



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

Presented by:
OHSU Health Management Services



Clackamas County Fire District #1

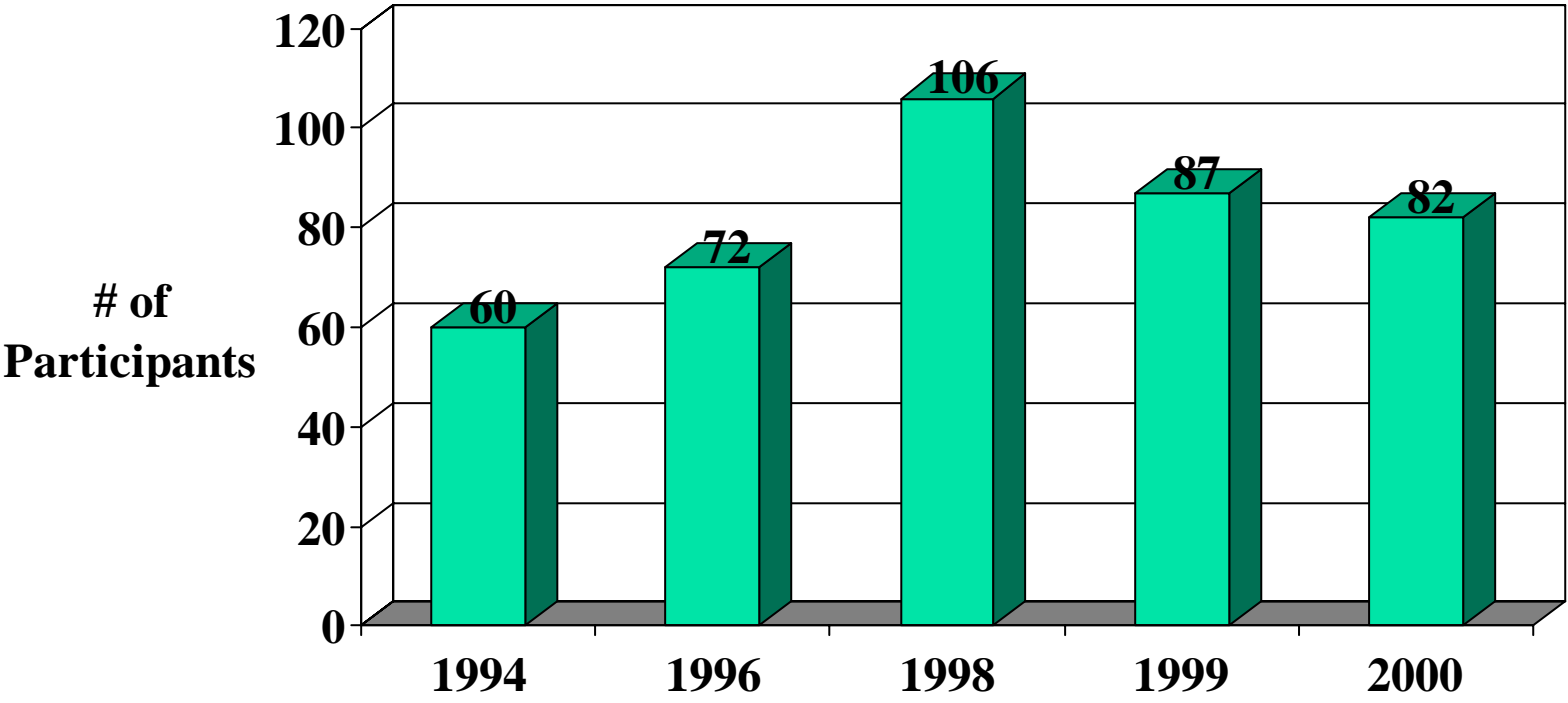
- Situation Analysis: Mid-sized fire district in need of a fitness/wellness program. Primary goals were to increase fitness levels and decrease injuries.
- Value Statement: OHSU Health Management Services agreed to provide evidence-based fitness/wellness program custom-tailored for firefighters.



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.

