

PHASE 1 – Evaluation / Mapping of WFI

Involves a formal evaluation of the WFI to establish specific gaps and opportunities such that existing information/resources could be mapped to the WFI framework. This ‘mapping’ process was used to align the existing information/resources with the framework, so the updated WFI is comprehensive, practical, inclusive and accessible. Resources no longer perceived to be relevant will be tagged for removal pending a review by a sub-committee of SMEs (Phase 2).

1.1 Timelines

Evaluation and mapping of WFI and a review of process outcomes was completed in summer 2024.

1.2 Responsibilities / Expectations

IAFF / IAFC: Conduct comprehensive review of WFI, complete mapping process, establish WFI structure

WFI TF: SMEs will review mapping outcomes and WFI resources and provide feedback to project manager

AIMS	OVERVIEW	DEFINE	PURSUE
WHY	Level 1	Level 2	Level 2
WHAT	Level 1	Level 3	Level 3
WFIF	Level 1	Level 3	Level 3
WFIP	Level 1	Level 3	Level 3
COMP	Level 1	Level 2	Level 2
PROC	Level 1	Level 2	Level 2

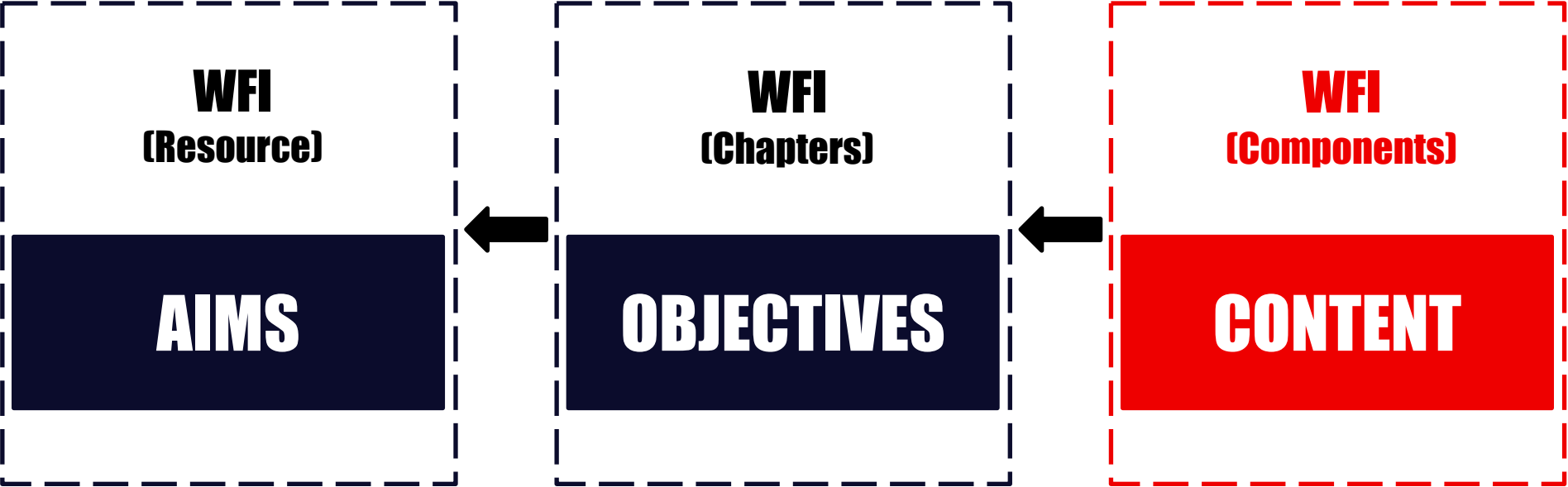
Level 1: Introductory Level 2: Applied Level 3: Comprehensive



WFI 4th Edition Mapping



WFI 4th Edition Mapping Overview



WFI 4th Edition Primary Aims

1 WELL-BEING (WHY)

Highlight the comprehensive and interdisciplinary nature of wellness

2 GUIDELINES (WHAT)

Provide comprehensive and detailed guidelines to inform best practices

3 INTERVENTIONS (WHAT)

Outline interventions to address target behaviors and outcomes

4 POLICIES (WHAT)

Detail policies that will promote accessibility and inclusivity

5 IMPLEMENTATION (HOW)

Provide a framework to overview the implementation process

6 COST JUSTIFICATION (SUPPLEMENTARY)

Provide evidence of the ROI for wellness and fitness programs

7 DATA CONSOLIDATION (SUPPLEMENTARY)

Highlight the potential value of large data repositories

8 COLLABORATION (SUPPLEMENTARY)

Detail the importance of collaboration between labor and management



WFI 4th Edition Chapter Objectives

CHAPTER 2 (MEDICAL)

- 1** Provide guidance regarding the collection of personal health information
(4th Edition, Aim 2)
- 2** Provide guidelines to follow when conducting annual medical assessments
(4th Edition, Aim 4)
- 3** Provide recommendations to choose an appropriate physician/healthcare provider
(4th Edition, Aim 5)



WFI 4th Edition Chapter Objectives

CHAPTER 3 (FITNESS)

- 1** Describe the physiological attributes underpinning health and performance
(4th Edition, Aim 1)
- 2** Provide guidance regarding safety, accessibility and inclusivity in exercise
(4th Edition, Aim 2)
- 3** Provide guidance to design exercise programs based on individuals' needs
(4th Edition, Aim 3)
- 4** Provide guidelines to assess the core components of an exercise program
(4th Edition, Aim 4)
- 5** Provide guidelines regarding the sourcing and maintenance of equipment/space
(4th Edition, Aim 4)
- 6** Provide guidance regarding the selection, training and use of exercise ambassadors
(4th Edition, Aim 5)
- 7** Provide dietary guidelines to promote health and job performance
(4th Edition, Aim 5)



WFI 4th Edition Aims / Objectives

AIMS	MEDICAL	FITNESS	REHAB	BEHAV HLTH	COST	DATA	IMPLEMENT
WELL	-	Level 2	-	Level 2	-	-	-
GUID	Level 3	Level 3	-	-	-	-	-
INTE	-	Level 1	Level 2	Level 2	-	-	-
POLI	Level 3	Level 2	Level 2	-	-	-	-
IMPL	Level 2	Level 2	Level 1	Level 1	-	-	Level 2
COST	-	-	-	-	Level 3	-	-
DATA	-	-	-	-	-	Level 2	-
COLL	-	-	-	-	-	-	-

Level 1: Introductory | Level 2: Applied | Level 3: Comprehensive



WFI 5th Edition Mapping



WFI 'Igniting Change' Framework

A. Defining Wellness

Guidelines to assess well-being (target outcomes)

B. Pursuing Wellness

Programs to influence well-being (target behaviors)

C. Supporting Wellness

Policies to support well-being (behaviors / outcomes)

D. Restoring Wellness

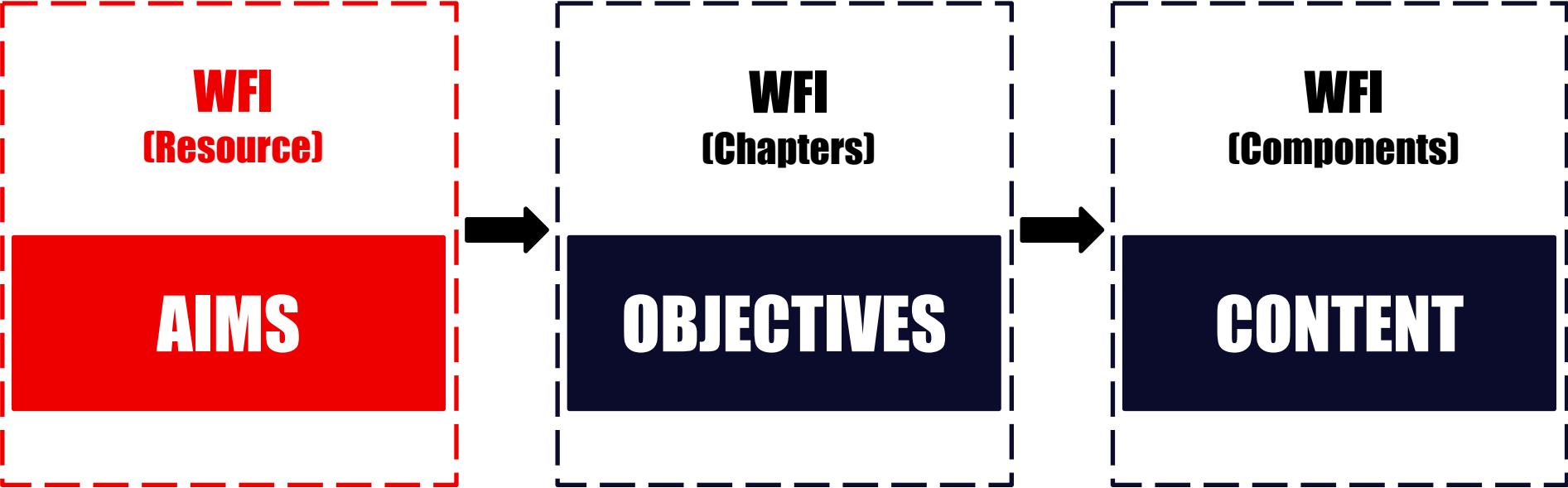
Practices to restore well-being (behaviors / outcomes)

E. Promoting Wellness

Strategies to implement comprehensive programs



WFI 'Igniting Change' Mapping Overview



WFI 'Igniting Change'

Fire Fighter Wellness as a Construct

WHY

Describe the importance and interdisciplinary nature of wellness and fitness for fire fighters

WHAT

Describe the behaviors, interventions, practices, and policies that influence wellness and fitness

The WFI (5th Edition) as a Resource

WHAT

Overview the WFI framework and highlight its role within the context of fire fighter wellness and fitness

HOW

Overview the process of using the WFI by highlighting best practice guidelines and case examples

For Duty. For Life. as a Program

WHAT

Detail the core components of a wellness and fitness program that adheres to the WFI framework

HOW

Detail the process of creating and implementing a program to improve fire fighter wellness and fitness



WFI 'Igniting Change'

Implementation Roadmap

with detailed, actional steps and supplementary resources to help any department with the design and implementation of a program that aligns with the WFI's best practices guidelines

For Duty. For Life.
as a Program

WHAT

Detail the core components of a wellness and fitness program that adheres to the WFI framework

HOW

Detail the process of creating and implementing a program to improve fire fighter wellness and fitness



WFI 'Igniting Change'

Best Practice Guidelines

minimum recommendations, and case examples to inform the design and implementation (roadmap) of wellness-fitness programs for fire departments and individual fire fighters with diverse needs

The WFI (5th Edition) as a Resource

WHAT

Overview the WFI framework and highlight its role within the context of fire fighter wellness and fitness

HOW

Overview the process of using the WFI by highlighting best practice guidelines and case examples



WFI 'Igniting Change'

Repository of Evidence

based on research, expert consensus, or prior success that describes the outcomes, behaviors, tactics, strategies, policies, etc. (best practice guidelines) that should be adopted to influence change

Fire Fighter Wellness as a Construct

WHY

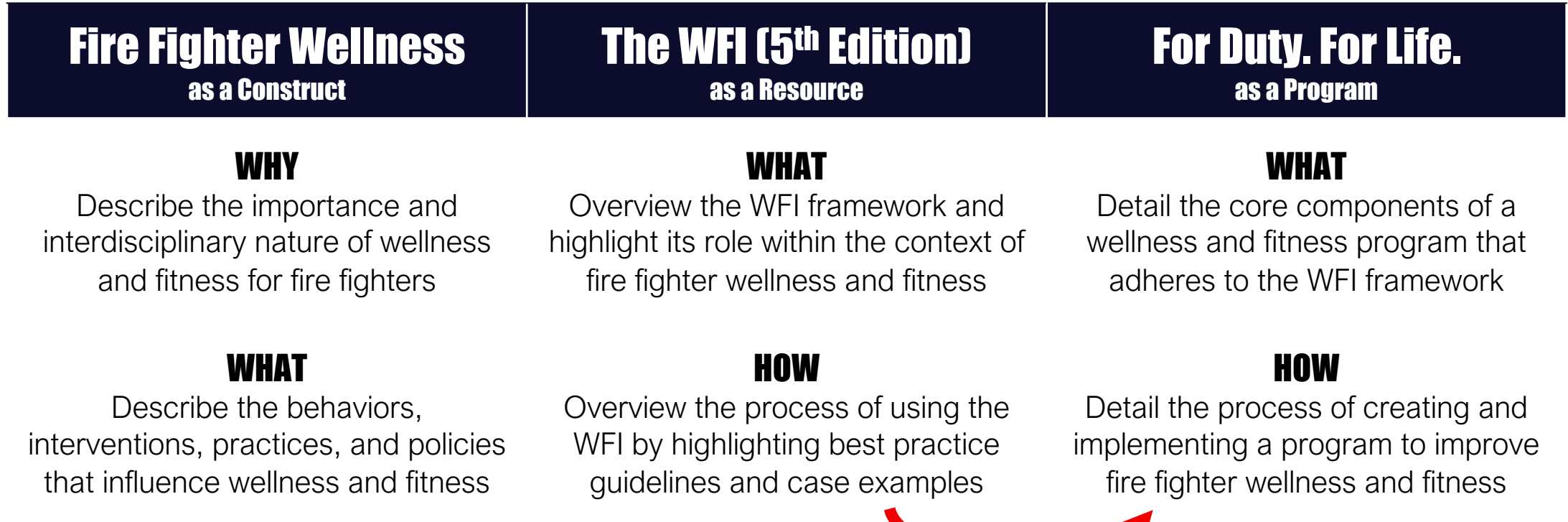
Describe the importance and interdisciplinary nature of wellness and fitness for fire fighters

WHAT

Describe the behaviors, interventions, practices, and policies that influence wellness and fitness



WFI 'Igniting Change'



WFI Chapter Objectives

CHAPTER 2 (DEFINE WELLNESS)

- 1** Describe why is important to assess physical, psych and social outcomes
(5th Edition, Aim 1)
- 2** Describe the central aspects of physical well-being (outcomes)
(5th Edition, Aim 2)
- 3** Describe the central aspects of psychological well-being (outcomes)
(5th Edition, Aim 2)
- 4** Describe the central aspects of social well-being (outcomes)
(5th Edition, Aim 2)
- 5** Describe the importance and process of Defining Wellness within WFI framework
(5th Edition, Aim 3)
- 6** Provide best practice guidelines to assess well-being for stakeholders
(5th Edition, Aim 4)
- 7** Detail practical, real-life approaches that have been used for stakeholders
(5th Edition, Aim 3)



WFI Chapter Objectives

CHAPTER 1 (WFI OVERVIEW)

- 1** Overview the interdisc nature of wellness and its importance for fire fighters
(5th Edition, Aim 1)
- 2** Overview behaviors, practices, policies that influence wellness and fitness
(5th Edition, Aim 2)
- 3** Overview the WFI framework and its role within fire fighter wellness and fitness
(5th Edition, Aim 3)
- 4** Overview the process of using the WFI to implement a wellness and fitness program
(5th Edition, Aim 4)
- 5** Overview the core components of a program that adheres to WFI framework
(5th Edition, Aim 5)



WFI Aims / Objectives

AIMS	OVERVIEW	DEFINE	PURSUE	SUPPORT	RESTORE	PROMOTE	APPENDIX
WHY	Level 1	Level 2	Level 2	Level 2	Level 2	Level 1	Level 3
WHAT	Level 1	Level 3	Level 3	Level 3	Level 3	Level 1	Level 3
WFIF	Level 1	Level 3	Level 3	Level 3	Level 3	Level 3	Level 3
WFIP	Level 1	Level 3	Level 3	Level 3	Level 3	Level 3	Level 3
COMP	Level 1	Level 2	Level 2	Level 2	Level 2	Level 3	Level 3
PROC	Level 1	Level 2	Level 2	Level 2	Level 2	Level 3	Level 3

Level 1: Introductory | Level 2: Applied | Level 3: Comprehensive

