

Physical Fitness and Wellness Programs



Zero Officers Killed or Injured



Physical Fitness and Wellness

- Cooper Institute Study
 - Randomly sampled 1700 officers
 - Results:
 - Officers “average” fitness levels were below the general population in:
 - Aerobic Fitness, Body Fat, Abdominal Strength
 - Officers were considered average in:
 - Upper Body Strength, Lower Back Flexibility



Physical Fitness and Wellness

- **Relative Risk:** statistical measure to evaluate the likelihood of dying or developing a particular disease with an identified “risk factor.”
- **Example: Coronary heart disease**
 - Average risk is **1.0**
 - Inactive/unfit law enforcement is **2.2**
 - Add a second risk factor and it raises to **6.6**
 - Smoking, High blood pressure, high cholesterol, obesity.

This means an inactive law enforcement officer who has an additional risk factor is 6.6 times more likely to develop coronary heart disease



Physical Fitness and Wellness

- **Fitness as it Relates to Job Performance**
 - **Core Critical Tasks:** running, climbing, jumping, lifting/carrying, dragging, pushing and use of force
 - In 75% of police apprehensions, the amount of force given by the suspect was described as moderate or strong
 - Average time to subdue a subject 30 seconds-2 minutes
 - For physical tasks lasting over 2 minutes, a person uses 90% of their maximum capacity.



Physical Fitness and Wellness

- FBI Assault Study: examined 40 cases of serious assaults through offender/officer interviews
 - 47 of the 52 officers were self-described as being in excellent health
 - 73% were involved in a physical fitness program
 - Repeatedly officers credited their fitness level with aiding them in their survival



Physical Fitness and Wellness

- FBI Felonious Death Studies: (1992-2006)
 - **Perceptions:** Officers need to be aware of the image they portray
 - Offenders often “sized up” the officer
 - Deciding factor was whether or not they could “take them.”



Physical Fitness and Wellness

- Individual Benefits:
 - Physical Health
 - Mortality rate for unfit men is 64 per 10,000 persons as compared to 18.6 per 10,000 for those that are most fit
 - Emotional Health
 - Reduces Stress
 - Intellectual Health
 - Studies have shown fitness increases mental alertness, increased problem solving ability, and increased learning potential



Physical Fitness and Wellness

- **Agency Benefits:**
 - **Reduces Liability**
 - Parker vs. the District of Columbia
 - **Reduces Costs**
 - 20% of the average law enforcement agency's workforce is responsible for 80% of the costs
 - Average Cost of an in-service heart attack is between \$400,000 and \$700,000
 - The cost of early retirement due to disability is 165% of the officer's salary



Physical Fitness and Wellness

- **Agency Benefits (continued):**
 - **Increased Productivity**
 - Increased ability to perform job functions
 - Higher performance ratings
 - More fit and active officers had 40-70% less absenteeism

For every \$1 invested in a fitness and wellness program, the return ranges from \$2 to \$5



Physical Fitness and Wellness

- **North Carolina Pilot Study**
 - Results
 - Overall improvement in health and fitness
 - Significant improvements in cardiovascular endurance and strength
 - Participants were able to stop taking medications for diabetes and hypertension due to weight loss
 - 25% increase in productivity through reduced absenteeism, turnover rate, accidents, and worker's compensation claims



Physical Fitness and Wellness

- Total Fitness Program
 - Incorporates good lifestyle habits
 - Regular exercise
 - Good nutrition
 - Weight management
 - Stress management
 - Substance abuse prevention

The IACP commends the development of fitness programs utilizing activities generally performed by police officers and encourages the adoption of career-long fitness and wellness standards by law enforcement agencies.