

3.7.2 Wellness Program

I. POLICY

It shall be the policy of the Johnstown Police Department that all personnel are apprised of the leading causes of death and disability including the prevalence of each contributing risk factor. Additionally, this general order outlines the importance of physical fitness and encourages the voluntary participation of fitness programs.

II. PURPOSE

The purpose of this general order is to provide personnel with guidelines on the department's position on physical and mental fitness. In the line of duty, police officers are required to use their minds and bodies in difficult and strenuous activity. The outcome can result in either the injury or death of the officer, the assailant, or the citizen in need. The department recognizes that the total wellness of its personnel is a benefit to the community, individual officer and police department.

III. PROCEDURE

A. Wellness Program

1. Wellness is a state of optimum health and well-being achieved through the active pursuit of good health and the removal of barriers to healthy living.
2. Employees have a personal responsibility for their health. There is widespread agreement, for example, about the dangers of smoking and substance abuse, the importance of physical and emotional fitness and the effectiveness of good nutrition. The Johnstown Police Department encourages personnel to adopt behaviors that will continue to improve their health.
3. The Johnstown Police Department encourages all personnel to make full use of all available resources and benefits in order to achieve maximum fitness and wellness.
4. The US Surgeon General's report on Health Promotion and Disease Prevention points out that half or more of all leading causes of death in the United States are caused by lifestyle factors. The most common causes of disease and death for officers of the cardiovascular system are:
 - a. Personal History of Heart Disease
 - b. Family History of Heart Disease
 - c. High Total Cholesterol
 - d. High LDL Cholesterol
 - e. Low HDL level
 - f. High Blood pressure

3.7.2 continued

- g. Smoking
 - h. Diabetes or High Blood Sugar [120 mg/dl+]
 - i. No regular exercise
 - j. Excessive overweight
 - k. Abnormal ECG
 - l. High Coronary Risk
5. The most common causes of disease and death for Cancer are:
- a. Personal History of cancer
 - b. Tobacco Use
 - c. High Risk drinking [more than 14 per week]
 - d. High Fat Diet
 - e. Low Fiber Diet
 - f. Excessive Overweight

Effective Date:

Date: March 16, 2007

By Order Of:

Craig Foust
Chief Of Police