



ADAM A. HOUSE
Fire Chief

Sacramento Metropolitan Fire District

10545 Armstrong Ave., Suite 200 · Mather, California 95655 · Phone (916) 859-4300 · Fax (916) 859-3700

BOARD OF DIRECTORS - REGULAR MEETING AGENDA

Thursday, April 11, 2024 – 6:00 PM
Sacramento Metropolitan Fire District

10545 Armstrong Avenue
Board Room – Second Floor
Mather, California

&

Remotely Via Zoom
Webinar ID: 827 3461 0232 #
Passcode: metro2101

Phone: 1 (669) 444-9171 or 1 (669) 900 6833

☎ Passcode: 838771796 #

<https://us06web.zoom.us/j/82734610232?pwd=SFILQ1Znd25RSmlhdXZVQVh4d1VWZz09>

Grant Goid
Board President
Division 2

Ted Wood
Board Vice President
Division 4

Jennifer Sheetz
Board Secretary
Division 5

Cynthia Saylor
Board Member
Division 1

Robert Webber
Board Member
Division 3

D'Elman Clark
Board Member
Division 6

Brian Rice
Board Member
Division 7

Gay Jones
Board Member
Division 8

John Costa
Board Member
Division 9

The mission of the Sacramento Metropolitan Fire District is to provide professional and compassionate protection, education and service to our community.

The Public's health and well-being are the top priority for the Board of Directors of the Sacramento Metropolitan Fire District and you are urged to take all appropriate health safety precautions. **To view the meeting via the Zoom Application, please click on the link above.**

Members of the public seeking to attend and to address the Board who require reasonable accommodations to access the meeting, based on disability or other reasons, should contact the following person at least forty-eight (48) hours in advance of a Regular meeting to make arrangements for such reasonable accommodations:

Marni Rittburg
Board Clerk
(916) 859-4305

rittburg.marni@metrofire.ca.gov

The Board will convene in open session at 6:00 p.m.

Serving Sacramento and Placer Counties



Sacramento Metropolitan Fire District

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REGULAR BOARD MEETING

THURSDAY, APRIL 11, 2024

- CALL TO ORDER
- ROLL CALL
- PLEDGE TO FLAG

METRO CABLE ANNOUNCEMENT:

This meeting of the Sacramento Metropolitan Fire District will be cablecast on Metro Cable 14, the local government affairs channel on Comcast, Consolidated Communications and AT&T U-Verse cable systems. This meeting is also webcast at metro14live.saccounty.gov. Today's meeting replays at 11:30 a.m. on Sunday, April 14, 2024 and again at 2:00 p.m. on Tuesday, April 16, 2024, on Channel 14. This meeting can also be viewed at youtube.com/metrocable14.

PUBLIC OPPORTUNITY TO DISCUSS MATTERS OF PUBLIC INTEREST WITHIN DISTRICT JURISDICTION INCLUDING ITEMS ON OR NOT ON AGENDA:

*The Board of Directors of the Sacramento Metropolitan Fire District appreciates and encourages public interest and welcomes questions and opinions at its meetings. Public members wishing to address the Board are requested to first be recognized by the presiding officer and identify themselves for the record. The presiding officer may, in the interest of time and good order, limit the number of public member presentations. Speakers' comments will be limited to **three (3) minutes** (Per Section 31 of the Board of Directors Policies and Procedures).*

In accordance with Section 31 of the Board of Directors Policies and Procedures, members of the Public requesting their written comments be read into the meeting record must be present or have a representative present to read their comments during the time allotted.

CONSENT ITEMS:

Matters of routine approval including but not limited to action summary minutes, referral of issues to committee, committee referrals to the full Board, items that require yearly approval, declaration of surplus equipment, and other consent matters. The Consent Agenda is acted upon as one unit unless a Board member requests separate discussion and/or action.

CONSENT ITEMS

Page No.

- | | | | |
|----|--|--|----------|
| 1. | Action Summary Minutes | | 5 |
| | Recommendation: Approve the Action Summary Minutes for the Regular Board Meeting of March 14, 2024. | | |

PRESENTATION ITEMS:

- | | | | |
|----|---|--|-----------|
| 1. | California Firefighter Cancer Research Study | | 10 |
| | <i>(Training Captain Jeremy Crawford)</i> | | |
| | Recommendation: Receive presentation. | | |



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REGULAR BOARD MEETING

THURSDAY, APRIL 11, 2024

REPORTS:

1. **PRESIDENT'S REPORT** — *(President Goold)*
2. **FIRE CHIEF'S REPORT** — *(Deputy Chief Bailey)*
OPERATIONS REPORT – *(Deputy Chief Mitchell)*
ADMINISTRATIVE REPORT – *(Deputy Chief Bailey)*
SUPPORT SERVICES REPORT – *(Deputy Chief Wagaman)*
3. **SMFD – FIREFIGHTERS LOCAL 522 REPORT** – *(Captain Sean Scollard, Local 522 Vice President)*
4. **COMMITTEE AND DELEGATE REPORTS**
All Committee Meetings will be held at the Sacramento Metropolitan Fire District Board Room, 10545 Armstrong Avenue, Mather, California unless otherwise specified.
 - A. **Executive Committee** – *(President Goold)*
Next Meeting: TBD
 - B. **Communications Center JPA** – *(AC Greene)*
Next Meeting: April 9, 2024 at 9:00 AM
 - C. **Finance and Audit Committee** – *(Director Jones)*
Next Meeting: April 25, 2024 at 5:30 PM
 - D. **Policy Committee** – *(Director Costa)*
Next Meeting: May 9, 2024 at 5:30 PM

BOARD MEMBER QUESTIONS AND COMMENTS

CLOSED SESSION:

The Board will convene in closed session to meet on the following matters:

1. **PURSUANT TO CALIFORNIA GOVERNMENT CODE SECTION § 54956.9 (a) – TWO (2) MATTERS OF WORKERS COMPENSATION SETTLEMENT AUTHORITY:**
 1. Timothy Barnes and the Sacramento Metropolitan Fire District
Claim # 4A2304MRHBJ-0001, – Workers Compensation Settlement Authority
Colin Connor of Lenahan, Slater, Pearse & Majernik, LLP
 2. Shawn Condit and the Sacramento Metropolitan Fire District
Claim # 4A23025XKSV-0001, – Workers Compensation Settlement Authority –
Colin Connor of Lenahan, Slater, Pearse & Majernik, LLP



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REGULAR BOARD MEETING

THURSDAY, APRIL 11, 2024

2. Pursuant to California Government Code Section 54956.9 (a) – one (1) matter of Industrial Disability Retirement.

1. Brian Watley and the Sacramento Metropolitan Fire District
Claim # 4A2208B0Z9F-0001 – Industrial Disability Retirement –
Ty Bailey, Deputy Chief Administration

3. CONFERENCE WITH LEGAL COUNSEL – ANTICIPATED LITIGATION – Significant Exposure to litigation pursuant to California Government Code Section 54956.9 (b): One case

- Claim Against Public Entity Pursuant to Government Code Section 910
Electric Bike Technologies, Inc. v. Sacramento Metropolitan Fire District
Board Clerk Marni Rittburg

CLOSED SESSION REPORT OUT

ACTION ITEMS:

1. **Industrial Disability Retirement – Brian Watley** **
(Deputy *Chief Bailey*)
Recommendation: After discussion in Closed Session, consider adopting a Resolution finding Brian Watley has suffered job related injuries and is eligible for an Industrial Disability Retirement.

ADJOURNMENT

NEXT BOARD MEETING(S):


Unless specified differently, all meetings of the Board are held at Sacramento Metropolitan Fire District at 10545 Armstrong Avenue, Mather, CA

- Regular Board Meeting – April 25, 2024 at 6:00 PM

Posted on April 8, 2024, by 4:30 p.m.

Marni Rittburg, CMC, CPMC
Clerk of the Board

** No written report

**  Separate Attachment

DISABILITY INFORMATION:

In compliance with the Americans with Disabilities Act, if you need special assistance to participate in this meeting, please contact the Clerk of the Board at (916) 859-4305. Notification at least 48 hours prior to the meeting will enable the District to make reasonable arrangements to ensure accessibility to this meeting.



ADAM A. HOUSE
Fire Chief

Sacramento Metropolitan Fire District

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ACTION SUMMARY MINUTES – REGULAR MEETING

BOARD OF DIRECTORS SACRAMENTO METROPOLITAN FIRE DISTRICT

Thursday, March 14, 2024

Held at the following locations:

10545 Armstrong Avenue – Board Room

Mather, California

&

Remotely Via Zoom

CALL TO ORDER

The meeting was called to order at 6:01 pm by President Goold. Board members present: Clark, Goold, Rice, Sheetz, Webber and Wood. Board members absent: Costa, Jones, and Saylor. Staff present: Chief House and Board Clerk Rittburg.

PUBLIC COMMENTS

Public comments were not received.

CONSENT ITEMS

Moved by Director Wood, seconded by Clark and carried unanimously by members present to adopt the consent calendar as amended:

- 1. Action Summary Minutes**
Recommendation: Approve the Action Summary Minutes for the Regular Board Meeting of February 8, 2024.
Action: Adopted Minutes.
- 2. Adopt Resolution – FY 2023/24 Capital Improvement Plan – Second Amendment**
Recommendation: Adopt Resolution amending the FY 2023/24 Capital Improvement Plan.
Action: Adopted Resolution 2024-067.

PRESENTATION ITEMS

- 1. American Medial Response (AMR) Update**
(AC Jon Rudnicki)
Recommendation: Receive presentation.
Action: Presentation received.

ACTION ITEMS

1. **Adopt Resolutions – Fiscal Year 2023/24 Midyear Budget**

(CFO Dave O'Toole)

- A. *Resolution – 2023/24 Midyear Budget for the General Operating Fund 212A*
- B. *Resolution – 2023/24 Midyear Budget for the Capital Facilities Fund 212D*
- C. *Resolution – 2023/24 Midyear Budget for the Pension Obligation Bond Fund 212E*
- D. *Resolution – 2023/24 Midyear Budget for the Grants Fund 212G*
- E. *Resolution – 2023/24 Midyear Budget for the Development Impact Fees Fund 212I*
- F. *Resolution – 2023/24 Midyear Budget for the Leased Properties Fund 212L*
- G. *Resolution – 2023/24 Midyear Budget for the IGT Fund 212M*
- H. *Resolution – 2023/24 Midyear Budget for the Special Projects Fund 212S*

Recommendation: Receive presentation and adopt the FY 2023/24 Budget Resolutions.

Action: Moved by Director Rice, seconded by Wood, and carried unanimously by members present to adopt **Resolution 2024-068**, 2023/24 Midyear Budget for the General Operating Fund 212A.

Action: Moved by Director Rice, seconded by Wood, and carried unanimously by members present to adopt the **Resolution 2024-069**, 2023/24 Midyear Budget for the Capital Facilities Fund 212D.

Action: Moved by Director Rice, seconded by Wood, and carried unanimously by members present to adopt **Resolution 2024-070**, 2023/24 Midyear Budget for the Pension Obligation Bond Fund 212E.

Action: Moved by Director Rice, seconded by Wood, and carried unanimously by members present to adopt **Resolution 2024-071**, 2023/24 Midyear Budget for the Grants Fund 212G.

Action: Moved by Director Rice, seconded by Wood, and carried unanimously by members present to adopt **Resolution 2024-072**, 2023/24 Midyear Budget for the Development Impact Fees Fund 212I.

Action: Moved by Director Rice, seconded by Wood, and carried unanimously by members present to adopt **Resolution 2024-073**, 2023/24 Midyear Budget for the Leased Properties Fund 212L.

Action: Moved by Director Rice, seconded by Wood, and carried unanimously by members present to adopt **Resolution 2024-074**, 2023/24 Midyear Budget for the IGT Fund 212M.

Action: Moved by Director Rice, seconded by Wood, and carried unanimously by members present to adopt **Resolution 2024-075**, 2023/24 Midyear Budget for the Special Projects Fund 212S.

REPORTS

1. **PRESIDENT'S REPORT - (President Goold)**

No Report

2. **FIRE CHIEF'S REPORT — (Chief House)**

No Report

OPERATIONS REPORT – (Deputy Chief Mitchell)

1. **Shift Commander Spotlight**

- Presented by Assistant Chief Michael Johnson, Rescue 21 was recognized for their efforts in assisting Mercy San Juan Hospital ER staff. R21 provided technical expertise in a unique situation where they showcased their capabilities assisting the ER staff with the removal of a stuck object on a patient. R21 exemplified the District's core values and due to their knowledge, compassion and determination, the patient had a positive outcome.

ADMINISTRATIVE REPORT – (Deputy Chief Bailey)

No Report

SUPPORT SERVICES REPORT – (Deputy Chief Wagaman)

No Report

3. **SMFD – FIREFIGHTERS LOCAL 522 REPORT (Pete Votava for Vice President Sean Scollard)**

The Health and Wellness program is moving forward. Cancer screenings will take place in the near future.

4. **COMMITTEE AND DELEGATE REPORTS**

All Committee Meetings will be held at the Sacramento Metropolitan Fire District Board Room, 10545 Armstrong Avenue, Mather, California unless otherwise specified.

A. **Executive Committee – (President Goold)**

No Report

B. **Communications Center JPA – (AC Greene)**

No Report

C. **Finance and Audit Committee – (Director Jones)**

No Report

D. Policy Committee – (Director Costa)
No Report

BOARD MEMBER QUESTIONS AND COMMENTS

Director Webber recognized his fellow Board members for carrying the baggage and weight.

Director Rice said the Firefighter Stair climb for the Leukemia & Lymphoma Society was a success, 35 of our members attended. Metro Fire was well represented.

Director Clark thanked Captain Daniel Hoy for the invitation to the to the hazardous materials training.

Director Wood expressed thanks to everyone who contributed to the Celebration of Life for Firefighter Anthony Benelisha.

President Gould echoed the sentiments of his fellow Board members.

CLOSED SESSION:

The Board recessed to Closed Session at 7:03 PM on the following matters:

1. PURSUANT TO CALIFORNIA GOVERNMENT CODE SECTION § 54956.9 (a) – ONE (1) MATTER OF WORKERS COMPENSATION SETTLEMENT AUTHORITY:

1. Mark Schreck and the Sacramento Metropolitan Fire District
Claim # 4A22095R9FW0001, – Workers Compensation Settlement Authority – Colin Connor of Lenahan, Slater, Pearse & Majernik, LLP

Moved by Director Wood, seconded by Sheetz, and carried unanimously by members present to give authority to its third-party administrator to conclude a settlement of the matter.

2. PURSUANT TO CALIFORNIA GOVERNMENT CODE SECTION 54956.9 (A) – TWO (2) MATTER OF WORKERS COMPENSATION COMPROMISE AND RELEASE:

1. Randolph Gross and the Sacramento Metropolitan Fire District
Claim # 4A2210LVR570001 – Workers Compensation Settlement Authority – Colin Connor of Lenahan, Slater, Pearse & Majernik, LLP

Moved by Director Clark, seconded by Wood, and carried unanimously by members present to give authority to its third-party administrator to conclude a settlement of the matter.

2. James Pritchard and the Sacramento Metropolitan Fire District
Claim # 4A2209FZ12D0001 – Workers' Compensation Settlement Authority – Ty Bailey, Deputy Chief of Administration

Moved by Director Webber, seconded by Clark, and carried unanimously by members present to give authority to its third-party administrator to conclude a settlement of the matter.

3. CONFERENCE WITH LEGAL COUNSEL – ANTICIPATED LITIGATION – Significant Exposure to litigation pursuant to California Government Code Section 54956.9 (b): Three cases:

1. Claim Against Public Entity Pursuant to Government Code Section 910
William L. Lyon & Assoc. v. Sacramento Metropolitan Fire District General Counsel John Lavra

Moved by Director Wood, seconded by Webber, and carried unanimously by members present to deny the 910 Claim as untimely.

2. Claim Against Public Entity Pursuant to Government Code Section 910
Aiad L. Samuel v. Sacramento Metropolitan Fire District Deputy Chief Bailey & Board Clerk Marni Rittburg

Moved by Director Sheetz, seconded by Wood, and carried unanimously by members present to deny the 910 Claim.

3. Claim Against Public Entity Pursuant to Government Code Section 910
Antwanette Wiley v. Sacramento Metropolitan Fire District Board Clerk Marni Rittburg

Moved by Director Webber, seconded by Sheetz, and carried unanimously by members present to deny the 910 Claim.

CLOSED SESSION REPORT OUT:

The Board reconvened to open session at 7:59 p.m. General Counsel Lavra reported the Board met in closed session on three Workers' Compensation items, 1. Schreck, voted to approve settlement. 2. Gross, voted to give authority to effectuate settlement. 3. Pritchard, voted to give authority to effectuate settlement. The Board also met in closed session on three 910 Claims: 1. William L. Lyon & Assoc., voted to give authority to the Board Clerk to return the claim as untimely. 2. Aiad L. Samuel, voted to deny the claim. 3. Antwanette Wiley, voted to deny the claim.

To view the video of the meeting, please visit the Metro Fire Website or our YouTube channel:

<https://metrofire.ca.gov/2024-03-14-board-meeting>

https://www.youtube.com/channel/UC9t-uKlc_oOUGNrmogdQ_QA

ADJOURNMENT

The meeting was adjourned at 8:03 p.m.

Grant Goold, President

Jennifer Sheetz, Secretary

Marni Rittburg, CMC, Board Clerk

3.14.2024 Board Meeting Action Summary Minutes

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Study Team



Jeremy Crawford
Sacramento Area Firefighters
Local 522, Member Services and
Cancer Committee



Shehnaz Hussain, Ph.D., Sc.M.
Professor, Public Health Sciences
Associate Director, UC Davis
Comprehensive Cancer Center



Derek Urwin, Ph.D.
Assistant Adjunct Professor
Dept. of Chemistry &
Biochemistry, UCLA
Engineer, LACoFD



Sheri Belafsky, M.D., M.S.
Director, Medical Surveillance
Program
Center for Occupational &
Environmental Health, UC Davis
Health



Tony Nguyen
Lead Research Coordinator,
Public Health Sciences,
UC Davis

Outline

- Rationale and consent overview
- Activities to complete today
 - Consent
 - Station 1: Vitals & phlebotomy
 - Station 2: InBody (body composition analysis)
 - Station 3: Fitbit set-up
- Activities to complete at home
 - Questionnaires (RedCap and VioScreen)
 - Fitbit: Wear, charge, and upload data
- You will receive
 - Gift card (\$50 at baseline, \$50 at 12 months)
 - Individualized health reports

Magnitude of the Problem

IARC MONOGRAPHS VOL. 132: OCCUPATIONAL EXPOSURE AS A FIREFIGHTER

Occupational exposure as a firefighter is **carcinogenic to humans (Group 1)** on the basis of **sufficient evidence for cancer in humans**



The IARC Monographs classification indicates the level of certainty that an agent can cause cancer (*hazard identification*)

Higher level of certainty Lower level of certainty



Cancer types with *sufficient evidence* for cancer in humans:



Mesothelioma Bladder cancer

Cancer types with *limited evidence* for cancer in humans:



Colon cancer Prostate cancer Testicular cancer Melanoma of the skin Non-Hodgkin lymphoma

Strong mechanistic evidence in exposed firefighters



Exposures of firefighters include combustion products, diesel exhaust, building materials, asbestos, chemicals, shift work, ultraviolet radiation



Firefighters respond to various types of fire



Structure



Wildland



Vehicle

Occupational Exposures



- PFAS
- UV Radiation
- Asbestos
- PM 2.5
- Metals
- Flame Retardants
- Sleep Disturbance
- Stress
- The list goes on...

The job comes first.
Fight fire aggressively.
Then prevent cancer aggressively.

Mechanisms of Carcinogenesis

IARC MONOGRAPHS VOL. 132: OCCUPATIONAL EXPOSURE AS A FIREFIGHTER

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Mesothelioma Bladder cancer Testicular cancer

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Colon cancer Prostate cancer Melanoma of the skin Non-Hodgkin lymphoma

Strong mechanistic evidence in exposed firefighters



Exposures of firefighters include combustion products, diesel exhaust, building materials, asbestos, chemicals, shift work, ultraviolet radiation



Firefighters respond to various types of fire



Structure



Wildland



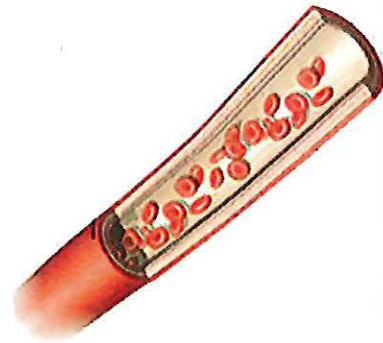
Vehicle

Biomarkers

Cholesterol is used as a biomarker to gauge risk for heart disease



**POOR
DIET**



BEFORE

AFTER

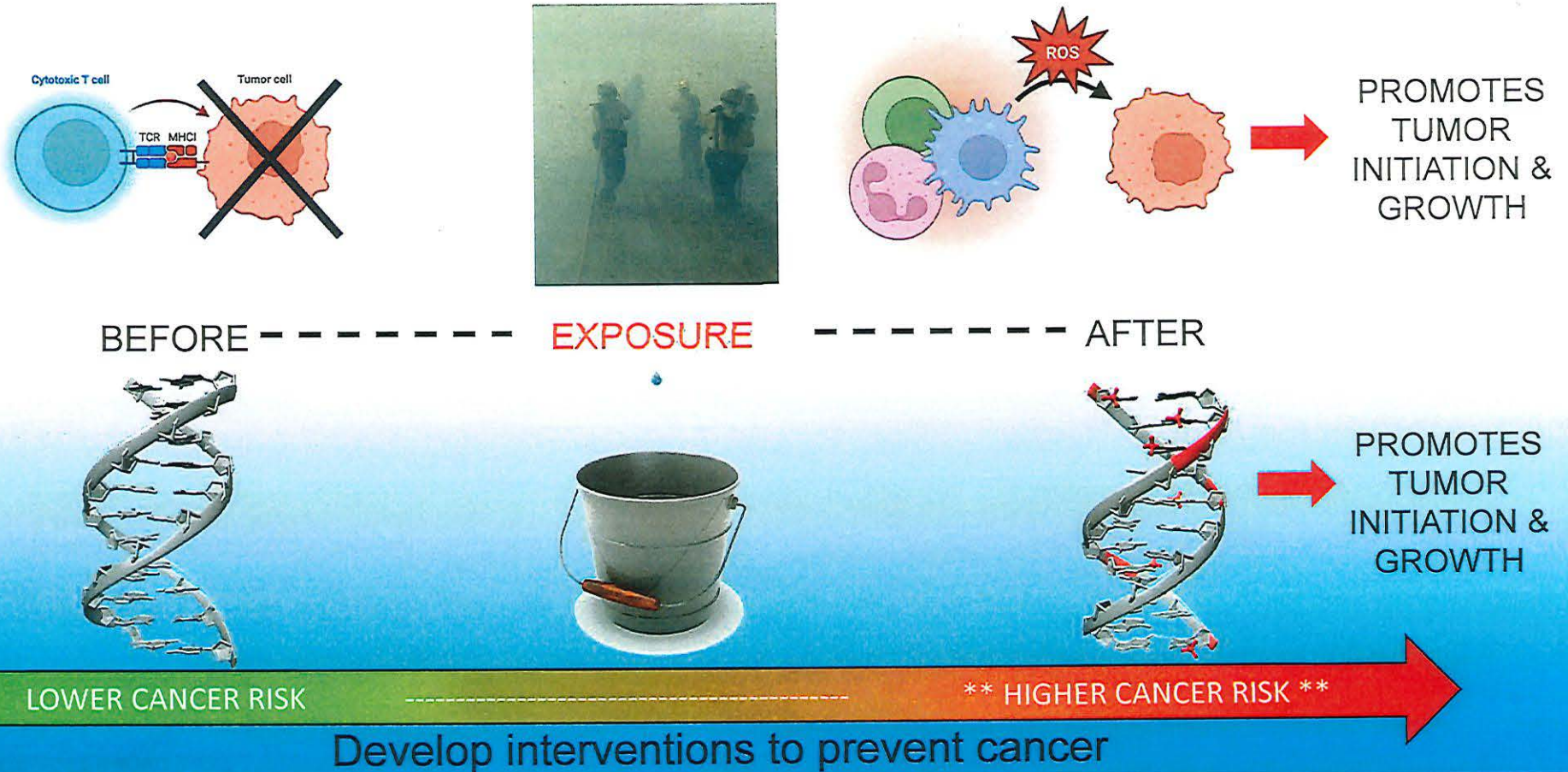
LOWER RISK FOR HEART ATTACK

** HIGHER RISK FOR HEART ATTACK **

Make interventions before individual has a heart attack

Biomarkers

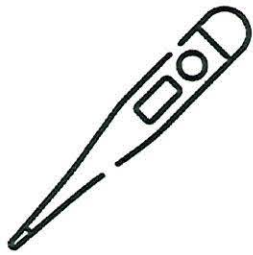
Research needed to validate biomarkers to gauge firefighters' cancer risk



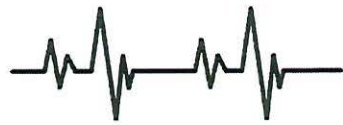
Proposed Research



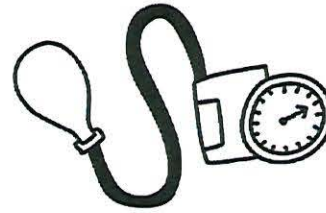
Station 1: Vitals



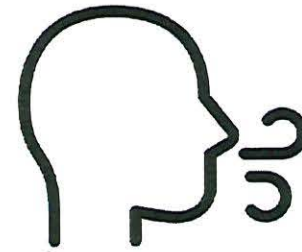
Temperature



Heart rate



Blood pressure



Respiratory rate

Station 1: Phlebotomy (<3.5 Tablespoons total)

Two 10 mL EDTA Lavender Top Vacutainer



Plasma: bank for future biomarkers

Buffy coat: Epigenetics

Two 10 mL SST Red Top Vacutainer



Serum: Immune biomarkers

One 3 mL Lithium Heparin Light Green Top Vacutainer



Plasma: Comprehensive Metabolic Panel & Lipid Panel

One 3 mL EDTA Lavender Top Vacutainer



Plasma: Hemoglobin A1c

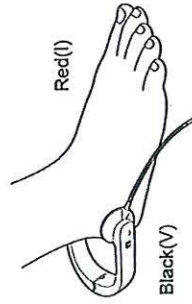
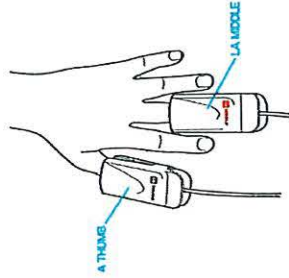
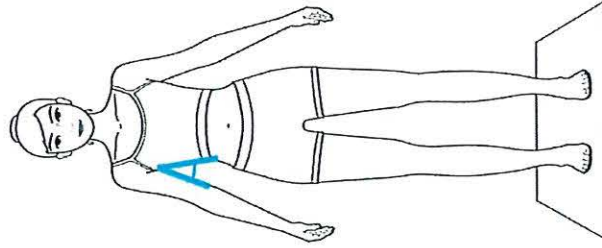
One 2.5 mL PAXgene Whole blood RNA Tube



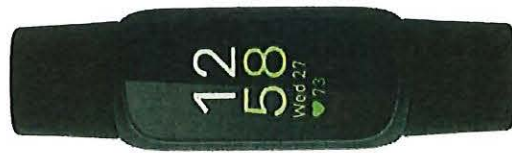
RNA: transcripts - miRNA, mRNA











Station 2: Body composition analysis

Participants with a pacemaker are ineligible for InBody

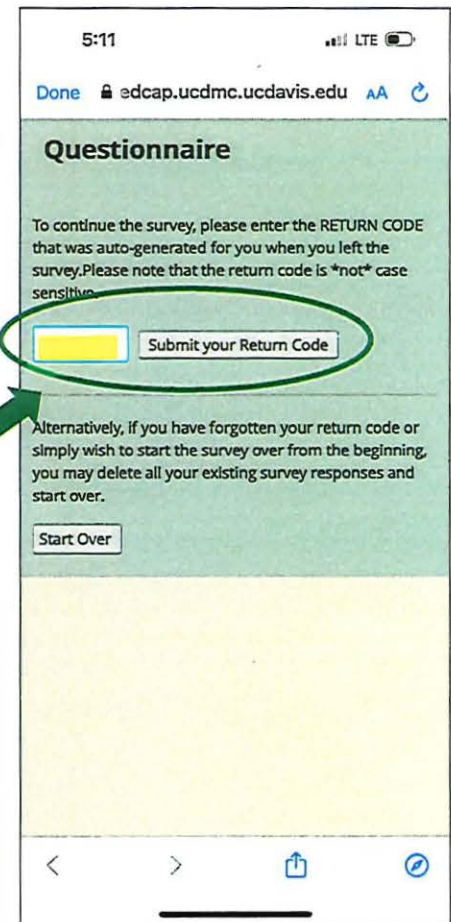
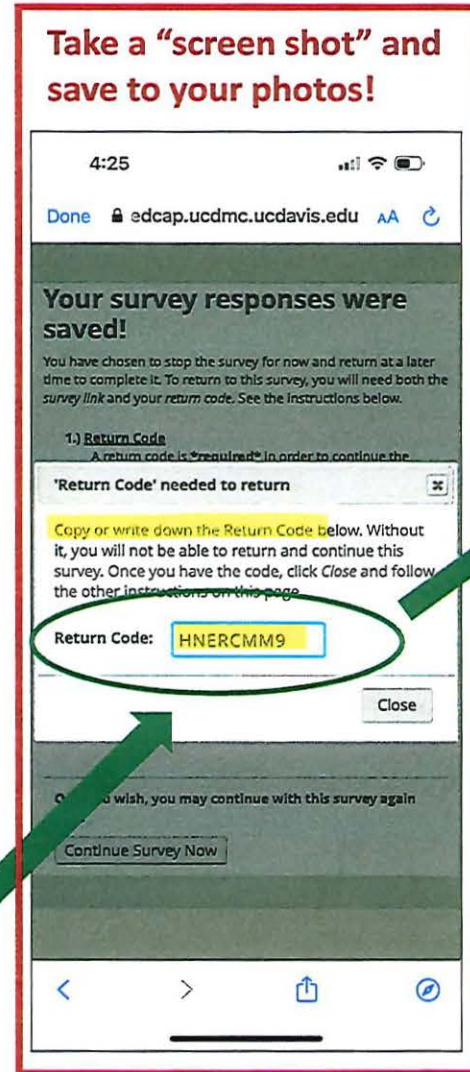
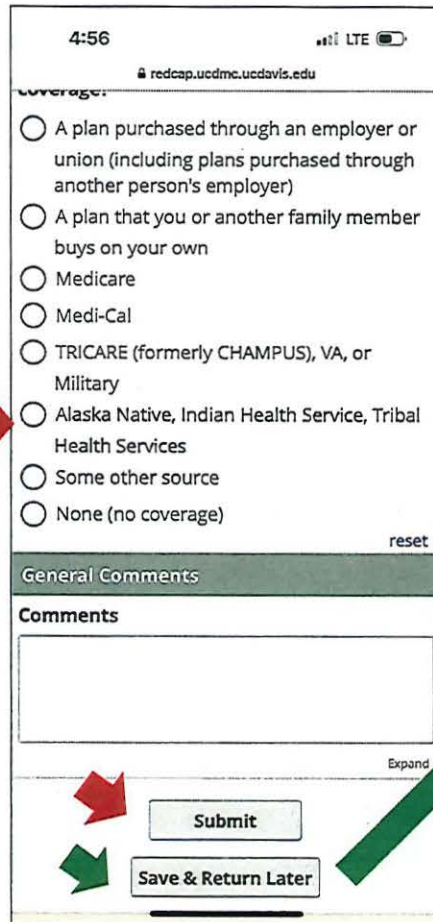
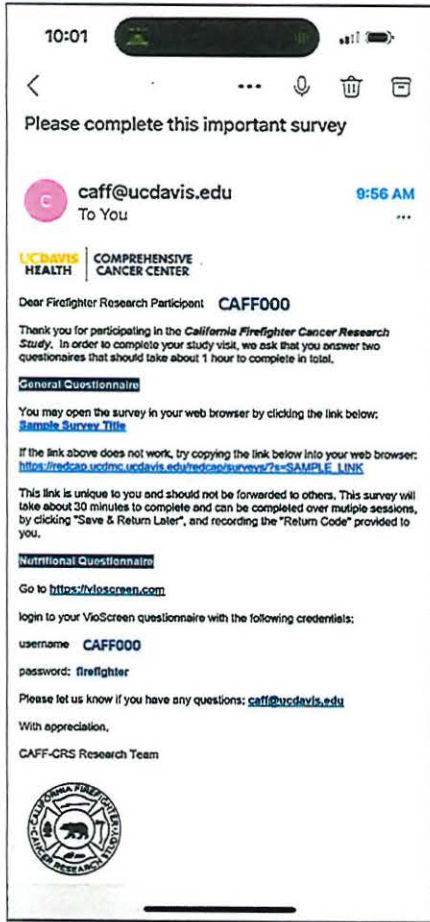


Station 3: Fitbit Setup



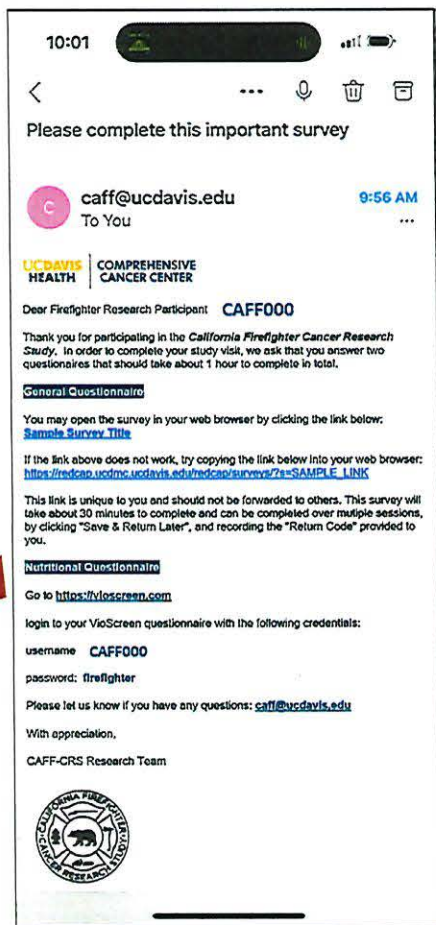
-  Steps, distance & calories 
Displays stats on wrist and in the Fitbit app.
-  24/7 heart rate 
The heart of it all—heart rate powers important data like calorie burn, sleep stages, resting heart rate & more.
-  Sleep tracking & sleep stages 
Automatically tracks how long you sleep each night and time spent in light, deep and REM sleep stages.
-  SpO2 (blood oxygen) tracking 
Tracking SpO2 tells you how well blood oxygen distributed in your body, which can help you understand potential changes in your wellness.
-  Swimproof 
Water resistant to 50m for the pool, shower & more.

REDCap Survey



VioScreen survey

- Over 1200 food images for better recognition
- Reduced response burden with advanced branching logic
- Takes 20-30 mins to complete, on a tablet or computer



1. Go to <https://vioscreen.com>.
Enter your username and password to log in.

My Username: Study ID **Password:**

Example: CAFF000 firefighter

1. Go to <https://vioscreen.com>.
Enter your username and password to log in.

Empower Firefighters for Personalized Prevention

Report Back Results → Behavior Modification

PERSONAL HEALTH AND NUTRITION SUMMARY

HEALTH SCORE: **50** (Poor)

HEI SCORE

- > 85 Good
- 70-85 Fair
- 50-70 Poor
- < 50 Very Poor

EATING PATTERNS

FRUIT	PROTEIN	CARBOHYDRATE	FAT	SATURATED FAT
0.8 cups	10 g of protein	52 g of carbs	38 g of fat	15 g of saturated
VEGETABLES	ADDED SUGAR	FIBER	TOTAL FOLATE	IRON
1.6 cups	30 g of carbs	21 g	471 mcg	19 mg
GRAIN	CALCIUM	VITAMIN A (RAE)	VITAMIN C	VITAMIN D
0.7 cups	1812 mg	1814 mcg	77 mg	595 mcg

Participant ID: _____ Date: _____

HEALTH SCREENING RESULTS

Physical Exam Results:

Your blood pressure was: _____ which is:

- Normal (<120/80 mm Hg)
- Elevated (120-129/80 mm Hg)
- Stage 1 Hypertension (130-139 or 80-89 mm Hg)
- Stage 2 Hypertension (>140 or >90 mmHg)

This raises your risk of stroke, heart disease, and other conditions. We recommend that you discuss your blood pressure with your doctor. You can reduce your blood pressure by reducing salt intake, controlling your weight and getting regular exercise. In addition, your doctor may recommend medications.

Laboratory Results:

- You have no significant abnormalities.
- Your lipid panel revealed the following abnormality which we recommend you discuss with your regular physician:
 - Elevated cholesterol level: _____
 - Elevated triglyceride level: _____
 - A decreased HDL level: _____
- Your chemistry panel revealed the following abnormality:
 - Elevated blood sugar: _____ A1C: _____
 - There was some irritation of the liver on the day of testing
 - Elevated AST: _____
 - Elevated ALT: _____
 - Elevated ALP: _____
 - There was some abnormality of the kidneys on the day of testing
 - Elevated creatinine: _____
 - Other: _____

Summary of Cardiac Risk Factors:

<input type="checkbox"/> Gender: M / F	<input type="checkbox"/> Blood Pressure	<input type="checkbox"/> Cholesterol	<input type="checkbox"/> Significant Heart Disease
<input type="checkbox"/> Age: _____	<input type="checkbox"/> Diabetes	<input type="checkbox"/> Smoking	<input type="checkbox"/> BMI: _____

Your Framingham 10-year risk of cardiac event is: _____

The average 10-year risk of cardiac event in your age group is: _____

Further evaluation is needed to determine cardiac risk

Thank you. If you have any questions, please contact our office at (530) 752-0645.

Sincerely,
Sheri Belafsky, M.D., M.S.
 SHERI BELAFSKY, MD, MS, FACOEM
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InBody [iBodyS10]

SEE WHAT YOU'RE MADE OF

ID: John Doe | Height: 168 cm | Age: 43 | Gender: Male | Test Date / Time: 04.13.2021 09:44

Body Composition Analysis

Muscular Water	25.1
Essential Water	18.8
Dry Lean Mass	15.1
Body Fat Mass	30.7

Muscle-Fat Analysis

Weight	45.8
SMA	30.8
Body Fat Mass	30.7

Chemistry Analysis

BMI	16.1
FFM	31.8
FFM	34.2

Segmental Lean Analysis

Right Arm	0.394
Left Arm	0.399
Trunk	0.427
Right Leg	0.434
Left Leg	0.439

ECW/TBW Analysis

ECW/TBW	0.427
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Body Composition History

Weight	90.0	91.4	91.5	88.0	90.4	91.1	89.0	90.7
SMA	33.0	32.6	32.5	32.0	31.7	31.3	31.0	30.8
FFM	20.6	20.1	20.8	21.0	20.5	21.0	20.7	20.2
ECW/TBW	0.400	0.409	0.411	0.414	0.419	0.423	0.424	0.427

Visual Fat Area

Body Fat Area: 141.9

Segmental Fat Analysis

Right Arm	0.246
Left Arm	0.236
Trunk	0.262
Right Leg	0.276
Left Leg	0.276

Basal Metabolic Rate

Basal Metabolic Rate: 1644 kcal

Physical Interpretation QR Code

Scan QR Code to see results represented in more detail.

Time spent in each stage

Awake - 11% - 1h 9m

REM - 14% - 1h 32m

Light - 38% - 4h 20m

Deep - 8% - 1h 22m

Consider before you consent...

Do I have to be in this study?

No. Being in research is completely voluntary. You can change your mind at anytime.

Is there any way being in the study could be bad for me?

**Chance of a breach of confidentiality.
Discomfort with blood draw**

Will participation help me in anyway?

Contribution to understand risks for cancer among firefighters.

Will I be paid or receive anything?

\$100 in gift cards

Reports of health & behavioral data

Consent: two options

1. Scan this QR code with your personal smart phone
- OR**
2. Use one of the ipads provided



#1: answer screening questions

1. Are you currently employed as a fulltime firefighter with a fire department in California?
* must provide value

Yes
 No

2. Have you ever been told by a doctor or other health professional that you have or had cancer of any kind?
* must provide value

Yes
 No

3. Do you have hemophilia or any other bleeding disorder that would prevent you from providing a blood sample for this research study?
* must provide value

Yes
 No

redcap.ucdmc.ucdavis.edu

12:50

Study Participant

Consent to participate:
* must provide value

I consent to participate in this study.
 I do not wish to participate in this study. reset

First name
* must provide value

Last name
* must provide value

Signature of study participant
* must provide value

[Add signature](#)

Date of consent
* must provide value

11-29-2023 12:50 M-D-Y.H.M

E-mail:
* must provide value

Next Page >>

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#2: check "I consent"

#3: enter first and last name

#4: sign

#5: enter personal email

12:46

CAFF Consent Form

caff@ucdavis.edu 12:46 PM
To You

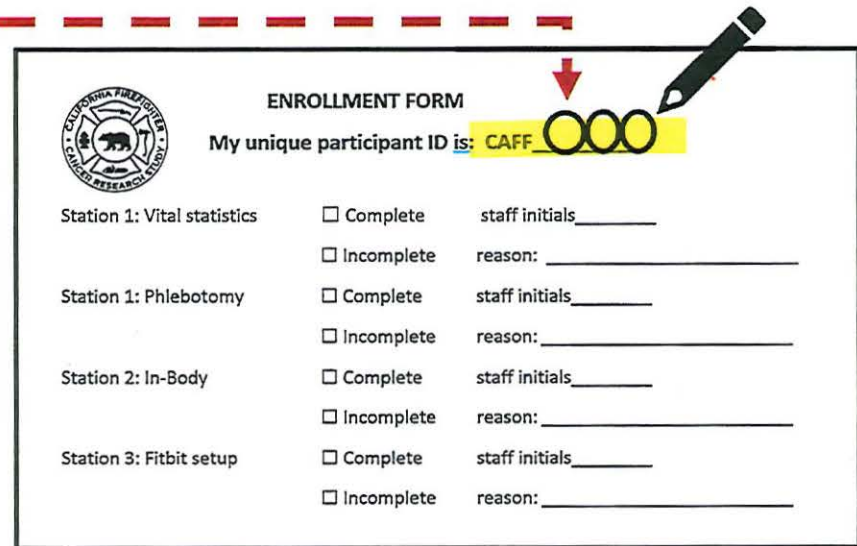
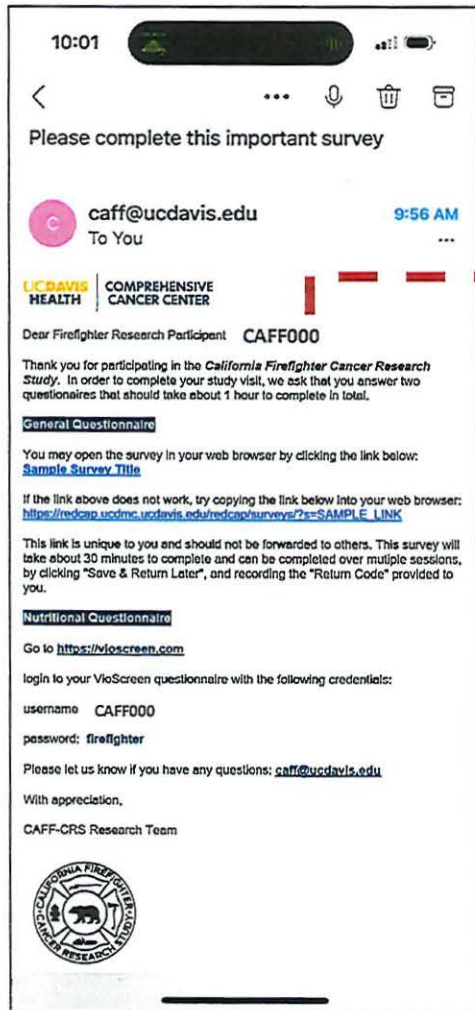
ConsentForm_RecordID_9_2023-11-29_1...
PDF - 83 KB

Thank you for completing the consent form for the California Firefighter Research Study, attached is a copy of your responses.

Reply

Mail Calendar Feed Apps

Study ID



ENROLLMENT FORM

My unique participant ID is: CAFF 000

Station 1: Vital statistics	<input type="checkbox"/> Complete	staff initials _____
	<input type="checkbox"/> Incomplete	reason: _____
Station 1: Phlebotomy	<input type="checkbox"/> Complete	staff initials _____
	<input type="checkbox"/> Incomplete	reason: _____
Station 2: In-Body	<input type="checkbox"/> Complete	staff initials _____
	<input type="checkbox"/> Incomplete	reason: _____
Station 3: Fitbit setup	<input type="checkbox"/> Complete	staff initials _____
	<input type="checkbox"/> Incomplete	reason: _____