

The Waco Volunteer Fire Department is requesting the \$11,677.00 currently in the reserve fund to help pay for the cost of a \$12,947.84 fitness project. This funding will allow the department to purchase fitness equipment to help promote the health and fitness initiative set forth by the IAFF, IAFC, and the NVFC. The number one cause of firefighter deaths in the USA is still heart attack. It also can be reduced along with or possible injuries by having a physical fitness program. The department is looking to purchase fitness equipment for the station so members have access for fitness training. Below are some excerpts from the NVFC program.

Firefighting is one of the Nation's most dangerous and hazardous jobs, with heart attacks, high physical stress levels, sprains, and strains all too common. Of all firefighters in the United States, 72 percent are volunteers. The leading cause of on duty death among volunteers is heart attack. The leading cause of injuries for all firefighters is overexertion and strain. The prevalence of cardiovascular illness and deaths and work-inhibiting strains and sprains among firefighters illustrates the need for a comprehensive health and wellness program in every department. The fire service realizes that health and wellness programs benefit individual firefighters and the fire and emergency services as a whole; such programs can yield safer and more effective action by first responders to emergencies. Many organizations have addressed the issue of health and wellness in the fire service. The National Fire Protection Association (NFPA) redeveloped its health and wellness standards in 2003. Since 1997, several career departments have worked with the International Association of Fire Fighters (IAFF) and the International Association of Fire Chiefs (IAFC) on a wellness initiative. To address the issues specific to volunteers, the National Volunteer Fire Council (NVFC) developed this guide to health and wellness for volunteer departments and members. In 2003, the NVFC launched the ground-breaking Heart-Healthy Firefighter Program specifically to address heart disease in the fire and emergency services. This awareness and prevention campaign targets all firefighters and emergency personnel—both volunteer and career.

The importance of health and wellness and the need for developing and implementing health and wellness programs in departments can be summarized by the following 10 reasons:

- 1. Improves heart health.** The importance of aerobic exercise cannot be overstated. Heart attacks cause the majority of deaths among on duty firefighters. Regular aerobic exercise helps prevent heart disease, strengthens the heart muscle, decreases clotting, and stabilizes the electrical activity of the heart. Aerobic exercise slows plaque buildup in the arteries and helps to normalize blood pressure, especially in people whose blood pressure is somewhat elevated.
- 2. Improves heat tolerance.** Exercise increases blood volume, which improves heat tolerance. Improved heat tolerance helps firefighters battle more intense fires.
- 3. Helps prevent Type II diabetes.** Exercise improves the body's ability to regulate blood sugar, preventing Type II diabetes.
- 4. Reduces risk of strains and sprains.** Physical activity strengthens the muscles and joints and other structures like tendons and ligaments that help hold the body together. This strengthening decreases the risk of strains and sprains—the leading cause of injury for firefighters.

5. May improve emotional state. Volunteer firefighters often deal with life-and-death situations when they respond to an emergency. Taking part in health and wellness programs improves their psychological and emotional states, which will improve emotional reactions during a life-and-death situation. An improved emotional state also improves self-esteem, self-efficacy, and sleep patterns, thereby reducing depression, anxiety, and stress.

6. Maintains weight loss. Exercise and proper nutrition help control body weight and are essential in any weight loss program. Weight loss is more likely to be maintained if a person continues to exercise. Weight loss increases stamina as well as aerobic abilities, both of which are needed for firefighting.

7. Maintains metabolic rate. By preventing the loss of metabolically active muscle tissue, exercise helps prevent the drop in metabolic rate that sometimes accompanies weight loss and the gradual decline in metabolic rate that occurs with aging.

8. Enhances ability to fight fires. Exercise can slow the loss of stamina, strength, flexibility, bone density, and metabolic rate, which all affect an individual's ability to fight a fire.

9. Prevents development of back problems. Maintaining flexibility in the muscles of the legs and lower back and increasing strength in the abdominal and back muscles can help prevent the development of back problems. Back problems among firefighters often develop from lifting hoses and equipment and moving apparatus.

10. Encourages overall healthy lifestyle. As fitness and nutrition improves, activity becomes easier. Exercise increases stress resistance and improves sleep.

An active lifestyle also encourages other health-promoting habits, such as avoiding tobacco and alcohol and developing healthy eating habits. Besides feeling better, firefighters lower their risk for injury or even death with more and consistent exercise.

Budget Request:
Fire Department:

FY 2016-2017

Waco

INCOME			
Source	Actual	Requested	% Change
District Tax	\$11,677.00	\$11,677.00	0
Fund Raising			#DIV/0!
Other			#DIV/0!
Total	\$11,677.00	\$11,677.00	#DIV/0!
EXPENSE			
121 Salaries & Wages: Regular			#DIV/0!
122 Salaries & Wages: Overtime			#DIV/0!
170 Board Member Expenses			#DIV/0!
181 Social Security Contributions			#DIV/0!
182 Retirement Contributions			#DIV/0!
183 Hospitalization Insurance Contributions			#DIV/0!
184 Disability Insurance Contributions			#DIV/0!
189 Fringe Benefits			#DIV/0!
191 Professional Services: Accounting			#DIV/0!
192 Professional Services: Legal			#DIV/0!
193 Professional Services: Medical			#DIV/0!
194 Professional Services: Banking			#DIV/0!
199 Professional Services: Other			#DIV/0!
211 Janitorial Supplies (Housekeeping)			#DIV/0!
212 Uniforms			#DIV/0!
220 Food & Provisions			#DIV/0!
231 Educational Materials			#DIV/0!
251 Motor Fuels & Lubricants (Gas, etc.)			#DIV/0!
260 Office Supplies			#DIV/0!
311 Travel & Training			#DIV/0!
321 Telephone			#DIV/0!
325 Postage			#DIV/0!
331 Utilities (Heat/Light/Water/Gas)			#DIV/0!
341 Printing			#DIV/0!
351 Buildings & Grounds Maintenance			#DIV/0!
352 Equipment Maintenance			#DIV/0!
353 Vehicle Maintenance			#DIV/0!
391 Legal Advertising			#DIV/0!
433 Lease Purchase - Vehicles			#DIV/0!
450 Insurance & Bonding-Workers Comp.			#DIV/0!
491 Dues & Subscriptions			#DIV/0!
510 Equipment & Furniture			#DIV/0!
580 Improvements (Building, etc.)			#DIV/0!
590 Other Capital Outlay			#DIV/0!
1410 Reserves (For Future Purchases)			#DIV/0!
Debt Service			#DIV/0!
Other			#DIV/0!
Total	\$0.00	\$0.00	#DIV/0!