

RESOLUTION NUMBER R- 261366

ADOPTED ON AUG 13 1984

WHEREAS, during the 1984 meet and confer process, the City Council approved a new Health Management Program to be provided by Sharp Hospital for uniformed members of the Fire Department; and

WHEREAS, the cost of this program was subsequently negotiated by the Management Team with Sharp Hospital and Local 145 representing the firefighters; and

WHEREAS, the program was patterned after the one negotiated last year with the Police Officers' Association and also provided by Sharp Hospital, said program involving a health assessment of all firefighters including measurements of height, weight, and body fat content and a basic health history; and

WHEREAS, this data will be evaluated and eighty firefighters will be selected to voluntarily participate in the nine-month health education program during off-duty hours; and

WHEREAS, participants will be given a diet and exercise prescription by the medical staff and fourteen hours of classroom instruction which should help improve the overall health and physical fitness of the Fire Department; and

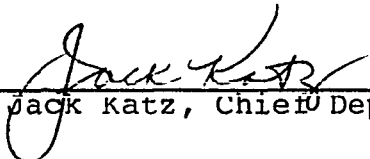
WHEREAS, this service was negotiated with Sharp Hospital because it was necessary to identify a specific program offered by a local hospital on a confidential basis prior to negotiations with Local 145, and Sharp Hospital was selected because it has

demonstrated a highly professional and effective approach in implementing a Health Management Program for police officers and it has an excellent staff in this area; NOW, THEREFORE,

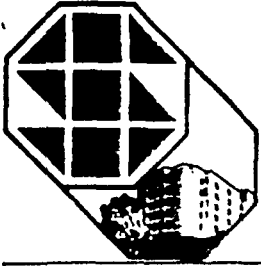
BE IT RESOLVED, by the Council of The City of San Diego, that the City Manager be and he is hereby fully authorized and empowered to expend a sum not to exceed \$26,000 in connection with a health management program to be provided by Donald N. Sharp Memorial Community Hospital pursuant to the San Diego Fire Department Cardiovascular Health Assessment Program Medical outline and fiscal guidelines attached hereto as Attachment A.

APPROVED: John W. Witt, City Attorney

By


Jack Katz, Chief Deputy

JK:smm
8/3/84
Or.Dept:Mgr.
Aud.Cert:85156
R-85-77
Form=r.none



**DONALD N. SHARP MEMORIAL
COMMUNITY HOSPITAL**

**CARDIAC REHABILITATION/
PREVENTIVE CARDIOLOGY**
RALPH LaFORGE, M.Sc., *Managing Director*

SAN DIEGO FIRE DEPARTMENT CARDIOVASCULAR
HEALTH ASSESSMENT AND INTERVENTION PROGRAM

JULY 1984

This cardiovascular health program is designed to select 80 individuals who work for the SDFD who are higher than average risk for developing cardiovascular disease. Selected participants will receive a Basic Cardiovascular Health Evaluation (see III) followed by a 1 hour consultation by an exercise physiologist where evaluation results, diet and exercise are discussed. For the next 5 months there will be a Cardiovascular Health Education series presented to these participants at the Kearney Mesa Training Office. Approximately 9 months after initiation of this program each of the participants will be re-evaluated for blood lipids, body fat %, blood pressure, aerobic power, and compliance with healthy behavior.

This program will be administered by Sharp Memorial Hospital's Cardiac Rehabilitation and Cardiovascular Health Department.

General Outline

- I. Body Fat % and Basic Health History Assessment
- II. Selection of approximately 80 Firemen
- III. Cardiovascular Health Evaluation (50minutes to 1½ hours)

Blood lipid profile (cholesterol, hdl-cholesterol,
ldl-cholesterol, triglycerides)
Health History Review by nurse
Musculoskeletal evaluation by physical therapist
Treadmill ECG (stress test)
Field test of aerobic power (group 1.5 mile run)

Consultation by exercise physiologist

IV. Cardiovascular Health Education Series (1½ hours each)

Topics: Introduction to Healthy Behaviors
Principles of Exercise Training
Eating Behavior and Weight Control
Diet and Nutrition I
Diet and Nutrition II
Exercise and Musculoskeletal Health
Compliance with Diet, Exercise and
Stress Management Programs
Preventive Oncology (reducing the risk
of cancer)
Multidisciplinary Health Workshop

V. 9-Month Re-evaluation

VI. Group Meeting on Compliance and Follow up

7/10/84

PROFORMA FOR THE SAN DIEGO FIRE DEPT.
CARDIOVASCULAR HEALTH ASSESSMENT AND INTERVENTION PROGRAM

Cost analysis:

1. Basic Health History and Body Fat assessment series on 750+ Firemen (16 days of 6hrs/day exercise specialist salary + collation of BHH) = \$1,800
2. Laboratory evaluation and Consultation on 80 Firemen:
Blood test, BHH review, field test = \$55/person
Musculoskeletal Profile by PT = \$30/person
Treadmill ECG = \$125/person

\$210 X 80firemen = \$16800
3. Cardiovascular Health Education Series
(9 1½-hour sessions including materials) = \$2400
4. Re-evaluation and Follow up

9-month reassessment of blood lipids, BP, body composition, and field test (\$40/each X 80firemen =\$3200)

Nurse specialist follow up of progress on 80 firemen (\$400) Total = \$3600
5. Medical Supervision by Cardiologist = \$500
6. Secretarial coordination and materials = \$900
7. Total Cost for CHAIP for 80 firemen = \$26000

RL 7/84

The City of San Diego
CERTIFICATE OF CITY AUDITOR AND COMPTROLLER

CERTIFICATION OF UNALLOTTED BALANCE AC _____

I HEREBY CERTIFY that the money required for the allotment of funds for the purpose set forth in the foregoing resolution is available in the Treasury, or is anticipated to come into the Treasury, and is otherwise unallotted.

Amount \$ _____ Fund _____

Purpose _____

Auditor and Comptroller

Date _____, 19__

By _____

ACCOUNTING DATA										
ACCTG LINE	CY PY	FUND	DEPT	ORG.	ACCOUNT	JOB ORDER	OPERATION ACCOUNT	BENF/EQUIP	FACILITY	AMOUNT
TOTAL AMOUNT										

FUND OVERRIDE

CERTIFICATION OF UNENCUMBERED BALANCE

I HEREBY CERTIFY that the indebtedness and obligation to be incurred by the contract or agreement authorized by the hereto attached resolution, can be incurred without the violation of any of the provisions of the Charter of the City of San Diego; and I do hereby further certify, in conformity with the requirements of the Charter of the City of San Diego, that sufficient moneys have been appropriated for the purpose of said contract, that sufficient moneys to meet the obligations of said contract are actually in the Treasury, or are anticipated to come into the Treasury, to the credit of the appropriation from which the same are to be drawn, and that the said moneys now actually in the Treasury, together with the moneys anticipated to come into the Treasury, to the credit of said appropriation, are otherwise unencumbered.

Not to exceed \$ 26,000.00



Auditor and Comptroller

Dated August 3, 19 84

BY Thomas J. Robinson

PURPOSE To provide a health management program for uniformed members of the Fire Department

VENDOR DONALD W. SHARP MEMORIAL COMMUNITY HOSPITAL

ACCOUNTING DATA										
ACCTG LINE	CY PY	FUND	DEPT	ORG.	ACCOUNT	JOB ORDER	OPERATION ACCOUNT	BENF/EQUIP	FACILITY	AMOUNT
1			120		4222	12010				\$26,000.00
TOTAL AMOUNT										\$26,000.00

FUND OVERRIDE

Passed and adopted by the Council of The City of San Diego on AUG 13 1984,
 by the following vote:

Councilmen	Yeas	Nays	Not Present	Ineligible
Bill Mitchell	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bill Cleator	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Gloria McColl	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
William Jones	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ed Struiksmma	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mike Gotch	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dick Murphy	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Uvaldo Martinez	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mayor Roger Hedgecock	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

AUTHENTICATED BY:

ROGER HEDGECOCK
 Mayor of The City of San Diego, California.

CHARLES G. ABDELNOUR
 City Clerk of The City of San Diego, California.

(Seal)

By Ellen Board, Deputy.

Office of the City Clerk, San Diego, California	
Resolution Number <u>R261366</u>	Adopted <u>AUG 13 1984</u>

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CITY CLERK'S OFFICE

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SAN DIEGO, CALIF.

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