

# IAFF/IAFC Wellness-Fitness Task Force Meeting

## Dec. 12-13, 2022

### Day 1 – Monday, Dec. 12



7:30 – 8:30 a.m.	Breakfast
8:30 – 9 a.m.	<p><b>Introductions</b></p> <ul style="list-style-type: none"> <li>– Edward A. Kelly, IAFF General President</li> <li>– Chief J. Robert “Rob” Brown, Jr. (Ret.), CEO/Executive Director, IAFC</li> <li>– Frank V. Lima, IAFF General Secretary-Treasurer</li> <li>– Dr. Dan Whu, IAFF Chief Medical Officer</li> </ul>
9 – 9:15 a.m.	<p><b>IAFC/IAFF WFI Study Overview</b></p> <ul style="list-style-type: none"> <li>– Richard Miller, IAFC and Grady Valencis, IAFF</li> </ul>
9:15 – 10:15 a.m.	<p><b>Framework and New Components for 5<sup>th</sup> Edition of WFI</b></p> <ul style="list-style-type: none"> <li>– Dr. Dave Frost, University of Toronto</li> </ul>
10:15 – 10:30 a.m.	Break
10:30 a.m. – 12 p.m.	<p><b>Part A: Defining Wellness (guidelines to assess wellness)</b></p> <ul style="list-style-type: none"> <li>– NFPA 1582 updates and Cancer Screenings: Dr. David J. Prezant, FDNY</li> <li>– NFPA 1582 updates — Behavioral Health Evaluation and Screening: Lauren Kosc, IAFF</li> <li>– Physicians Guide: Dr. Sara Jahnke, NDRI</li> </ul>
12 – 1 p.m.	Lunch
1 – 2:30 p.m.	<p><b>Part B: Pursuing Wellness (programs to improve)</b></p> <ul style="list-style-type: none"> <li>– Nutrition (EAT), Physical Activity (MOVE), Rest and Recovery (SLEEP) <ul style="list-style-type: none"> <li>• Burnout: Dr. Suzy Gulliver, Warrior Research Institute (IAFF COMBUST survey)</li> <li>• Nutrition: Courtney Benedict, IAFF</li> <li>• Physical Activity: Dr. Dave Frost</li> <li>• Sleep: Dr. Sara Jahnke</li> </ul> </li> </ul>
2:30 – 2:45 p.m.	Break
2:45 – 4:45 p.m.	<p><b>Part B: Pursuing Wellness (programs to improve)</b></p> <ul style="list-style-type: none"> <li>– Behavioral Health (BREATHE), Relationships (CONNECT) <ul style="list-style-type: none"> <li>• Behavioral Health: John Niemiec, IAFF <ul style="list-style-type: none"> <li>• NFPA 1500: Behavioral Health and Wellness programs</li> <li>• IAFF Behavioral Health program highlights: Lauren Kosc and Scott Robinson</li> </ul> </li> <li>• Relationships: Dr. Kerry Ramella, Public Safety Crisis Solutions <ul style="list-style-type: none"> <li>• Social Connection: A Foundation for Wellness</li> </ul> </li> </ul> </li> </ul>
4:45 – 5 p.m.	Closing Comments
5 – 6 p.m.	Reception

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### Day 2 – Tuesday, Dec. 13



7:30 – 8:30 a.m.	Breakfast
8:30 – 8:45 a.m.	Recap of Day 1: Dr. Dave Frost
8:45 – 10:30 a.m.	<b>Part C: Supporting Wellness</b> <ul style="list-style-type: none"><li>– NFPA Standards and Policies: Dave Bernzweig, IAFF</li><li>– Model Policies and Contract Language (mandatory/non-punitive)</li><li>– Physical Fitness Policies</li></ul>
10:30 – 10:45 a.m.	Break
10:45 a.m. – 12:30 p.m.	<b>Part D: Restoring Wellness (injury rehabilitation, treatment programs)</b> <ul style="list-style-type: none"><li>– Physical and fit for duty: Dr. Kerry Kuehl</li><li>– IAFF Center of Excellence: Dr. Abby Morris</li><li>– PROJECT ACCESS: Dr. Suzy Gulliver</li><li>– IAFF Clinician Training Program: Lauren Kosci and Scott Robinson</li></ul>
12:30 – 1:30 p.m.	Lunch
1:30 – 3 p.m.	<b>Part E: Promoting Wellness (strategies for implementation)</b> <ul style="list-style-type: none"><li>– IAFC/IAFF Study: Process and Findings<ul style="list-style-type: none"><li>• Dr. Dave Frost, Richard Miller, Grady Valencis</li></ul></li></ul>
3 – 3:15 p.m.	Break
3:15 – 4:30 p.m.	<b>Closing Discussion and Next Steps for 5<sup>th</sup> WFI Edition</b> <ul style="list-style-type: none"><li>– Pat Morrison, IAFF Chief of Field Services</li></ul>