

REQUEST FOR COUNCIL ACTION CITY OF SAN DIEGO	CERTIFICATE NUMBER (FOR COMPTROLLER'S USE ONLY)
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TO: CITY COUNCIL	FROM (ORIGINATING DEPARTMENT): Fire-Rescue Department	DATE: 5/20/2015
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SUBJECT: Fire-Rescue Department Wellness Program - FY 2016 Contract Award

PRIMARY CONTACT (NAME, PHONE): Alyssa Ross, (619) 533-4308, MS-603	SECONDARY CONTACT (NAME, PHONE): Roger Fisher, (619) 533-4344, MS-603
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COMPLETE FOR ACCOUNTING PURPOSES

FUND	100000				
FUNCTIONAL AREA	OTHR-00000000-FI				
COST CENTER	1912150013				
GENERAL LEDGER ACCT	512059				
WBS OR INTERNAL ORDER					
CAPITAL PROJECT No.					
AMOUNT	\$10,339,504.00	0.00	0.00	0.00	0.00

FUND					
FUNCTIONAL AREA					
COST CENTER					
GENERAL LEDGER ACCT					
WBS OR INTERNAL ORDER					
CAPITAL PROJECT No.					
AMOUNT	0.00	0.00	0.00	0.00	0.00

COST SUMMARY (IF APPLICABLE): The FY 2016 Contracted Wellness Services are \$1,135,882. Fire-Rescue has funds within its FY 2016 budget to fully cover the contract costs.

ROUTING AND APPROVALS

CONTRIBUTORS/REVIEWERS:	APPROVING AUTHORITY	APPROVAL SIGNATURE	DATE SIGNED
	ORIG DEPT.		
	CFO		
	DEPUTY CHIEF		
	COO		
	CITY ATTORNEY		
	COUNCIL PRESIDENTS OFFICE		

PREPARATION OF: RESOLUTIONS ORDINANCE(S) AGREEMENT(S) DEED(S)

1. Authorize the Mayor, or his designee, to enter into an agreement between the City of San Diego and San Diego Sports Medicine and Family Health Center (SDSMFHC).

2. Authorize the Chief Financial Officer to appropriate and the City Comptroller to expend the funds for the contracted services for Fiscal Year 2016 (in the amount of \$1,135,882), and for each subsequent fiscal year as part of the budget process.

STAFF RECOMMENDATIONS: Approve the requested action.	
SPECIAL CONDITIONS (REFER TO A.R. 3.20 FOR INFORMATION ON COMPLETING THIS SECTION)	
COUNCIL DISTRICT(S):	Citywide
COMMUNITY AREA(S):	Citywide
ENVIRONMENTAL IMPACT:	This activity is not a "project" and therefore exempt from the CEQA pursuant to the State Guidelines Section 15060 (c)(3).
CITY CLERK INSTRUCTIONS:	Please forward a copy of final signed Ordinance to Alyssa Ross, MS-603. - Thank You.

COUNCIL ACTION
EXECUTIVE SUMMARY SHEET
CITY OF SAN DIEGO

DATE: 5/20/2015

ORIGINATING DEPARTMENT: Fire-Rescue Department

SUBJECT: Fire-Rescue Department Wellness Program - FY 2016 Contract Award

COUNCIL DISTRICT(S): Citywide

CONTACT/PHONE NUMBER: Alyssa Ross/ (619) 533-4308, MS-603

DESCRIPTIVE SUMMARY OF ITEM:

This action is to authorize awarding a contract as a result of Request for Proposal process for the delivery of a Wellness Program to the San Diego Fire Rescue Department. The current agreement expires on June 30, 2015. After reviewing the proposals, the evaluation committee recommended awarding the contract to the current provider, San Diego Sports Medicine and Family Health Center (SDSMFHC). The agreement would be for One (1) year beginning July 1, 2015 and includes the option for 4 annual renewals through June 30, 2020.

STAFF RECOMMENDATION:

Approve the requested action.

EXECUTIVE SUMMARY OF ITEM BACKGROUND:

In December of 2004, City Council approved resolution R-299936 authorizing the City Manager to execute an agreement with San Diego Sports Medicine and Family Health Center (SDSMFHC) for the delivery of a Wellness program to the San Diego Fire Rescue Department. The Wellness Program was initiated originally through a combination of Department of Homeland Security (DHS) Federal Emergency Management Agency (FEMA) grant and City matching funds. In 2007, the Program was incorporated into the Fire Annual Budget. The contract was extended to SDSMFHC after a subsequent RFP in 2010. They have been providing the Wellness Program for the last 10 years. The current contract is set to expire on June 30, 2015.

A Request for Proposal was released in the Spring of 2015 for a new contract to begin July 1, 2015 (Attachments 1 & 2 – Wellness RFP No. 10056900-15-V and Addendum A). The evaluation of proposals was conducted in accordance with the criteria specified in the subject RFP. Upon conclusion of its review, the evaluation committee concluded that San Diego Sports Medicine should be selected (Attachments 3 & 4 – San Diego Sports Medicine Proposal and Price Schedule). The Scope of Work for this contract shall continue to include all the components of Wellness Fitness Initiative that was designed by the International Association of Fire Chiefs (IAFC) and International Association of Firefighters (IAFF). These include annual Medical and Fitness Evaluations, ongoing education, lifestyle and behavioral programs for San Diego firefighters, injury prevention and data collection.

This program, developed and executed over the last 10 years at SDSMFHC, is one of the premier programs in the nation. In 2007, SDSMFHC recognized the importance of developing an electronic health record and database to be able to demonstrate accurate biometric trends. Data from the first 10 years of participation reveals the incredible success of the San Diego Firefighter

Wellness Program (SDFWP). The San Diego Fire-Rescue Department is a fitter, healthier firefighter workforce, with lower injury rates and lives saved. Far greater than dollars saved for the Fire-Rescue Department is the impact the Wellness program has had on the lives of hundreds of participants. Reducing morbidity and mortality of many individual firefighters has occurred in no small measure as the result of the expertise and dedication of SDSMFHC Physicians, Exercise Physiology staff, Nutritionists and other support staff.

The program is a benefit to the City through early identification and mitigation of risk factors that have potential for causing injuries and illnesses in a hazardous and demanding work environment. Over the last decade the improvement in various health and fitness parameters has been substantial. There has been a reduction in cardiovascular risk factors including cholesterol, blood pressure and the number of individuals with Metabolic Syndrome. Strength and endurance has also improved in all physiological parameters tested including curl-ups, push-ups and low back endurance. In 2010 there was a significant reduction in cardiovascular fitness and a fitness challenge was instituted by the SDSMFHC. In 2014, the fitness levels have successfully returned to 2009 levels. A new statistical program added to the database by SDSMFHC has demonstrated improvement at the 99% confidence level in all lipid values and fitness parameters of the uniformed firefighters over the last decade.

Aggregate data is only part of the story. In the last decade there have been many individual stories reflecting the impact of the Wellness program on the firefighters of San Diego City and County. At least 25 prostate cancers have been detected; two firefighters have been diagnosed with leukemia, five with testicular cancer, four with breast cancer and 10 with malignant melanoma. Multiple cases of new onset cardiovascular disease and Diabetes Mellitus have been diagnosed and treated over the last 10 years. Several firefighters' lives have literally been saved by early diagnosis of life threatening arrhythmias, myocardial bridging and coronary heart disease at the San Diego Firefighter Wellness Program. Based on City Risk Management Worker's Compensation data, firefighter injury rates have declined with a significant downward trend in new open claims for back, knee and shoulder cases.

SDSMFHC desires to bring SDFWP to the next level in terms of mitigating health risks among participant firefighters. Several innovative and creative new ways to discover, prevent, and treat disease in the areas of cardiopulmonary health; musculoskeletal injury and cancer will be added to the Wellness Program during the next contract year. New technologies will be used to monitor multiple biometric measures in an effort to further mitigate health risks. New behavioral assessments and education will be included in the annual assessment. SDSMFHC will continue to develop the electronic medical record and database to include specific data analysis.

CITY STRATEGIC PLAN GOAL(S)/OBJECTIVE(S):

Goal #2: Work in partnership with all of our communities to achieve safe and livable neighborhoods.

Objective #4: Foster services that improve quality of life.

FISCAL CONSIDERATIONS: For FY 2016 (Year 1), the base compensation is \$1,135,882. Upon the City's determination to exercise the 4 one-year options to extend (Years 2 through 5), the City may increase compensation 5%, or based upon the Centers for Medicare/Medicaid

Services (CMS) National Health Expenditure Data (Table 3) annual percentage change, whichever is less. The total cost if all 5 years are optioned shall not exceed \$6,276,466.

The projected fiscal impacts to the General Fund are as follows:

Contract Year	Fiscal Year	Projected Fiscal Impact to the General Fund
1	FY 2016	\$1,135,882 (based on Price Proposal)
2	FY 2017	\$1,192,676
3	FY 2018	\$1,252,310
4	FY 2019	\$1,314,926
5	FY 2020	\$1,380,672

EQUAL OPPORTUNITY CONTRACTING INFORMATION (if applicable): This is agreement is subject to the City's Equal Opportunity Contracting (San Diego Ordinance No. 18173, Section 22.2701 through 22.2708 and Non-Discrimination in Contracting Ordination (San Diego Municipal Code Sections 22.3501 through 22.3417).

PREVIOUS COUNCIL and/or COMMITTEE ACTIONS: City Council approved the last Wellness Agreement per Resolution R-306177 dated October 24, 2010.

COMMUNITY PARTICIPATION AND OUTREACH EFFORTS: N/A

KEY STAKEHOLDERS AND PROJECTED IMPACTS: City of San Diego Firefighter personnel and San Diego Sports Medicine and Family Health Center are key stakeholders.

Originating Department

Deputy Chief/Chief Operating Officer