MEMORANDUM

December 10, 2004

TO: Mayor and City Council
FROM: Mark E. Lewis, City Manager

SUBJECT: FIRE DEPARTMENT HEALTH & WELLNESS PROGRAM MOU - CITY OF STOCKTON AND ATLAS PROPERTIES

Attached is a revision of agenda Item 6.06, regarding the establishment of a health and wellness program for fire fighting personnel. Also attached is agenda item 6.24 regarding the memorandum of understanding between the City of Stockton and Atlas Properties, which was not ready at the time of delivery. Both agenda items are for the December 14, 2004 Council meeting.

Sorry for any inconvenience this may cause.

MARK E. LEWIS
CITY MANAGER

MEL: csl

Attachment
December 14, 2004

TO: Mayor and City Council
FROM: W. Gary Gillis, Fire Chief
SUBJECT: RESOLUTION: AUTHORIZE EXECUTION OF A GRANT AGREEMENT TO THE CITY OF STOCKTON BY THE FEDERAL EMERGENCY MANAGEMENT AGENCY (FEMA) FOR THE ESTABLISHMENT OF A HEALTH AND WELLNESS PROGRAM FOR FIRE FIGHTING PERSONNEL

RECOMMENDATION

It is recommended that the City Council adopt a resolution to: 1) Authorize the City Manager to execute all necessary contracts and/or grant agreements with FEMA including any other documents as required by the granting agency; and 2) direct the Administrative Services Officer to make all necessary appropriations in compliance with, and for the purposes stated in the grant application and grant agreement.

DISCUSSION

Summary

The Stockton Fire Department has been awarded a $209,720 grant by the Federal Emergency Management Agency (FEMA) for the development of a wellness program for Stockton Firefighters. The grant was awarded August 27, of 2004, and must be executed by August 26, 2005, one year to the date of the grant being awarded.

Background

On March 30, 2004, The Federal Emergency Management Agency accepted applications for $750 million in grants designated to enhance the capabilities of U.S. fire departments. One of the three categories that were funded is Fire Operations and Firefighter Safety. Under this category, we submitted our application for a Firefighter wellness and fitness program. Under the wellness program, improving the fitness level of our firefighters will decrease cardiovascular-related illness and save lives. Implementation of a full fitness program should result in significant cost savings in lost time, workers compensation and disability claims.

Present Situation

On August 27, 2004, Stockton Fire Department (SFD) was awarded a $209,720 by FEMA for the development of a Firefighter wellness and fitness program. Funding by the FEMA-Assistance for Firefighters Grant Program will facilitate the completion of the following objectives:

Incorporate the IAFC/IAFF Fire Service Joint Labor Management Wellness and Fitness Initiative into our existing employee fitness evaluation process. The grant will serve as a basis for a standardized method to evaluate on-going physical performance. Each line personnel will be
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given a full medical examination to establish individual fitness profiles and health baselines. The SFD will retain a physician under contract to identify health problems affecting each firefighter. The exam will determine the firefighter's capability of performing essential job duties. The physician will work with a certified exercise specialist to be able to intervene and prevent illness/injuries to SFD firefighters.

Under contract, the SFD will retain the services of a certified exercise specialist and nutritionist. These professionals will provide initial and continuing instruction for peer fitness trainers, completion of annual fitness assessments and support of personalized workout programs, ongoing wellness/nutrition education and oversight of the program in concert with a physician.

As prescribed by our contracted exercise specialist, the SFD will purchase and place the appropriate physical training equipment in each of our twelve fire stations to facilitate improvement in aerobic capacity, muscular strength/endurance and flexibility for our firefighters.

FINANCIAL SUMMARY

The program requires a 70% grant funding with a 30% local share. Estimated one-time start-up cost of a complete wellness and fitness program is $299,600. The City will receive $209,720 from the 2004 FEMA Assistance to Firefighters Grant program. The City of Stockton's 30% share is $89,880, which is proposed to be funded by a transfer from the General Fund balance. The program cost and equipment purchase price is based upon project estimates submitted at the time of application. Account # 020-6191, the 2004 FEMA Assistance to Firefighters Grant Program account, will be used for revenue and appropriations.

The Administrative Services Officer is authorized to do the following:

1. Establish a grant revenue estimate of $209,720 for the 2004 FEMA Assistance to Firefighters grant in Account #020-6191-331.22-00.

2. Transfer $89,880 for the City's local share of the grant program from the General Fund (010) balance to Account# 040-2620-530.30-50 Firefighting materials and supplies 020-6191, FEMA Assistance to Firefighters Grant Program.

3. Authorize appropriations in the total amount of $299,600 in Account# 020-6191 FEMA Assistance to Firefighters grant.

W. GARY GILLIS
FIRE CHIEF

cc Michael Rishwain, Deputy City Attorney

APPROVED BY CITY MANAGER:

MARK E. LEWIS, CITY MANAGER

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