

Susie Day reports the major sources of calories in firefighter's diets which help explain their high prevalence of overweight and obesity

Dr. Susie Day from UTHealth School of Public Health, Southwest Center for Occupational and Environmental Health (SWCOEH) and investigators at the National Development Research Institutes' Center for Fire, Rescue, and EMS Health Research recently completed the first detailed evaluation of what firefighters across America eat and drink, the *Fuel 2 Fight* study. *Fuel 2 Fight* was funded by several projects from FEMA's Assistance to Firefighters Grants Program.

Dr. Day and colleagues conducted detailed dietary recalls with 689 career firefighters from 20 departments, which included everything they ate and drank at home and at the firehouse on both off- and on-duty days, twice over a 6-month period. Nutritional analyses of these dietary recalls provides insight into the eating habits and nutritional status of the fire service. This large cohort study included demographic, lifestyle, and occupationally related measures as well as in person measures of body composition, blood pressure, serum lipids and hormones. Study results have documented the high prevalence of overweight and obesity in the fire service (75-80%) and its association with cardiovascular disease (the major cause of fire service line-of-duty deaths), cancer, work place injuries, low fitness, poor sleep, and absenteeism. The results of this nutritional evaluation may explain some of the current overweight, obesity problems and weight gain trends in the fire service. *"You can't outrun a bad diet, no matter how hard you exercise. Being healthy starts with a good diet and is complimented by exercise and adequate sleep"* says Dr. Day.

See the following link for the full article that appeared in the Fire Chief Magazine:
<https://www.firechief.com/2017/03/14/study-shows-where-firefighters-get-calories-its-not-pretty/>.