



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

Grant Goold  
Board President  
Division 2

Ted Wood  
Board Vice President  
Division 4

Jennifer Sheetz  
Board Secretary  
Division 5

Cinthia Saylors  
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

## 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>

*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](mailto: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<br><i>(Training Captain Jeremy Crawford)</i><br>Recommendation: Receive presentation. | 10 |
|---|----|



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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.

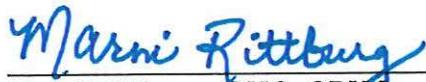
### ADJOURNMENT

### 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 Saylors. 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 Medical 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 hazardous materials training.

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

President Goold 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](https://www.youtube.com/channel/UC9t-uKlc_oOUGNrmogdQ_QA)

**ADJOURNMENT**

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

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Grant Goold, President

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Jennifer Sheetz, Secretary



# 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

GROUP  
1

GROUP  
2A

GROUP  
2B

GROUP  
3

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:



Mesotheiloma 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



Genotoxicity



Epigenetic  
alterations



Oxidative  
stress



Chronic  
inflammation



Modulation of  
receptor-mediated  
effects



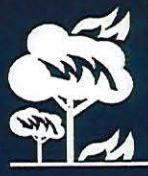
Exposures of firefighters include combustion products, diesel exhaust, building materials, asbestos, chemicals, shift work, ultraviolet radiation



### 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

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

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



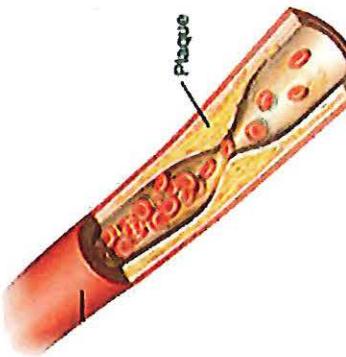
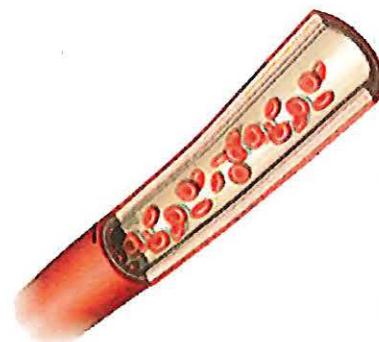
Exposures of firefighters include combustion products, diesel exhaust, building materials, asbestos, chemicals, shift work, ultraviolet radiation

Firefighters respond to various types of fire



## Biomarkers

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



BEFORE ----- POOR DIET ----- AFTER

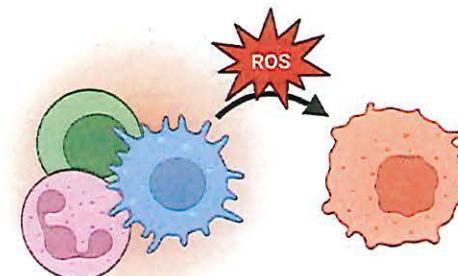
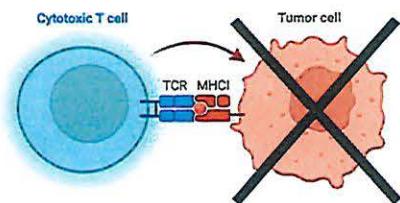
LOWER RISK FOR HEART ATTACK

\*\* HIGHER RISK FOR HEART ATTACK \*\*

Make interventions before individual has a heart attack

# Biomarkers

Research needed to validate biomarkers to gauge firefighters' cancer risk



PROMOTES  
TUMOR  
INITIATION &  
GROWTH

BEFORE



EXPOSURE



AFTER



PROMOTES  
TUMOR  
INITIATION &  
GROWTH

LOWER CANCER RISK

\*\* HIGHER CANCER RISK \*\*

Develop interventions to prevent cancer

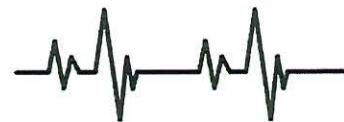
# Proposed Research



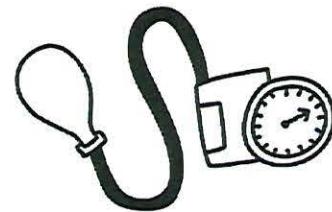
# Station 1: Vitals



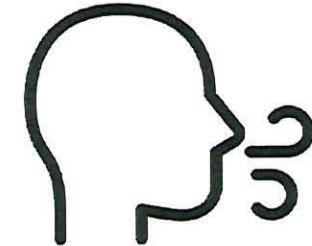
Temperature



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

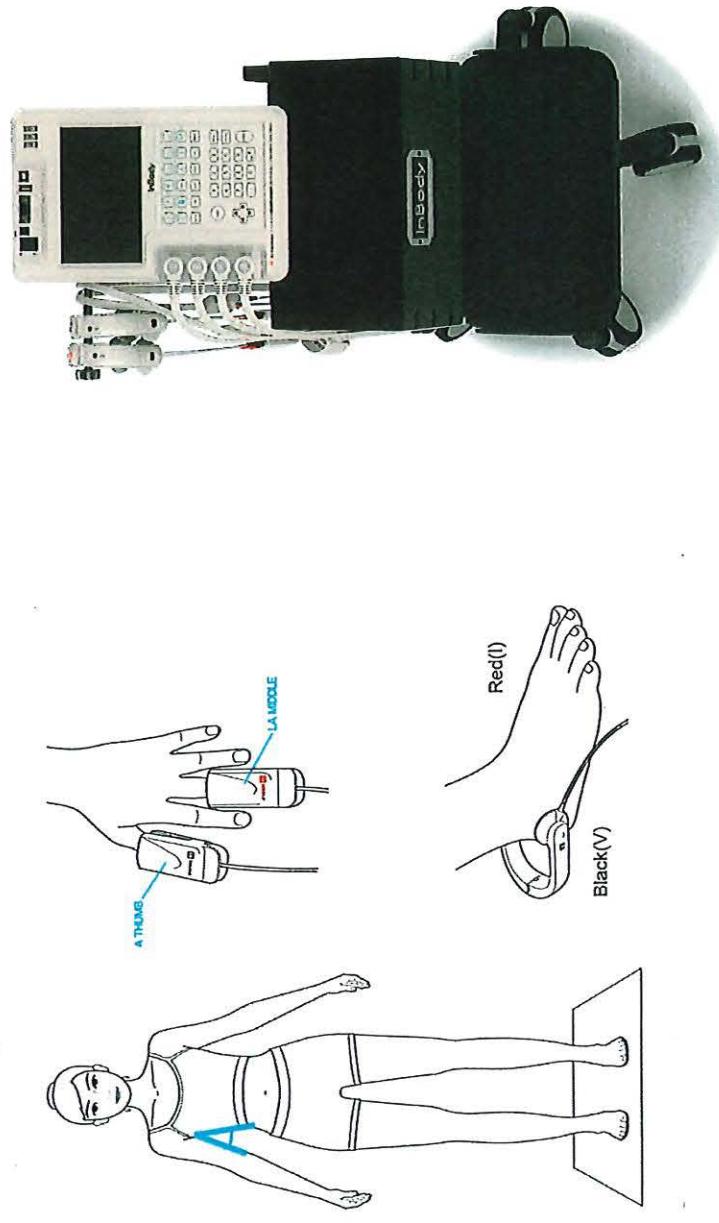
One 2.5 mL PAXgene Whole blood RNA Tube



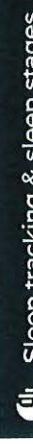
RNA: transcripts - miRNA, mRNA

## 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

10:01

Please complete this important survey

caff@ucdavis.edu To You 9:56 AM

UCDAVIS HEALTH COMPREHENSIVE CANCER CENTER

Dear Firefighter Research Participant CAFF000

Thank you for participating in the California Firefighter Cancer Research Study. In order to complete your study visit, we ask that you answer two questionnaires that should take about 1 hour to complete in total.

**General Questionnaire**

You may open the survey in your web browser by clicking the link below:  
[Sample Survey Title](#)

If the link above does not work, try copying the link below into your web browser:  
[https://redcap.ucdmc.ucdavis.edu/redcap/surveys/?s=SAMPLE\\_LINK](https://redcap.ucdmc.ucdavis.edu/redcap/surveys/?s=SAMPLE_LINK)

This link is unique to you and should not be forwarded to others. This survey will take about 30 minutes to complete and can be completed over multiple sessions, by clicking "Save & Return Later", and recording the "Return Code" provided to you.

**Nutritional Questionnaire**

Go to [Vioscreen.com](#)

Login to your Vioscreen questionnaire with the following credentials:

username CAFF000  
password: firefighter

Please let us know if you have any questions: [caff@ucdavis.edu](mailto:caff@ucdavis.edu)

With appreciation,

CAFF-CRS Research Team



4:56

coverage: redcap.ucdmc.ucdavis.edu

A plan purchased through an employer or union (including plans purchased through another person's employer)

A plan that you or another family member buys on your own

Medicare

Medi-Cal

TRICARE (formerly CHAMPUS), VA, or Military

Alaska Native, Indian Health Service, Tribal Health Services

Some other source

None (no coverage)

reset

General Comments

Comments

Expand

Submit

Save & Return Later

Take a "screen shot" and save to your photos!

4:25

Done edcap.ucdmc.ucdavis.edu AA

Your survey responses were saved!

You have chosen to stop the survey for now and return at a later time to complete it. To return to this survey, you will need both the survey link and your return code. See the instructions below.

1) Return Code  
A return code is \*required\* in order to continue the survey.

'Return Code' needed to return

Copy or write down the Return Code below. Without it, you will not be able to return and continue this survey. Once you have the code, click Close and follow the other instructions on this page.

Return Code: HNERCMM9

Close

Or, if you wish, you may continue with this survey again

Continue Survey Now

5:11

Done edcap.ucdmc.ucdavis.edu AA

Questionnaire

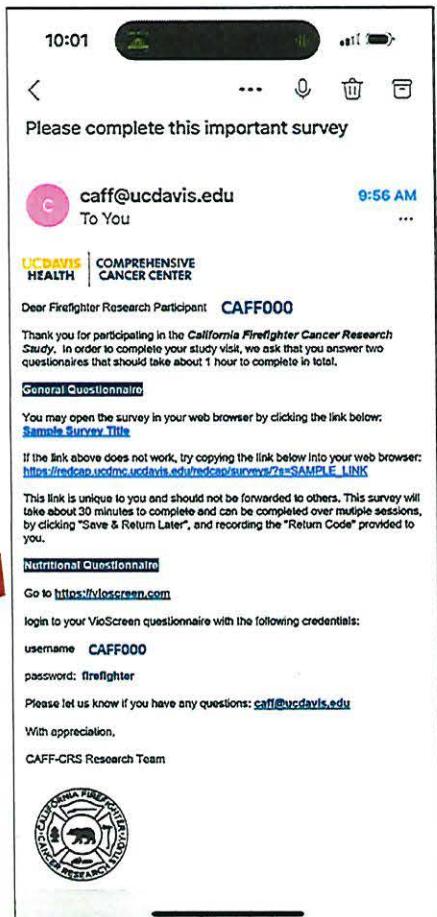
To continue the survey, please enter the RETURN CODE that was auto-generated for you when you left the survey. Please note that the return code is \*not\* case sensitive.

Submit your Return Code

Alternatively, if you have forgotten your return code or simply wish to start the survey over from the beginning, you may delete all your existing survey responses and start over.

Start Over

## 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

My Username: Study ID      Password:  
Example: CAFF000      firefighter

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

https://vioscreen.com

Log In

Welcome to VioScreen

VioScreen is a unique dietary questionnaire that efficiently gathers 90 days of dietary data in just 20 minutes. VioScreen's proprietary analytics engine processes this data and presents results in an easy to read report. VioScreen is used by leading healthcare professionals to identify dietary "habits" and engage in counseling for lifestyle changes.

VIOSCREEN

VIOCARE Technologies for healthier living

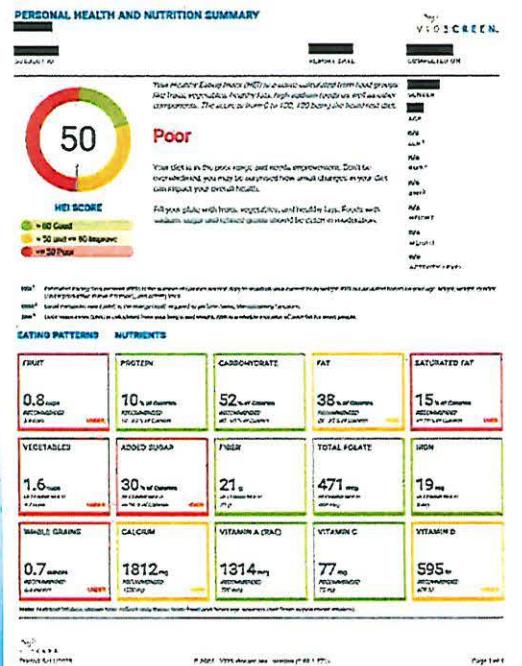
Forget your password? Click [here](#).

If you are a new user click [here](#) to register.

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# Empower Firefighters for Personalized Prevention

Report Back Results → Behavior Modification



**Participant ID:** \_\_\_\_\_ Date: \_\_\_\_\_

**HEALTH SCREENING RESULTS**

**Physical Exam Results:**

Your blood pressure was: \_\_\_\_\_, which is: \_\_\_\_\_

|   |   |  |  |
|---|---|--|--|
| <input type="checkbox"/> Normal ( $<120/80 \text{ mm Hg}$ ) | <input type="checkbox"/> Elevated ( $120-129/\geq 80 \text{ mm Hg}$ ) | <input type="checkbox"/> Stage 1 Hypertension ( $130-139/\geq 80-89 \text{ mm Hg}$ ) | <input type="checkbox"/> Stage 2 Hypertension ( $\geq 140/\geq 90 \text{ mm Hg}$ ) |
|---|---|--|--|

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:

|  |   |   |
|--|---|---|
| <input type="checkbox"/> Elevated cholesterol level: _____ | <input type="checkbox"/> Elevated triglyceride level: _____ | <input type="checkbox"/> A decreased HDL level: _____ |
|--|---|---|

Your chemistry panel revealed the following abnormality:

|   |
|---|
| <input type="checkbox"/> Elevated blood sugar: _____ A1C: _____ |
|---|

There was some irritation of the liver on the day of testing

|  |  |  |
|--|--|--|
| <input type="checkbox"/> Elevated AST: _____ | <input type="checkbox"/> Elevated ALT: _____ | <input type="checkbox"/> Elevated ALP: _____ |
|--|--|--|

There was some abnormality of the kidneys on the day of testing

|   |
|---|
| <input type="checkbox"/> 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: \_\_\_\_\_

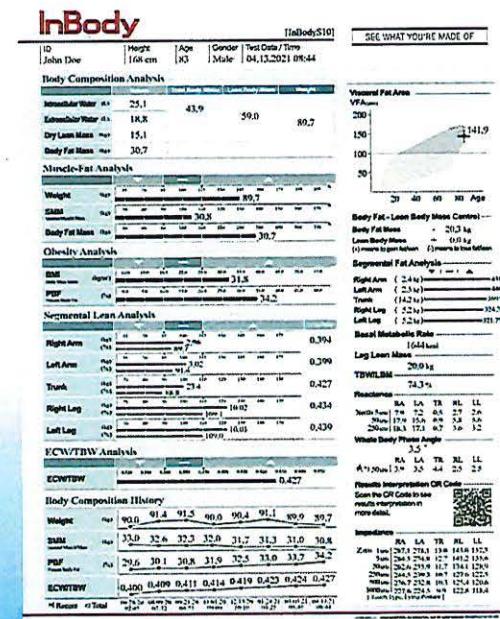
Further evaluation is needed to determine cardiac risk

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

Sincerely,

*[Signature]*, M.D., FACP

SHERI BELAFSKY, MD, MS, FAADM  
Director, Medical Surveillance Program, UC Davis



## 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

reset

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

reset

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

AA redcap.ucdmc.ucdavis.edu

< >   

12:50 Camera

**Study Participant**

Consent to participate:  
\* must provide value

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

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

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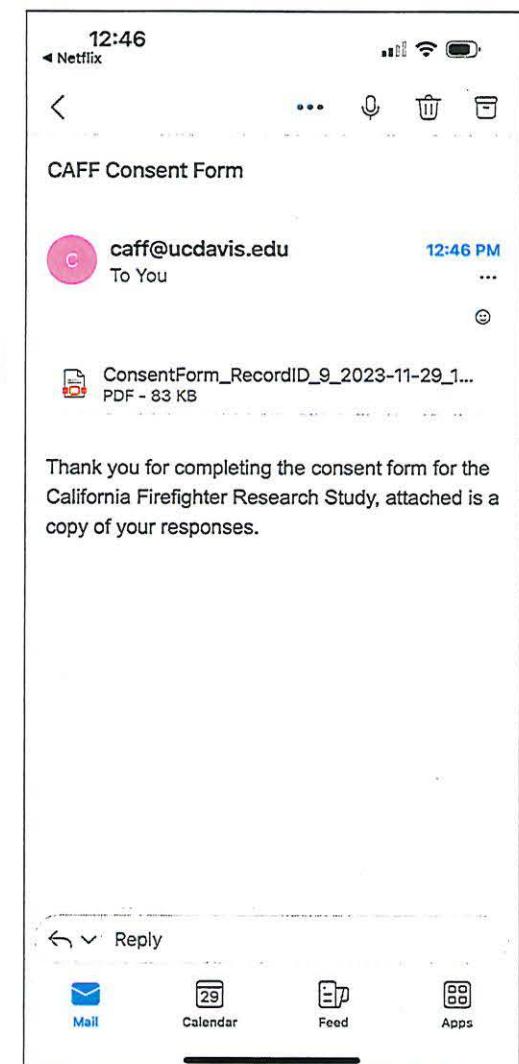
redcap.ucdmc.ucdavis.edu

**#2: check "I consent"**

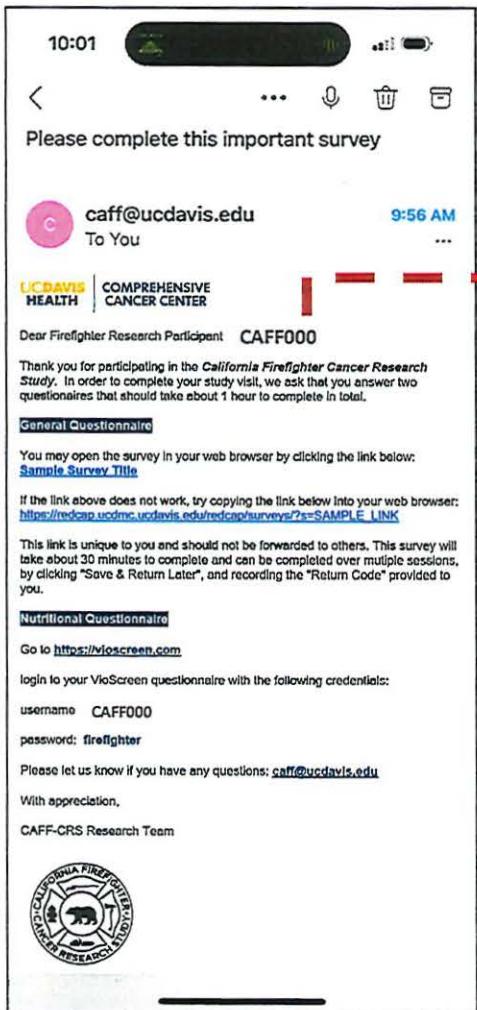
**#3: enter first and last name**

**#4: sign**

**#5: enter personal email**

# Study ID



**ENROLLMENT FORM**

My unique participant ID is: CAFF       

**Station 1: Vital statistics**

Complete staff initials \_\_\_\_\_  
 Incomplete reason: \_\_\_\_\_

**Station 1: Phlebotomy**

Complete staff initials \_\_\_\_\_  
 Incomplete reason: \_\_\_\_\_

**Station 2: In-Body**

Complete staff initials \_\_\_\_\_  
 Incomplete reason: \_\_\_\_\_

**Station 3: Fitbit setup**

Complete staff initials \_\_\_\_\_  
 Incomplete reason: \_\_\_\_\_