Health-related illness facing first responders

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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