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HEALTH-RELATED ILLNESSES FACING FIRST RESPONDERS

Brian H. Allard
M.S. in Leadership
Spring - 2020

Granite State College

HEALTH-RELATED ILLNESSES FACING FIRST RESPONDERS

Identified health-related illnesses:

- Cardiovascular Disease
- Sleep Disturbances
- Cancer
- Obesity
- Behavioral Health

HEALTH-RELATED ILLNESSES FACING FIRST RESPONDERS

Survey Results (75 respondents):

- Gender – Nearly 88% of respondents were Caucasian men
- Has anyone discussed health-related illnesses with you – 60% answered no
- Cardiovascular Disease – 45% are being treated for hypertension
- Sleep Disturbances – 85% are experiencing interrupted sleep
- Behavioral Health – 80% of respondents (54) know a first responder suffering from at least one behavioral health issue.

HEALTH-RELATED ILLNESSES FACING FIRST RESPONDERS

Possible solutions to the illnesses identified:

- Cardiovascular Disease
 - Physical Fitness, Health Screenings, Medical Physicals
- Sleep Disturbances
 - Sleeping Pods, Autonomous Breaks, Rest During Shifts
- Cancer
 - Clean Personal Protective Gear, Decontamination Procedures
- Obesity
 - Healthy Meals, Time for Exercise, Annual Physicals
- Behavioral Health
 - Reduce Stigma, Provide Resources, Create a Safe Environment