



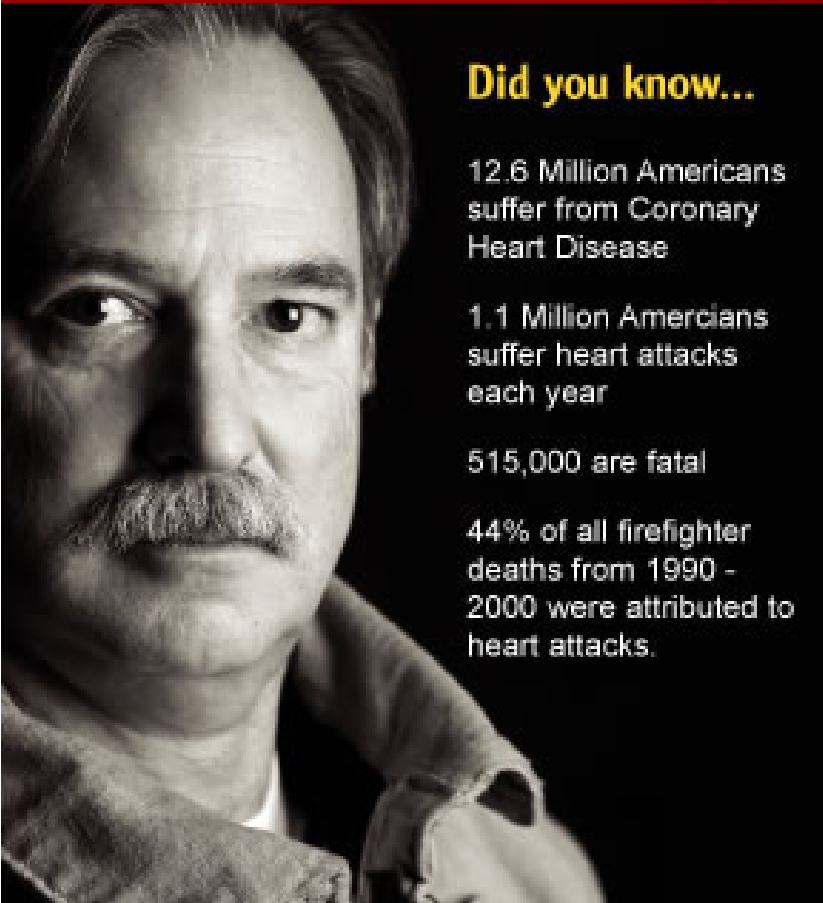
NVFC

HEART



FIREFIGHTER PROGRAM

The Nation's Leading Heart-Attack Prevention Program for Firefighters...



Did you know...

12.6 Million Americans suffer from Coronary Heart Disease

1.1 Million Americans suffer heart attacks each year

515,000 are fatal

44% of all firefighter deaths from 1990 - 2000 were attributed to heart attacks.

2004 and 2005 Summary of Screening Results



L&T HEALTH AND FITNESS

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TOTAL NUMBER of PEOPLE SCREENED FOR 2004 & 2005

2004

Fire Rescue East - Jacksonville, FL	274
FDIC - Indianapolis, IN -	1313
Fire Expo - Harrisburg, PA	1172
Fire Rescue International - New Orleans, LA	992
TOTAL	3751

In 2004 the NVFC Heart Healthy Program provided cholesterol screenings for all firefighters and family members attending the above 2004 conference/conventions.

2005

Dover, DE	287
Firehouse World - San Diego, CA	378
CFSI Dinner - Washington, DC	100
FDIC - Indianapolis, IN	963
Fire Expo - Harrisburg, PA	816
Fire Rescue International - Denver, CO	545
TOTAL	3089

In 2005 the NVFC Heart Healthy Program added additional screenings to include blood pressure and body composition/BMI for all firefighters and family members attending the above 2005 conferences/conventions.

AVERAGE TOTAL CHOLESTEROL FOR 2004 & 2005

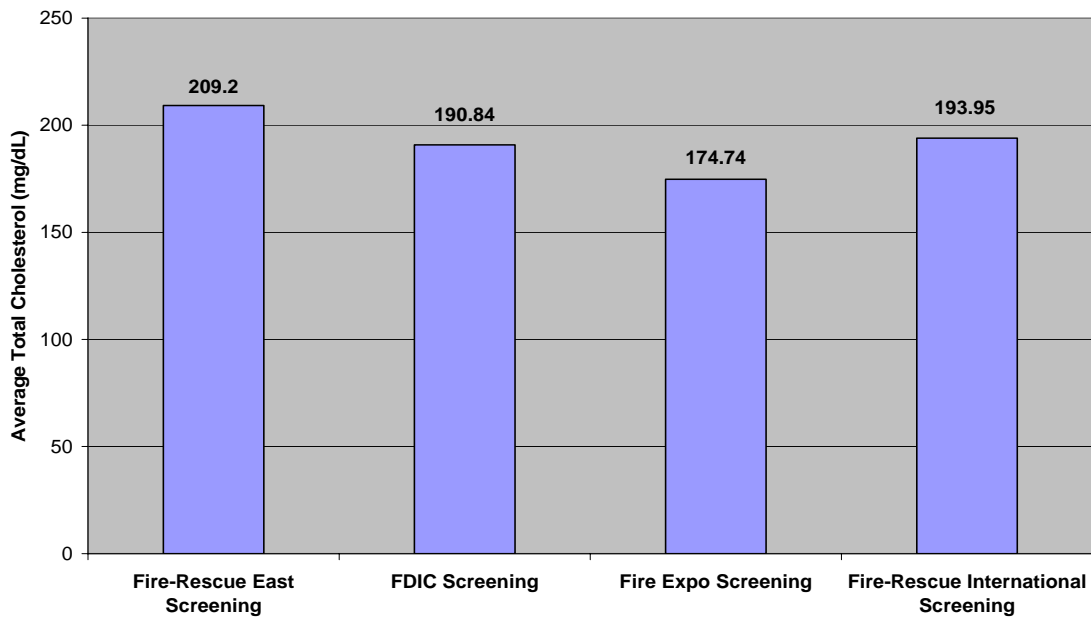
Total Cholesterol

High blood cholesterol is a major risk factor for Coronary Heart Disease (CHD). Cholesterol is necessary for the production of cell membranes, hormones and nerve fiber sheaths. Your cholesterol level is determined partly by your genes and partly by the amount of saturated fat and cholesterol contained in the foods you eat. Your body manufactures more than enough cholesterol for its needs.

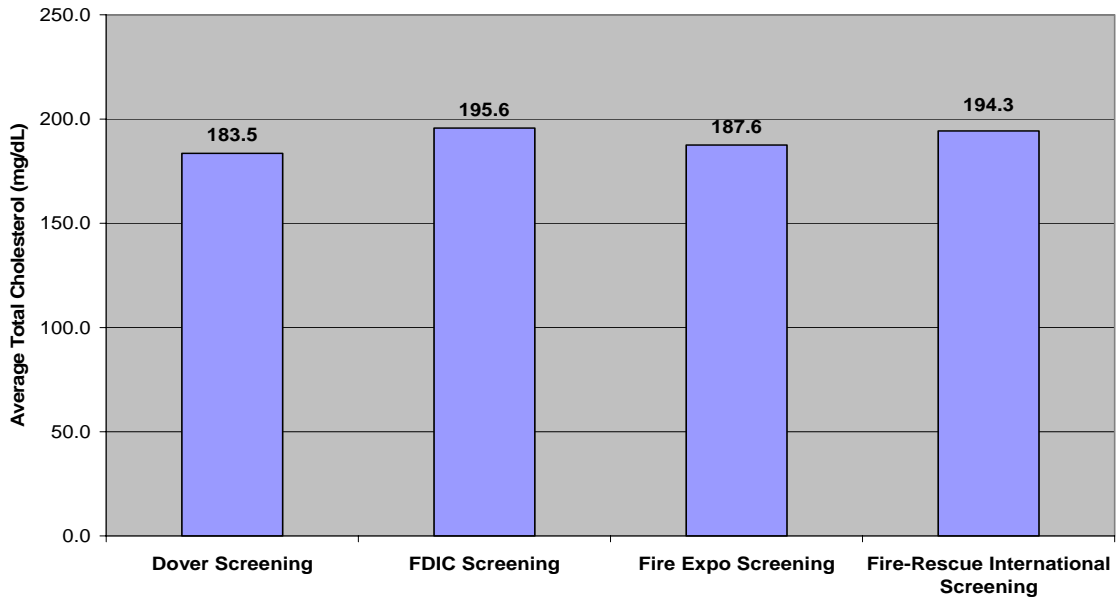
DESIRABLE RANGES

Classification	Systolic
Desirable	<200 mg/dl
Borderline High	200-239 mg/dl
High	>240 mg/dl

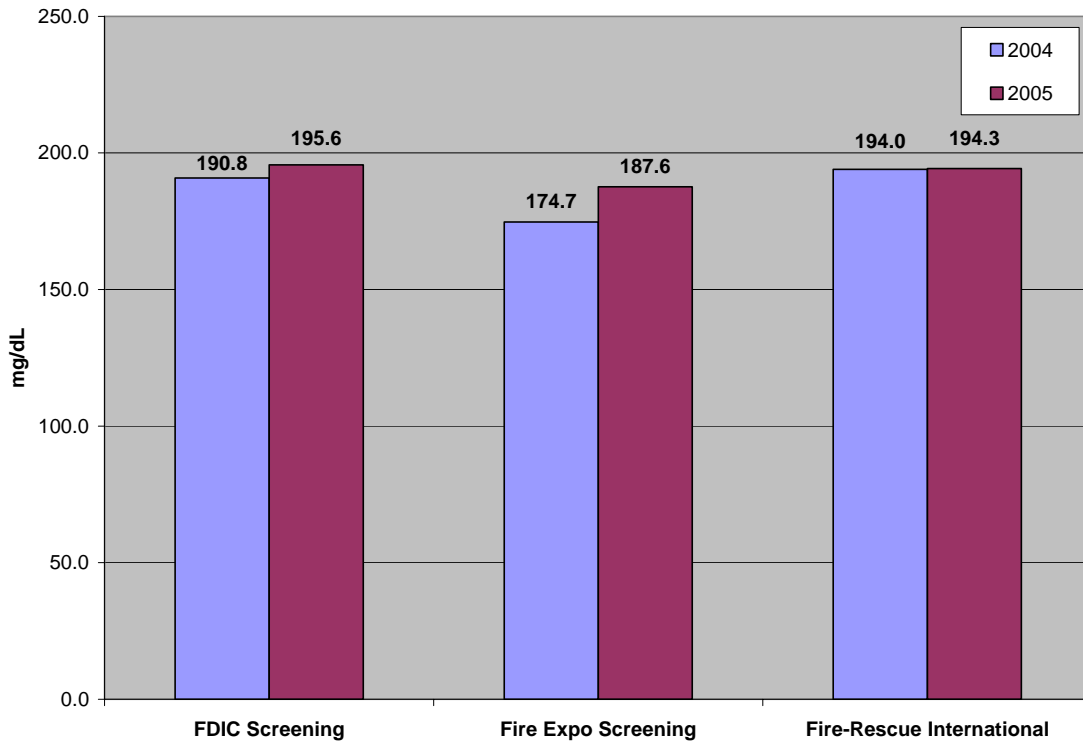
2004



2005



Total Cholesterol Comparison – 2004 & 2005



Average Blood Pressure Distribution by Percent Screened

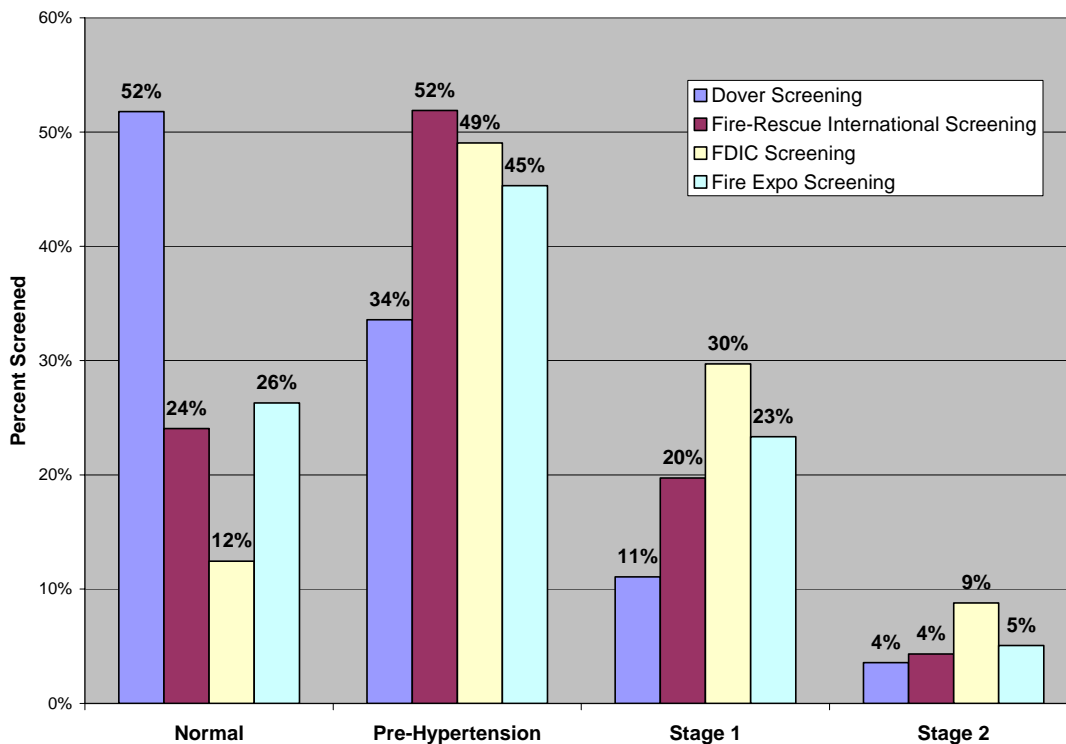
Blood Pressure

Blood pressure is the measure of the force of the blood pushing against the walls of the arteries - the blood vessels that carry blood from the heart to the rest of the body. High blood pressure (hypertension) is a sign that heart and blood vessels are being overworked and results in an increase in a person's blood pressure. Untreated, the disease can lead to atherosclerosis and congestive heart failure. Heart disease contributes to 75% of all heart attacks and strokes.

DESIRABLE RANGES

Classification	Systolic	Diastolic
Normal	< 120 mmHg	< 80 mmHg
Prehypertension	120-139 mmHg	80-89 mmHg
Stage 1 Hypertension	140-159 mmHg	90-99 mmHg
Stage 2 Hypertension	> 160 mmHg	> 100 mmHg

2005



Average Body Fat Percentage for 2005 Screenings

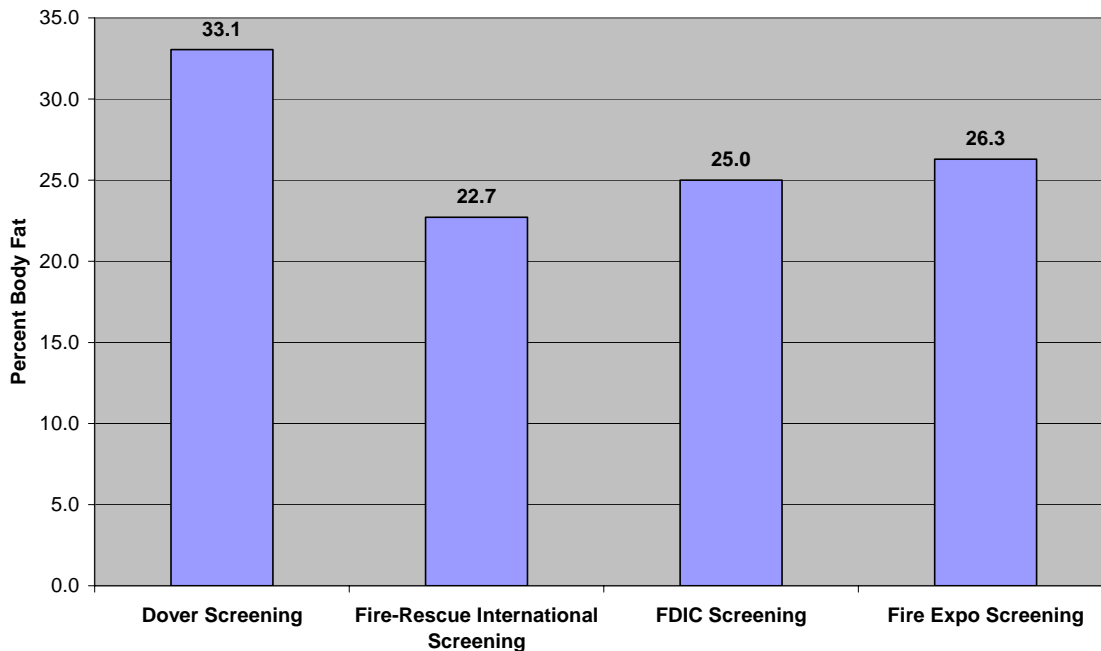
Body Fat

Weight management through reduction of excess body fat plays a vital role in maintaining good health and fighting disease. In fact, medical evidence shows that obesity poses a major threat to health and longevity. (The most common definition of obesity is more than 25 percent body fat for men and more than 32 percent for women.) Excess body fat is linked to major physical threats like heart disease, cancer, and diabetes.

DESIRABLE RANGES

Classification	Men	Women
Essential	2-5	10-13
Athletes	6-13	14-20
Fitness	14-17	21-24
Average	18-24	25-31
Obese	> 25	>32

2005



Average Body Mass Index (BMI) for 2005 Screenings

Body Mass Index

The World Health Organization (WHO) has standardized the definition of obesity according to a measurement called the Body Mass Index (BMI). This internationally recognized index uses an individual's body weight (in kilograms) and height (in meters) to determine his or her risk of obesity.

DESIRABLE RANGES

BMI (kg/m ²)	Classification	Disease Risk
< 18.5	Underweight	Low
18.5 – 24.9	Normal	Low
25.0 – 29.9	Overweight	Increased
30.0 – 34.9	Obesity I	High
35.0 – 39.9	Obesity II	Very high
> 40	Extreme Obesity III	Extremely high

2005

