

## **PHLAME Dissemination Information: Frequently Asked Questions**

**We are recruiting 12 fire departments in the Pacific Northwest to be participants in the PHLAME dissemination project.**

### **What is the PHLAME program?**

PHLAME is a scientifically proven health promotion program specifically for fire fighters. Fire fighters completing the PHLAME program eat healthier and are more physically active. They have fewer injuries and reduce their risk of cancer, heart disease and diabetes. PHLAME was selected by an independent team of scientists for listing on the National Cancer Institute website of proven programs. You can learn more about the program by watching a 3 minute video about PHLAME. Go to the PHLAME page (<http://www.phlameprogram.com/>) and click where it says **Watch Team Program Video**.

### **Is the PHLAME program easy to administer?**

YES. The PHLAME program consists of 12, one-hour sessions that are scripted and easy to do. A shift at a station or other work group becomes a team, and they do the sessions approximately once a week while on duty. The sessions include 'hands-on' activities on nutrition, exercise, injury prevention, and elective topics fire fighters choose based on their interests, such as nutritional supplements, sleep deprivation, cancer prevention, stress and plyometric training. The program comes with a Family Guide so that information can be shared at home, as well as the fire station.

### **What is the goal of the PHLAME dissemination project?**

The current PHLAME study was funded by the National Institutes of Health in 2009 as one of the economic recovery challenge grants. The goal is to understand the factors that affect adoption and use of the PHLAME program within fire departments. The information learned can be applied to understand how to advance the science of worker wellness and injury reduction in other worksites across the US.

### **Are there expectations of participating departments?**

YES. Participating departments need to allow us to visit stations before beginning the PHLAME program to gather information (brief surveys, interviews and focus groups). After the program is completed, we will revisit departments to obtain information similar to before the program. We will be visiting firefighters at work and at the stations' convenience. We also will need one person in each department to act as a liaison to assist in scheduling.

### **Is the program free for those selected to participate?**

YES. For the 12 departments selected to participate, we will provide all the PHLAME materials and training at no cost.

### **What are the steps to be one of the 12 PHLAME dissemination sites?**

1. Discuss participation among members of a department (the administration, union leaders and line firefighters)
2. Agree that all groups want to participate.
3. Contact us that your department would like to be considered as a dissemination site.

### **Is participation voluntary?**

YES. Participation is voluntary. Although we don't expect every firefighter in a department to participate, we ask that departments wanting to be considered as a dissemination site informally poll their members and obtain a commitment to participate from the majority of firefighters.

### **Is all information confidential?**

YES. All information gathered is confidential. Participants will be asked to sign consent forms that comply with HIPAA law and that are approved by our Institutional Review Board. Specific information about any individual firefighter, shift, station, or department will be known only to investigators.

### **What is the timeline for the study?**

1. Decide if your department would like to participate and inform us. We plan to select the 12 by **early April**.
2. Receive materials and instruction to run the PHLAME program in **May or June**.
3. Run the 12-session program in **June, July, August, and September**.

**We hope that you will take this opportunity to improve the health and safety of firefighters in your department and help us better understanding the 'why and how' of worksite wellness.**

**Please contact us with additional questions. Thank you for your interest.**

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