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DEPARTMENT OF  
PERSONNEL

CITY OF SACRAMENTO  
CALIFORNIA

801 NINTH STREET  
ROOM 215  
SACRAMENTO, CA  
95814-2693

OCCUPATIONAL HEALTH &  
SAFETY DIVISION

November 14, 1988

916-449-5741

DONNA L. GILES  
DIRECTOR OF  
PERSONNEL

City Council  
Sacramento, CA

Honorable Members in Session:

**SUBJECT: CHOLESTEROL EDUCATION & TREATMENT PROGRAM FOR PUBLIC SAFETY  
PERSONNEL**

SUMMARY

This report recommends the City Council approve funding of the Cholesterol Education and Treatment (CET) Program, as proposed by the Medical Clinic of Sacramento, for City Firefighters and Police Officers.

BACKGROUND

Baseline biological monitoring of a representative sample of City Firefighters revealed that 70% have an elevated blood cholesterol level. Cholesterol screening from a statistically significant sample of City Police Officers revealed that 45% have elevated levels. Studies have shown that in the general population the national average of elevated blood cholesterol is 30%. One of the major factors contributing to coronary heart disease is atherosclerosis, which is caused by a number of factors including elevated blood cholesterol.

According to California Workers' Compensation Law, coronary heart disease is presumed to have industrial causation for sworn public safety members. For this group of employees the City's workers' compensation program has incurred a total of 138 claims for heart disease in the last 13 years.

Studies have shown that lowering the blood cholesterol level by 1% will lower the risk of coronary heart disease by 2%. The CET program is expected to reduce the cholesterol levels of our safety members by 10 - 30%, thus lowering the risk of coronary heart disease by 20 - 60%.

**APPROVED**  
BY THE CITY COUNCIL

NOV 22 1988

OFFICE OF THE  
CITY CLERK

FINANCIAL DATA

The main goal of the CET program is to prevent and control elevated blood cholesterol levels and thus reduce the incidence of heart disease. The above 138 claims filed for coronary heart disease have a total incurred cost of \$5,225,562. The average annual workers' compensation cost of these claims to the City is in excess of \$500,000, which does not include the cost of salary continuation (Injured on Duty Time) paid by the Police and Fire Departments.

The CET Program as provided by our contracted medical facility, The Medical Clinic of Sacramento will cost approximately \$80,000. Each and every sworn safety member will participate in the educational phase of this program. Participation in the blood draw will be voluntary. During the past five years the cost of heart disease claims to the City has been \$3,143,810. With a 2.5% reduction in the claims cost of heart disease the City will realize a 100% return on investment of the cost of a CET program in just five years.

To evaluate the CET Program, The Medical Clinic of Sacramento has been awarded a grant from the Zellmer Fund Scholarship Selection Committee in the amount of \$30,000 to document the impact of the CET Program on the health of firefighters. This study will provide cost-benefit analysis of the CET Program at no cost to the City.

The City's Risk Management Committee has reviewed this program and recommends that it be instituted in both the Police and Fire Departments. We recommend that \$80,000 be transferred from the Risk Management Fund, Administration Contingency to the Occupational Health & Safety Budget upon approval. The current balance in the Risk Management Contingency Fund is \$101,000.

RECOMMENDATION

On October 28, 1988, the Budget and Finance Committee recommended this request for \$80,000 to fund the CET Program be approved and forwarded to the City Council for approval.

Respectfully submitted,

*Margaret Ann Allen*

Margaret Ann Allen  
Occupational Health & Safety Manager

APPROVED: *Donna L. Giles*  
Donna L. Giles, Director of Personnel

APPROVED: *Walter J. Slipe*  
Walter J. Slipe, City Manager

All Districts  
November 22, 1988

# RESOLUTION NO. 88-1000

ADOPTED BY THE SACRAMENTO CITY COUNCIL ON DATE OF

## RESOLUTION FUNDING THE CHOLESTEROL EDUCATION & TREATMENT PROGRAM FOR SWORN PUBLIC SAFETY PERSONNEL

WHEREAS, elevated blood cholesterol levels are known to cause clogging of the arteries known as atherosclerosis, which in turn is a major contributing factor to coronary heart disease; and,

WHEREAS, coronary heart disease is presumed to have industrial causation for sworn public safety personnel according to California Workers' Compensation Law, and the City of Sacramento has incurred a total cost of \$5,225,562 for coronary heart disease claims from this group of employees during the past 13 years; and,

WHEREAS, screening of blood cholesterol levels for public safety personnel has found an average of 58% have elevated levels placing them at risk for coronary heart disease; and,

WHEREAS, a medically supervised cholesterol education and treatment program is expected to reduce elevated cholesterol levels, thus lowering the risk of coronary heart disease; and,

WHEREAS, a cholesterol education and treatment program for public safety personnel is expected to realize a 100% return on investment of the \$80,000 cost of a education and treatment program within a five year period; and,

WHEREAS, funding of this cholesterol education and treatment program shall be allocated as follows:

	<u>TRANSFERRED FROM</u>	<u>TRANSFERRED TO</u>
Department	Contingency	Personnel
Division	Contingency	Occupational Health & Safety
Fund Group	421	421
Agency	710	150
Organization	7012	1540
Object Code	4999	4283

WHEREAS, from this program the City will realize a reduction in the number of workers' compensation claims for heart disease as well as other indirect savings in reduced absenteeism, improved employee health and morale which will lead to greater employee productivity and welfare.

**APPROVED**  
BY THE CITY COUNCIL

NOV 22 1988

OFFICE OF THE  
CITY CLERK

NOW THEREFORE BE IT RESOLVED that the City of Sacramento is appropriating funding for a cholesterol education and treatment program for all sworn public safety personnel.

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MAYOR

ATTEST:

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CITY CLERK