Cardiac

Questions
- When was your last full physical exam? 1 year ago, 5 years, can't remember?
- Are you active 3 – 4 times per week? (30-60 minutes of activity to increase your heartrate?)
- Have you evaluated your diet?

Risk Factors
- High blood pressure
- High blood cholesterol
- Diabetes and prediabetes
- Smoking
- Being overweight or obese
- Being physically inactive
- Having a family history of early heart disease
- History of preeclampsia during pregnancy
- Unhealthy diet
- Age (55 or older for women)

Emotional Wellness

Questions
- Do you remember a bad call when you drive by a certain address?
- Do you remember your first death notification? Does it still bother you?
- Do you have a call that has kept you up at night?

Risk Factors
- Having a blood relative with a mental illness
- Stressful life situations, such as financial problems, a loved one’s death or a divorce
- Ongoing medical conditions, such as diabetes
- Traumatic Brain Injury
- Traumatic experiences, such as military combat or being assaulted
- Alcohol use or recreational drugs
- Abused or neglect as a child
- Having few friends or few healthy relationships
- A history mental illness

Cancer

Questions
- Do you “Shower within the Hour” of a structure fire?
- Do you Decon on scene?

Risk Factors
- Age
- Alcohol
- Cancer-Causing Substances
- Chronic Inflammation
- Diet
- Hormones
- Immunosuppression
- Infectious Agents
- Obesity
- Radiation
- Sunlight
- Tobacco
“What you do today can improve all your tomorrow.”
–Ralph Martson

The BP Family Wellness Program is dedicated to providing our members and their families with the tools they need to prioritize and protect their health by focusing on the three health problems most commonly experienced by those in the fire service: cardiac, cancer and emotional wellness.

Resources

Cardiac
Mediterranean Diet
www.oldwayspt.org
Firefighter Physical Exam Checklist
www.oldwayspt.org

Emotional Wellness
MNFire (MN Firefighter Initiative)
www.mnfireinitiative.com

Cancer
Firefighter Cancer Support Network
www.firefightercancersupport.org
866-994-FCSN (3276)

Other
National Fallen Firefighters Foundation
www.firehero.org
Firefighter Behavioral Health Alliance**
www.FFBHA.org
Heart-Healthy Firefighter Program
www.firehero.org

**Firefighter & EMT Suicide Screening
www.FFBHA.org/resources/suicide-questionnaire