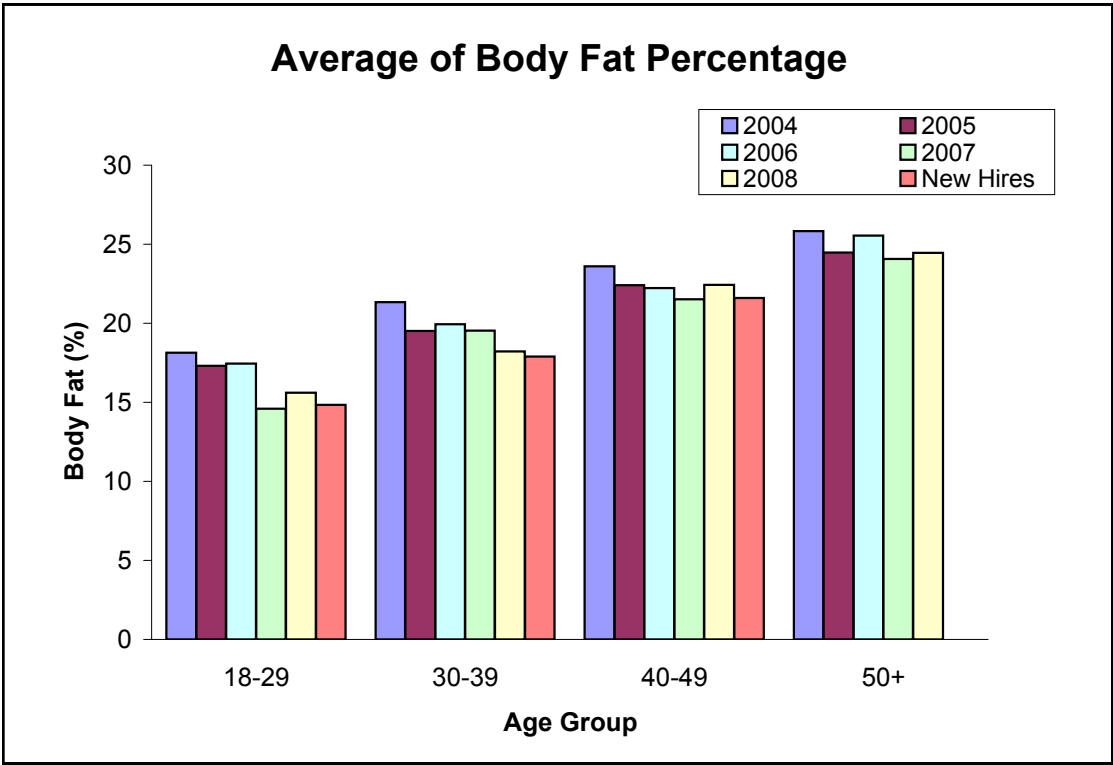
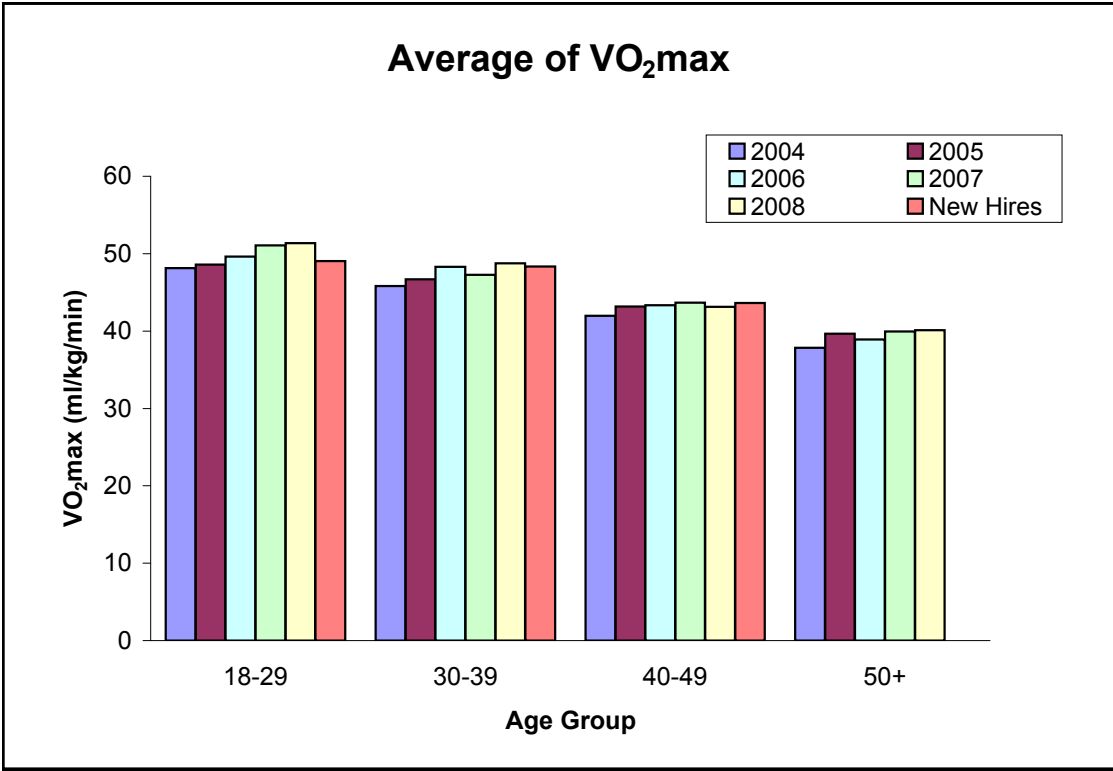


Average of Sit-ups



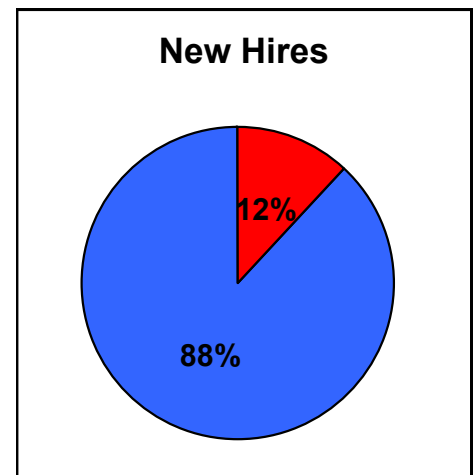
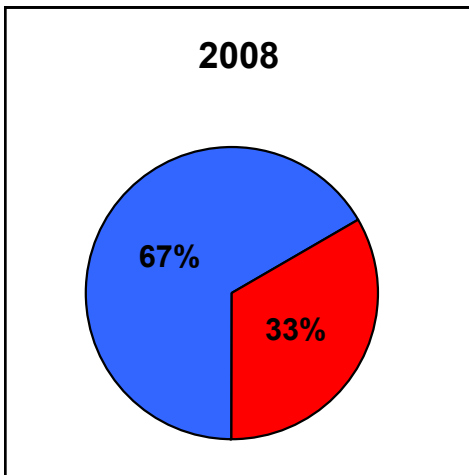
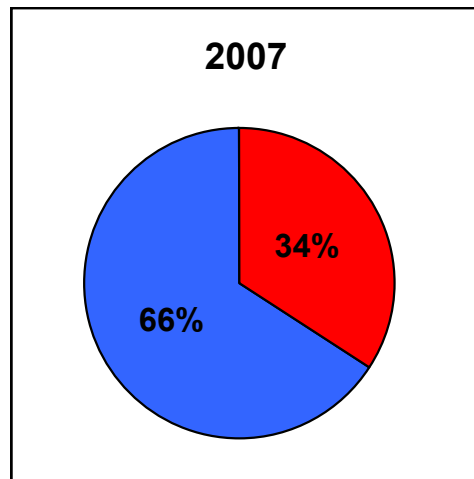
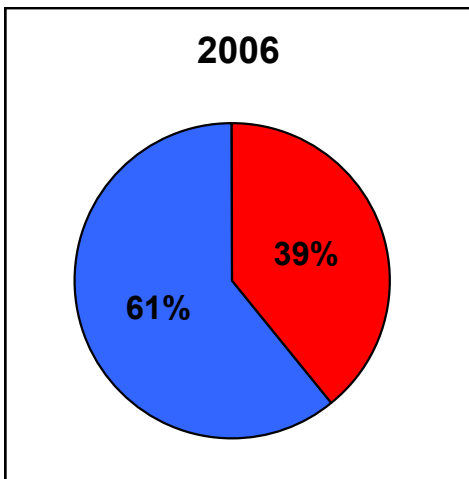
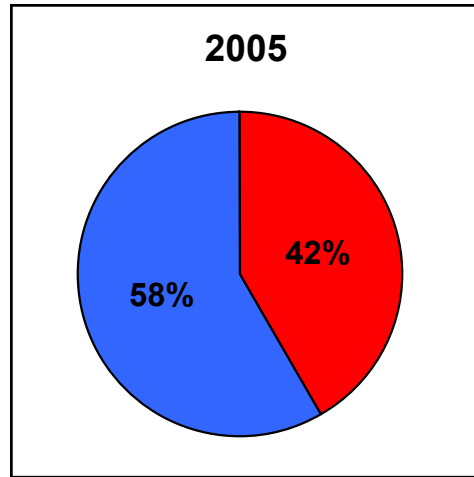
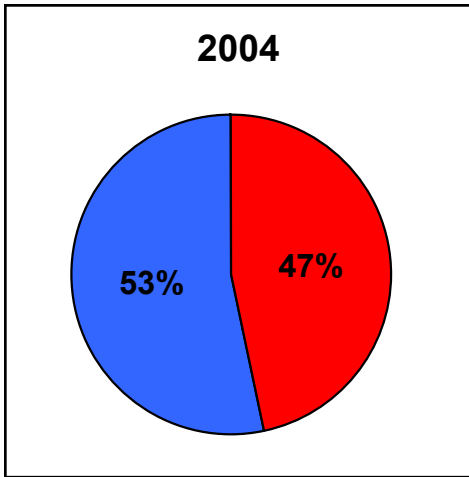
Average of Sit & Reach Flexibility





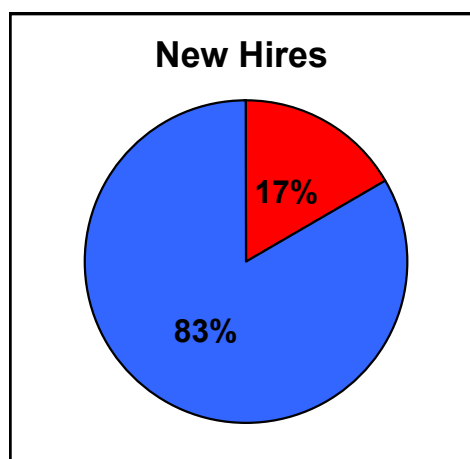
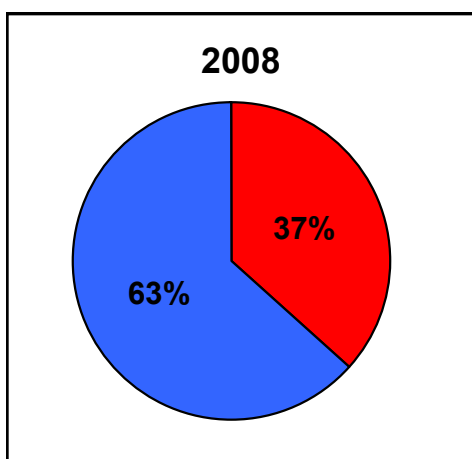
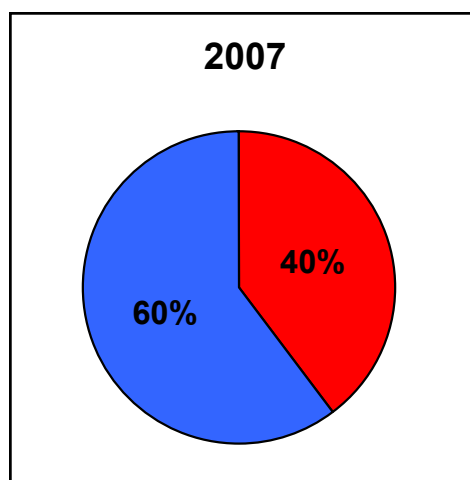
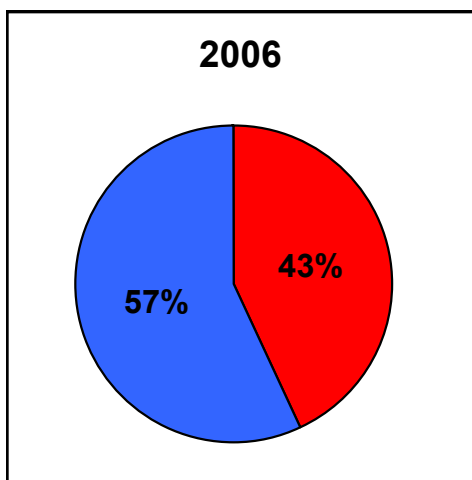
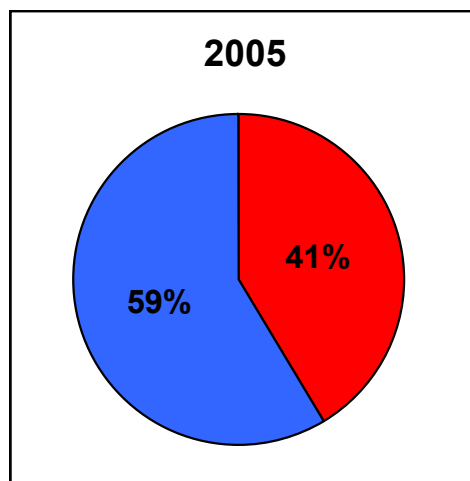
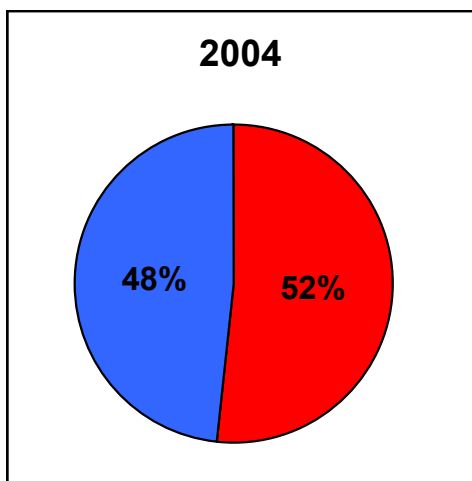
Percentage Body Fat

■ Recommended is < 24%
■ Greater than Recommended



V_O2max

- Recommended is ≥ 42.0 ml/kg/min (NFPA Guidelines)
- Less than Recommended



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

