



Summary Report for Clackamas County Fire District #1 1998 - 2000

Presented by:
OHSU Health Management Services



Clackamas County Fire District #1

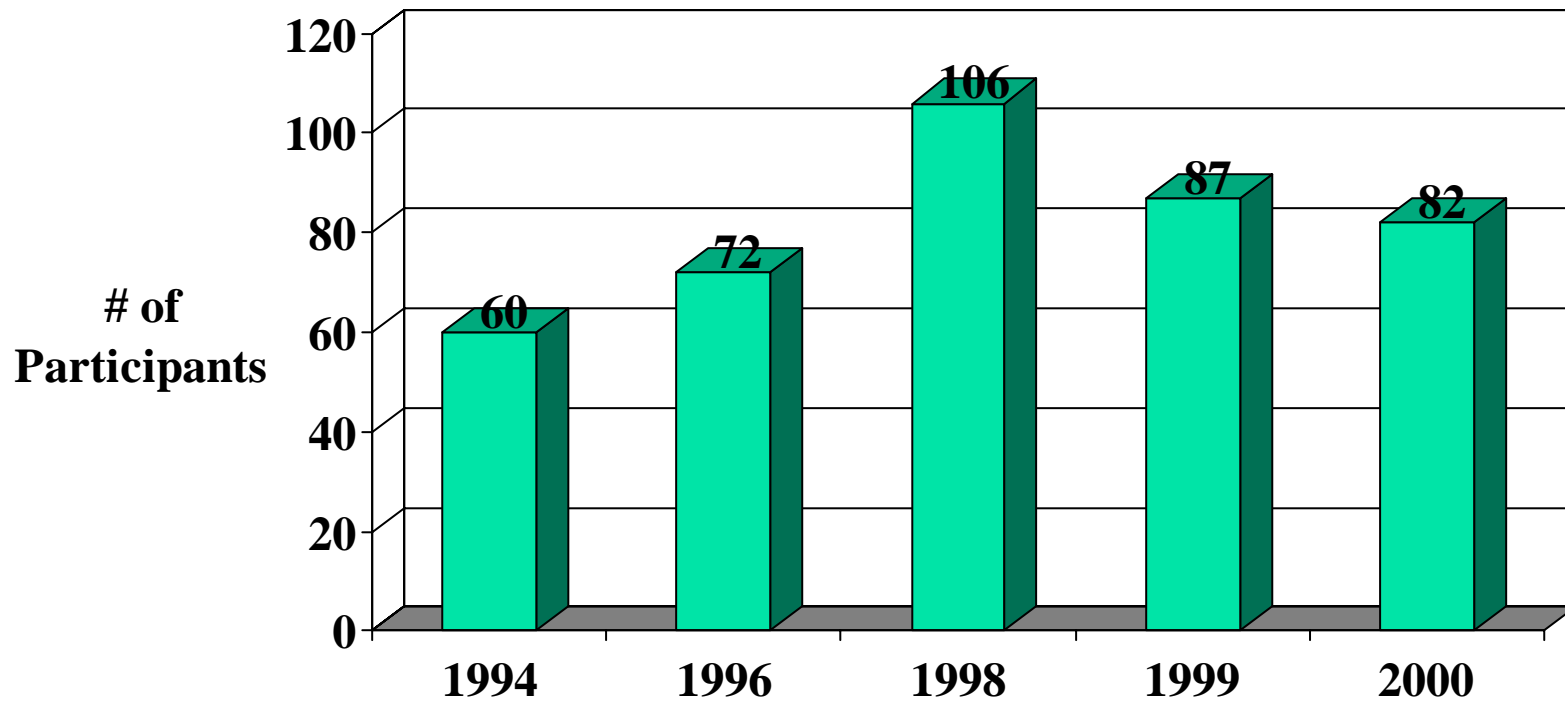
- Situation Analysis: Mid-sized fire district in need of a fitness/wellness program. Primary goals were to increase fitness levels and decrease injuries.
- Value Statement: OHSU Health Management Services agreed to provide evidence-based fitness/wellness program custom-tailored for firefighters.



OHSU Health Management Services

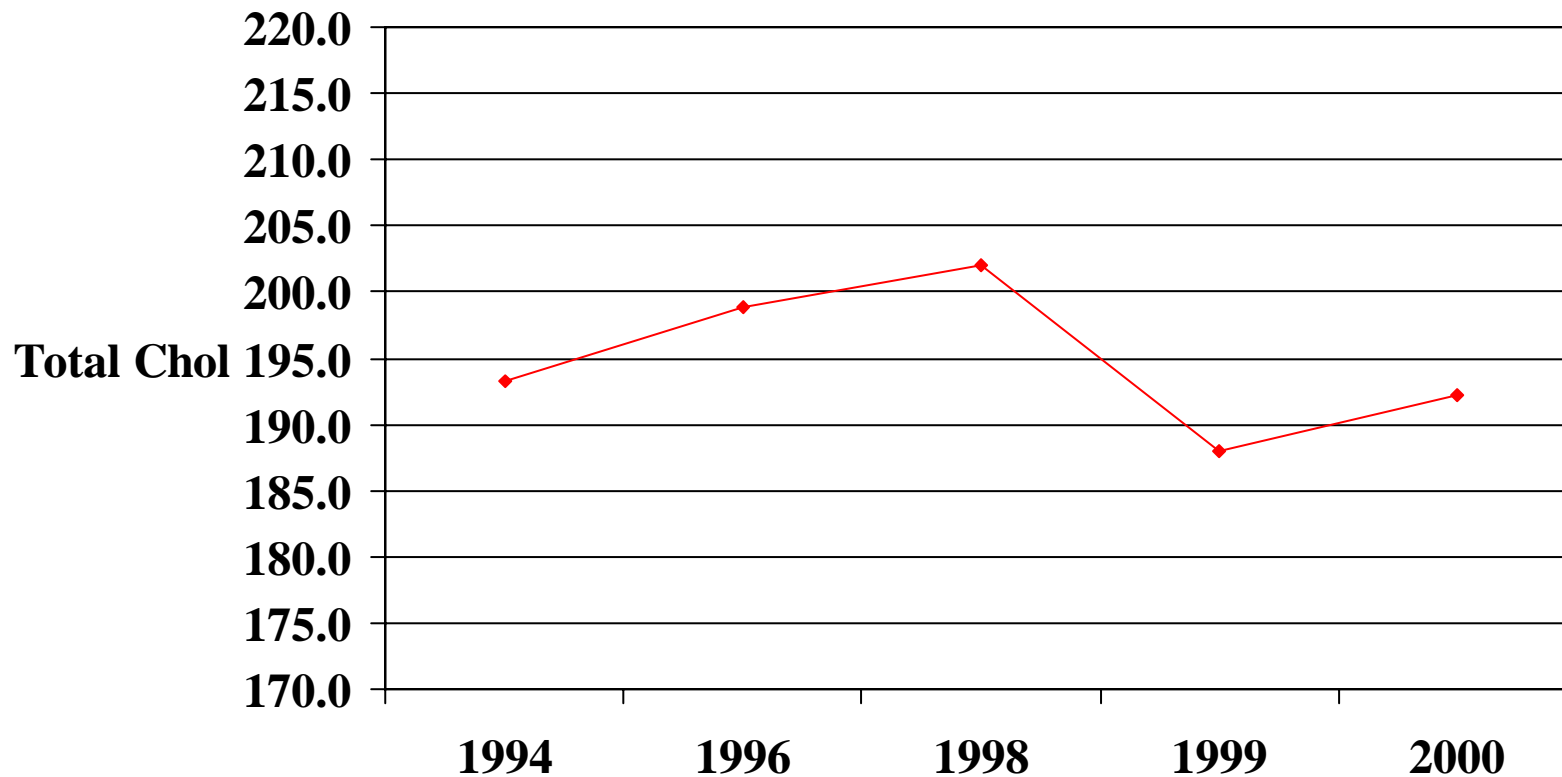
- Dedicated fitness specialist assigned to district
- Monthly onsite health promotion and fitness training services provided to firefighters and admin staff at all sites for all shifts
- Virtual wellness materials
- Screenings: fitness; health risk assessment; spirometry, vision and audiometry screenings
- Personal training and health coaching sessions
- Coordination with Fitness and Safety Committees
- Fitness and health services provided to firefighter academy recruits and volunteers

Wellness Program Participants by Year



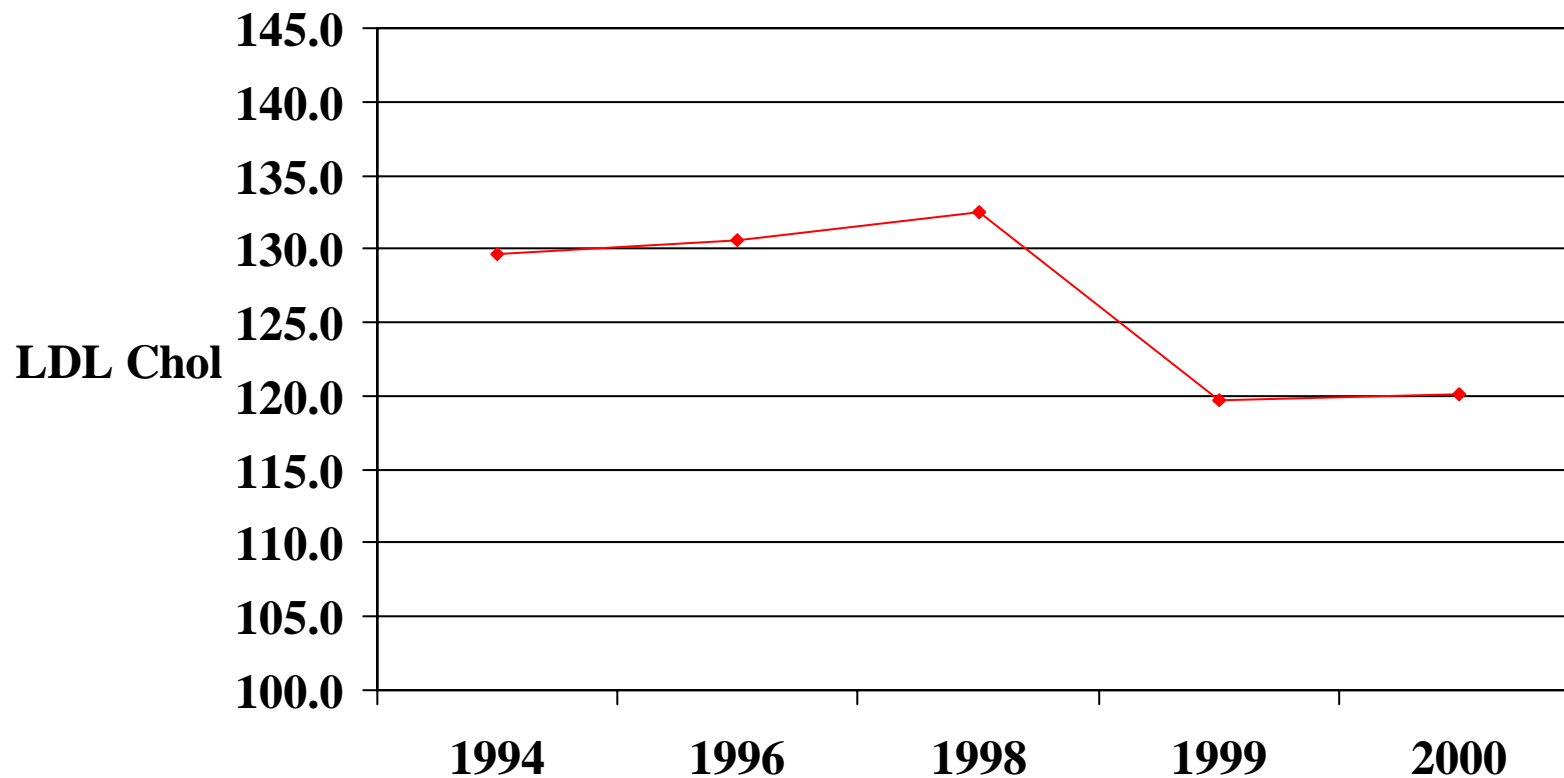
Implementation of OHSU Wellness Program in 1998
plus significant addition of new employees same year.

Wellness Program Participants Average Total Cholesterol



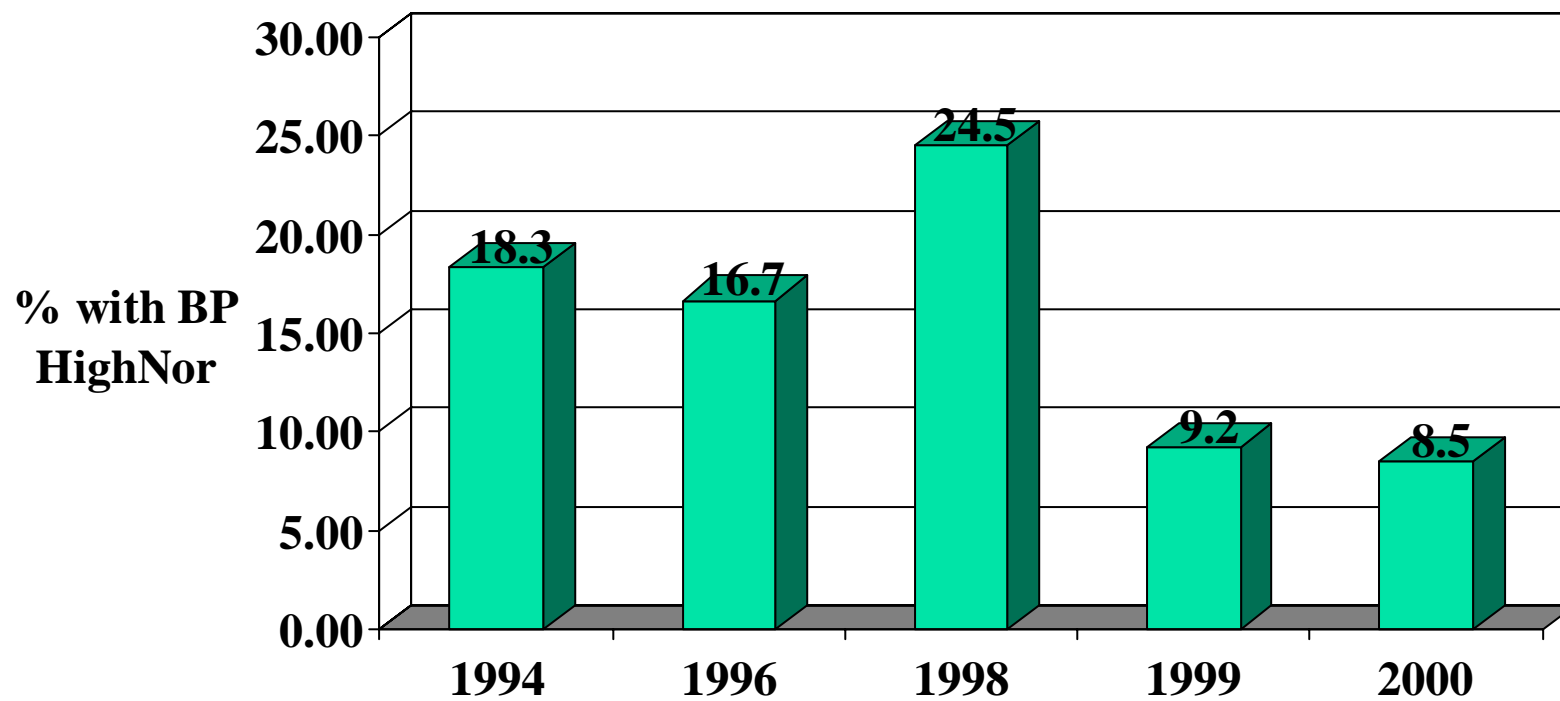
Implementation of OHSU Wellness Program in 1998
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Wellness Program Participants Average LDL Cholesterol



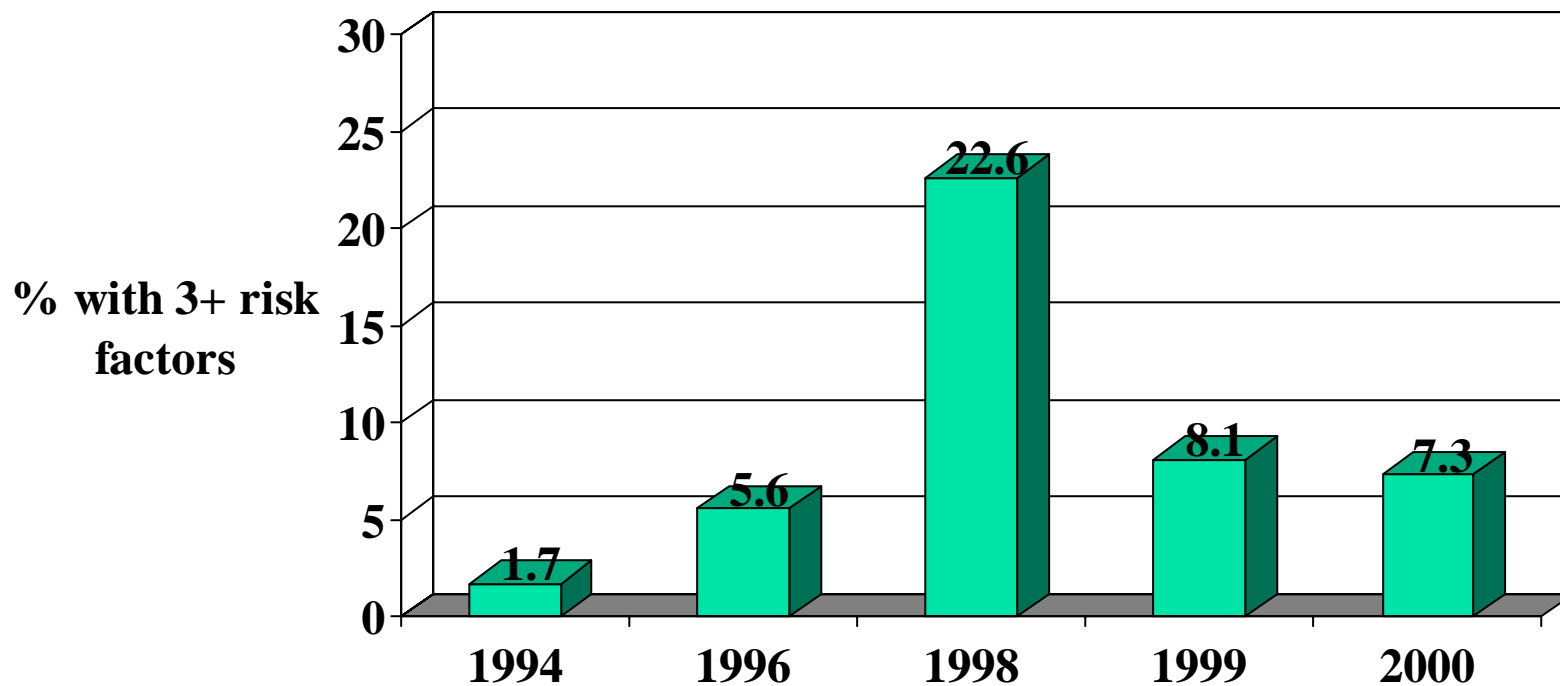
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Wellness Program Participants BP in High Normal Range or Above



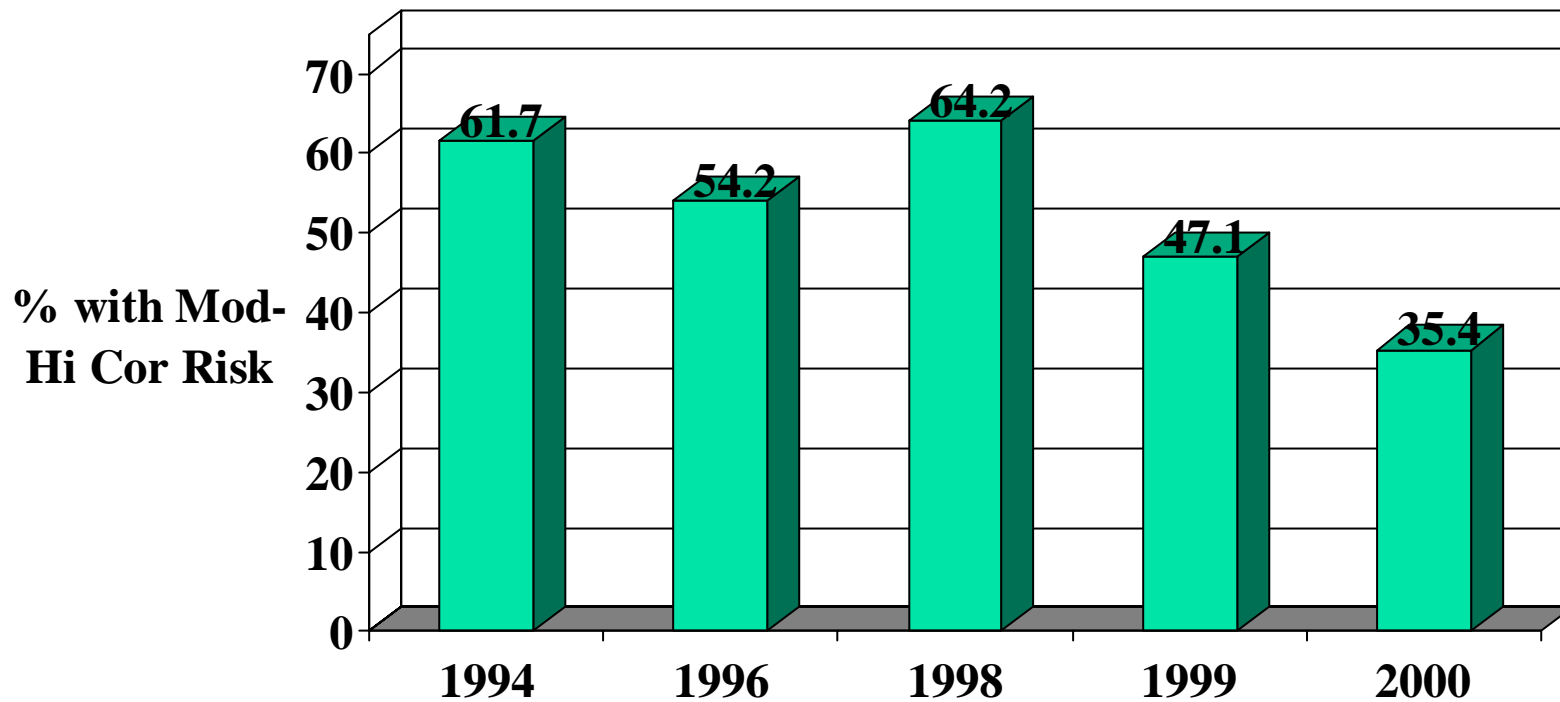
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Wellness Program Participants 3 or more risk factors



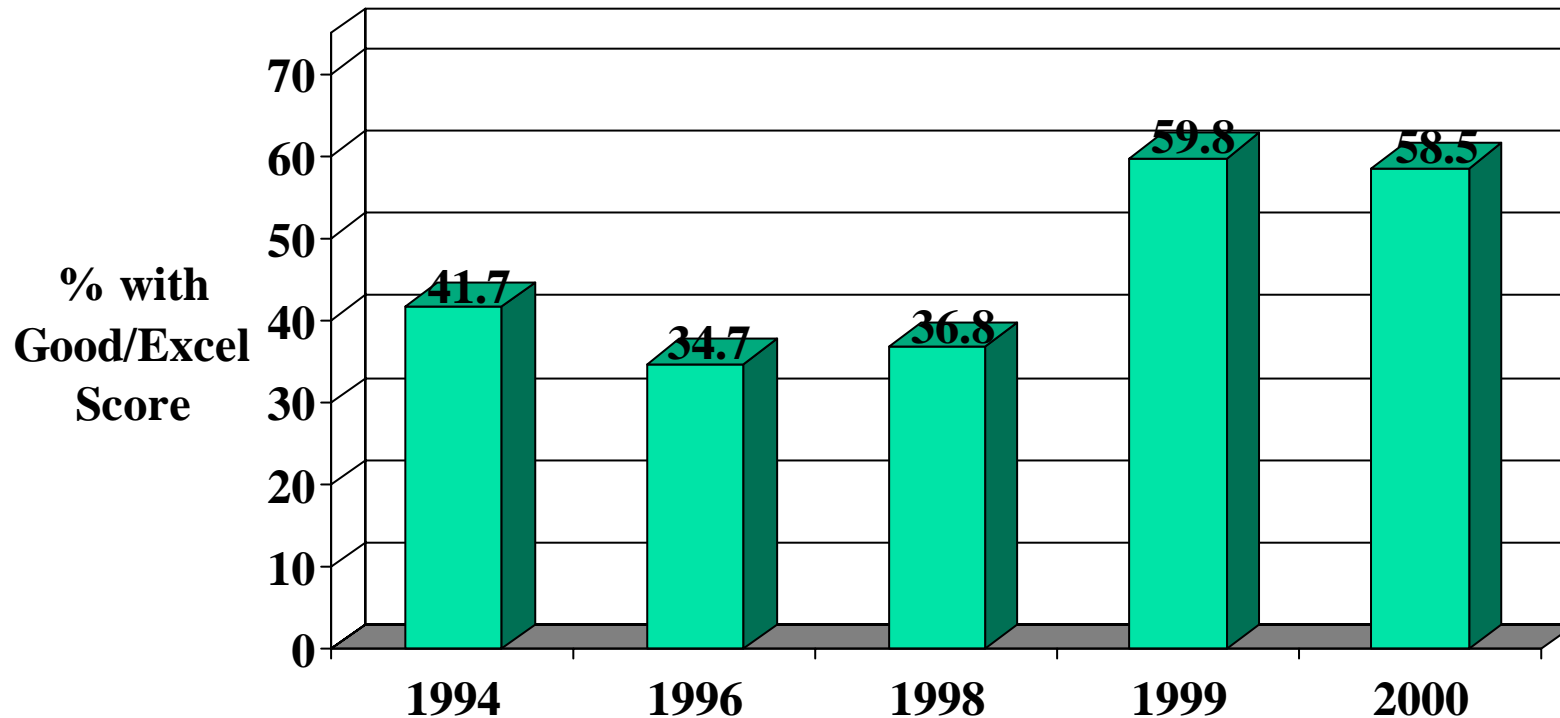
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plus significant addition of new employees same year.

Wellness Program Participants Moderate/High Coronary Risk



Implementation of OHSU Wellness Program in 1998
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Wellness Program Participants Overall Wellness Score

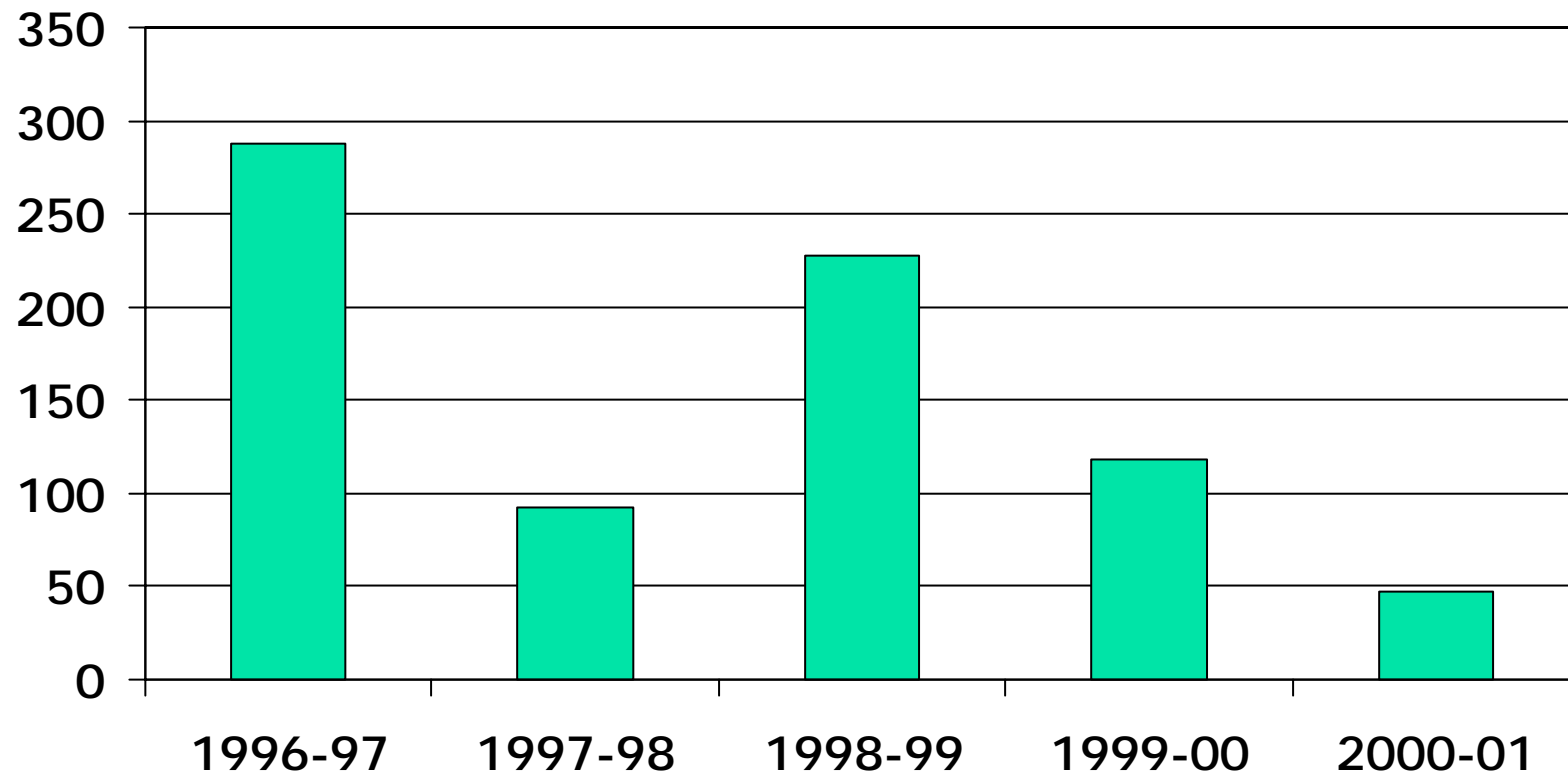


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Effect Comparisons Using Generalized Estimating Equations

OUTCOME VARIABLE	94-98 vs. 99-00	94-96 vs. 99-00	98 vs. 99-00
Total cholesterol	SS p = .0008	SS p = .0101	SS p < .0001
LDL cholesterol	SS p < .0001	SS p < .0001	SS p < .0001
High blood pressure	SS p = .0010	SS p = .0158	SS p < .0001
More than 3 risk factors	NS	NS	SS p < .0001
High/mod coronary risk	SS p < .0001	SS p = .0003	SS p < .0001
Overall wellness score	SS p < .0001	SS p < .0001	SS p < .0001
<i>SS = Statistically Significant; NS = Not Statistically Significant</i>			

Workers Compensation Data Number of Days Lost



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