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Sent: Monday, September 29, 2008 8:26 AM
To: Dianne Plantamura

Please find below the references for effectiveness and cost-effectiveness studies for health promotion programs in the fire service. The most important of these references is the Kuehl study.

Access to Dr Kuehl's audio webcast is: <http://www.fc-tv.com/webcast/sunmountain/iaff-10-07/portal-tue.asp> and scroll down to [**I Am Alive Workshop: New IAFF Wellness Initiatives**](#). I'm not sure the status of the publication of his data.

- 1) Blevins JS, Bounds R, Armstrong E, Coast JR [2006]. Health and fitness programming for fire fighters: does it produce results? *Med Sci Sports Exerc* 38(5):S454.
- 2) Dempsey WL, Stevens SR, Snell CR [2002]. Changes in physical performance and medical measures following a mandatory firefighter wellness program. *Med Sci Sports Exerc* 34(5):S258.
- 3) Kuehl K [2007]. Economic Impact of the Wellness Fitness Initiative. Presentation at the 2007 John P. Redmond Symposium in Chicago, IL on October 23, 2007.
- 4) Womack JW, Humbarger CD, Green JS, Crouse SF [2005]. Coronary artery disease risk factors in firefighters: effectiveness of a one-year voluntary health and wellness program. *Med Sci Sports Exerc* 37(5):S385.