



NW Fire Service Wellness Coordinators' Meeting Notes

Meeting Report Date:

March 2007



Meetings are held twice a year.

March — Second Friday of the month — in Washington

September — Third Friday of the month — in Oregon

March 9, 2007

Host: Kim Favorite - Seattle Fire Department

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Present:

Kim Favorite	Seattle, WA
Kevin Fetter	Snohomish 1
Marty Hauer	Kent, WA
Doug Bahr	Woodinville
Laura Smith	Port of Seattle
Dave Little	Sea/Tac
Michelle Latimer	Shoreline
Rick Laycock	Renton

Also Present:

Candy Young	Snohomish 1
Rob Robertson	Woodinville

Absent:

Rick Ashleman	Shoreline
Ron Wick	Bothell
Duane Inglin	C. Pierce
Ed Plumblee	S. King
Ed Richert	S. King
Mike Severson	Tualatin
Melissa Irish	Redmond
Heather Goodrich	Clackamas
Dave Larberg	Auburn
Janet Woodside-Gomez	Portland
Tiffanie Andrews-Rost	Gresham

Special points of interest:

CD provided with Seattle's wellness/fitness in-web information including recent grant proposal, ergonomics information, Fire Fighter based research, and wellness articles.

For more information please contact Kim at (206) 386-1777.

MEETING NOTES

Taken By: Candy Young — Snohomish County 1

New Business:

Kim gave out a CD with Seattle's wellness/fitness in-web information including recent grant proposal, ergonomics information, Fire Fighter based research, and wellness articles. Kim gave her permission to distribute the information to others if you wish.

PFTs:

- Seattle will be hosting a PFT workshop/certification (late summer/early fall) and there will be a spots (5) open for other departments.
- Maple Valley may also be having a PFT workshop/certification in September, but the details have not been released, or confirmed.
- 50% of the PFT's let their certification expire. Departments get grant money to help with the initial cost of training, but don't request CE money to keep PFT's current.
- IAFF doesn't have CE standards set up yet.
- Some departments give their PFT's pay increases to keep their certification current.
- Kent has interviews for potential PFT's and are very selective as to who they have go through the training.

Equipment:

- Renton has written in to their contract that each department member puts in \$5 and the city puts in \$10 (for each department member) into a health and wellness fund. This money is used for continuing education.
- Kent also has a matching contribution with the city, but the money also goes for CE, and for all equipment bought as well.
- Snohomish 1 has a capital improvement fund where money is put in annually to replace equipment.
- It is recommended from the group to replace equipment every 6 years to keep up with new technology and be able to find replacement parts easier.
- Many departments are purchasing demo pieces of cardio from the manufacturer because they are practically brand new and the company gives a good break on the price.
- If you purchase Precor Equipment, you can pay \$100 to send someone to the factory to be trained on how to fix the equipment and do preventative maintenance.
- It was brought up the Step Mill are great pieces of equipment but are not meant to withstand the weight of a person plus any gear.
- hosted by Nautilus GSA and presented by Cedric Bryant (ACE's Chief Science Officer). If anyone is interested, please contact Kevin.





EBT:
(Electronic Beam Technology)

- The Health Center of Bellevue is the only place in Western Washington that is doing a true EBT scan. The cost is around \$300/person, which is a discount for the fire service. The tech that works at the Bellevue clinic is a student of Budoff. Budoff is the doctor from ULCA that developed the technology for this scan.
- Snohomish 1 is sending everyone 40 and over or younger than 40 if they have family history and risk factors.
- Kent is sending if over 45 with 1 risk factor.
- The EBT scan is not a replacement for the stress treadmill test, but can be used in conjunction with.
- Information for the clinic is as follows:
 - o CSCI (Cardiac Strategies Company, Inc.)
Senia Hussong (206) 281-8160
hussong@cardiacstrategies.com

Odessa Family Health Project:

- Kevin (Snohomish 1) showed us a video of the wellness program the city of Odessa, TX has put in place for the city workers (FF's included). It had an integrated medical facility, fitness facility, for all employees. Many other cities have developed similar wellness programs based on the template used by Odessa.

Mobile Medical Unit:

- Kim (Seattle), Kevin (Snohomish 1), and Marty (Kent) have been discussing the need for a mobile medical unit in the Pacific NW to be devoted entirely to the fire service. The mobile unit would be equipped with a doctor (PA or NP) and other medical staff to conduct the fire service's annual physicals. Many departments are dissatisfied with their current provider of medical physicals (mainly Health Force) and would like to branch away from them to a different provider.
- There was talk about whether to write a grant to fund the initial costs of the project, or to have departments interested "lease" the unit and services.
- Kevin will be talking with his Nurse Practitioner he currently uses to see if he or his staff would be interested in staffing the unit.

Woodinville: - Using CrossFit

- They are using the "CrossFit" model of training (visit www.crossfit.com for more information).
- This type of training uses high intensity, highly functional movement with workouts designed for performance.
- They are finding great results (especially compared to last years fitness results).
- This type of program is scaleable and adaptable to multiple populations and fitness levels.

Kent: Movement Prep Exercises

- Kent developed nine different exercises, movement prep exercise to use at the beginning of training. Marty has all the exercises on a DVD that was used to prepare everyone with what will be expected of them. Contact Marty for more information.
- Seattle moved away from their traditional "warm-up" to an all core-based warm-up. Kim said that their injury rate went down significantly when they began these core-based exercises.

Fitness Program and Competitions:

- Many stations have developed a competition for some fitness component. They find it brings camaraderie and team building and most people enjoy “competing”.
- Some stations are giving out prizes like Starbucks cards, donations from Big 5, Costco Donations.
- Snohomish 1 moved away from those types of prizes and has an engraved plaque for the winners to be displayed.



Polar website gives a discount to PFT's on all of their products.

Marty brought up a website, www.ptonthenet.com which is a great resource for exercises and training programs.

Kevin (Snohomish 1) suggested developing a website that all NW Coordinators could pull together information, exercises, programs, etc, that could be accessed by the masses. If you are interested in working to develop this website or give input on a website, please contact Kevin.



Fitness/Wellness Information:

- The Gerkin will still be used, but will be given another name. They are working on changing the formula to better estimate V02 max.
- Many departments use the Gerkin for baseline measurements only and don't use it as an accurate measurement of V02 max.
- Kim (Seattle) and Marty (Kent) are going to a technical meeting in LA next month with IAFF will be re-writing the wellness-fitness protocol. They will also be discussing any changes to the ACE PFT manual. They have decided to continue using ACE as the Certifying agency. All IAFF/IAFC manuals (Well/Fit, CPAT, and PFT) will most likely be changed to an all-electronic form as opposed to a book.

Kevin (Snohomish 1) may be hosting a 4 hour seminar “Physical Fitness for Fire Fighters”

NEXT MEETING

Tualatin Valley Fire & Rescue September 21, 2007.

Contact Person:

Mike Severson — Michael.severson@tvfr.com

