

# THE LEO SURVEY

- A SMALL SURVEY WAS CONDUCTED TO HELP DETERMINE IF THERE IS A NEED FOR BETTER PROGRAMS, PRODUCTS, AND SERVICES TO HELP LAW ENFORCEMENT OFFICERS BUILD, GROW AND IMPROVE THEIR HEALTH AND WELLNESS.

**NOTE:** NO OTHER FIRST RESPONDERS WERE USED FOR THIS SURVEY TO DATE.



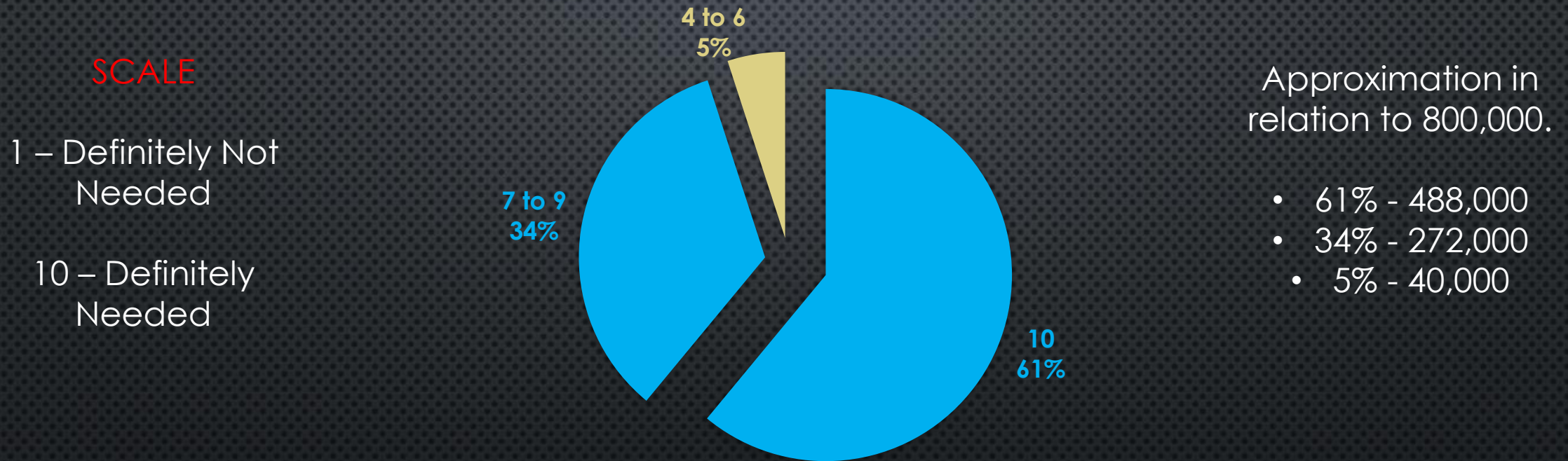
## SURVEY (75 RESPONSES)

- LESS THEN 1% OF THE TOTAL NUMBER OF LEO'S
- MIX OF RANKING
- MIX OF CITY'S AND OFFICES



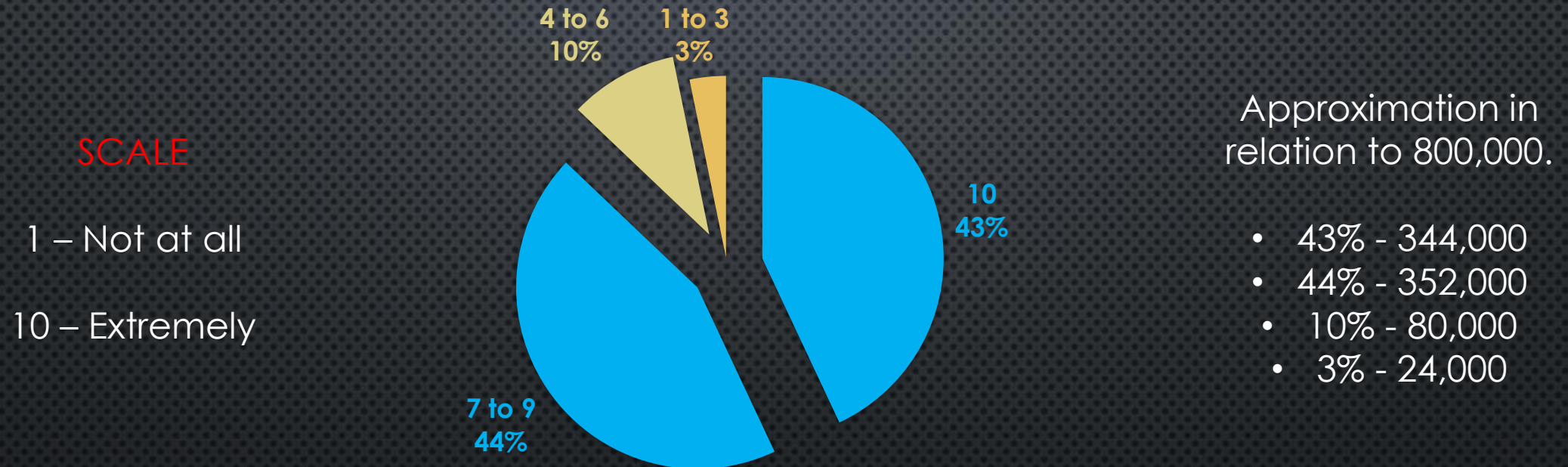
There are more than **800,000** sworn law enforcement officers now serving in the United States, which is the highest figure ever. About **12 percent** of those are female.

Do you think it is a good idea to create a better health and wellness program/system strictly for first responders to help them build and grow for a better work and life balance?



Based on this question, 95% answered closer to **“Definitely Needed”** (between 7 to 10) which equates to an approximation of 760,000 of the 800,000 sworn LEO’s. This is just an approximation based on a small survey, but even if that percentage reduces by 20% to 75%, there would still be a huge portion who believe services are still needed.

If a better program/system was created, would you use it?



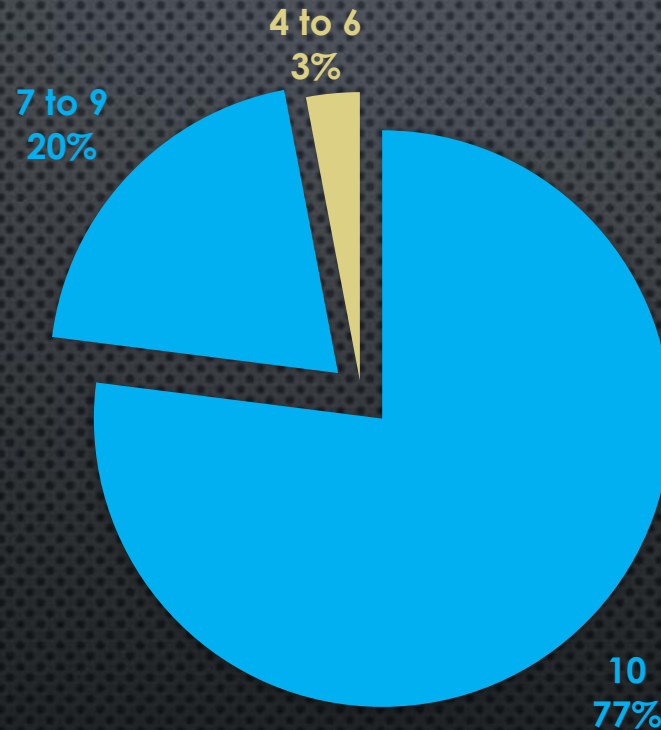
Based on this question, 87% answered closer to *“Extremely” (between 7 to 10)* which equates to an approximation of 696,000 of the 800,000 sworn LEO’s. This is just an approximation based on a small survey, but even if that percentage reduces by 20% to 67% there would still be a huge portion who would use the services.

# Do you care about your health and wellness?

## SCALE

1 –Not at all

10 – Extremely

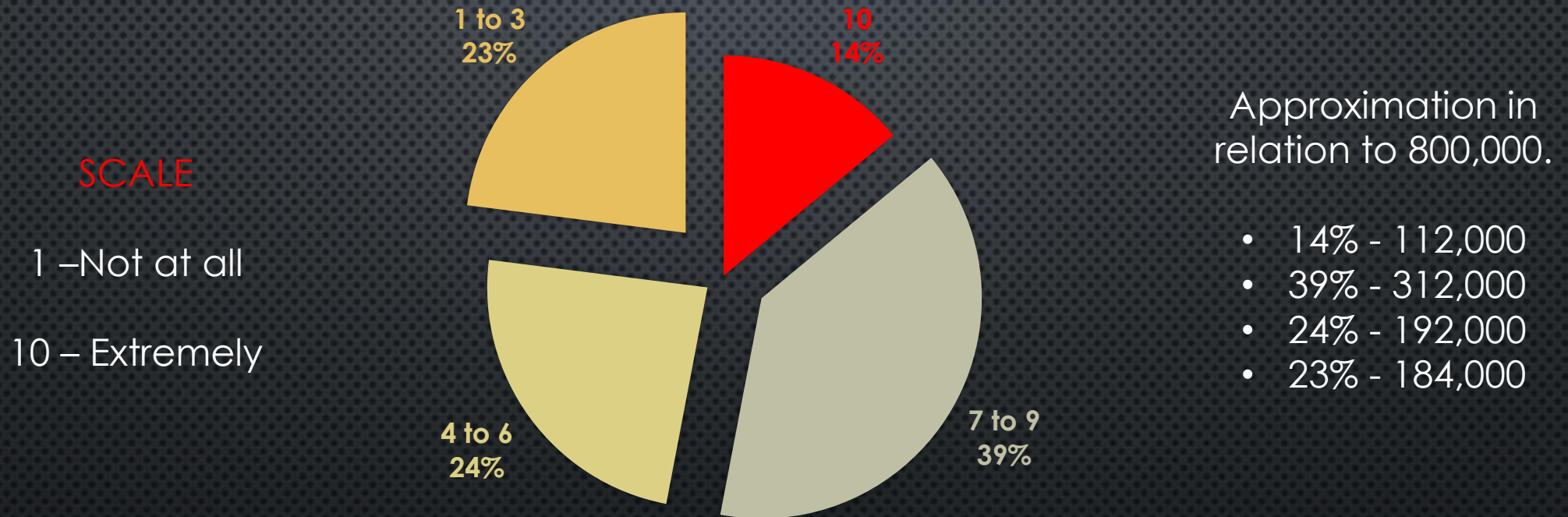


Approximation in relation to 800,000.

- 77% - 616,000
- 20% - 160,000
- 3% - 24,000

Based on this question, 97% answered closer to *“Extremely” (between 7 to 10)* which equates to an approximation of 776,000 of the 800,000 sworn LEO’s. This is just an approximation based on a small survey, but even if that percentage reduces by 20% to 77% there would still be a huge portion who cares about improving their overall health.

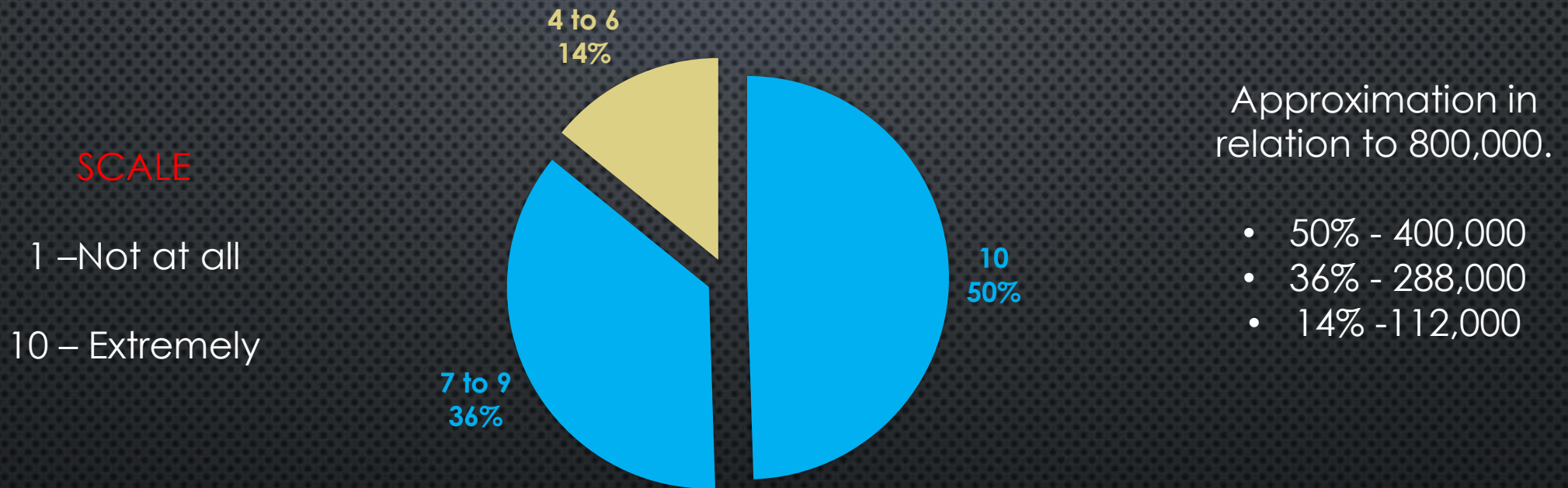
Does your employer offer incentives for you to focus on building or improving your health and wellness?



Based on this question, it seems most employers offer incentives; however, it seems those incentives vary, which could mean the incentives offered are not good or limited. Incentives come in varying options, but having incentives which are not appealing is just as bad as not having any incentives at all.

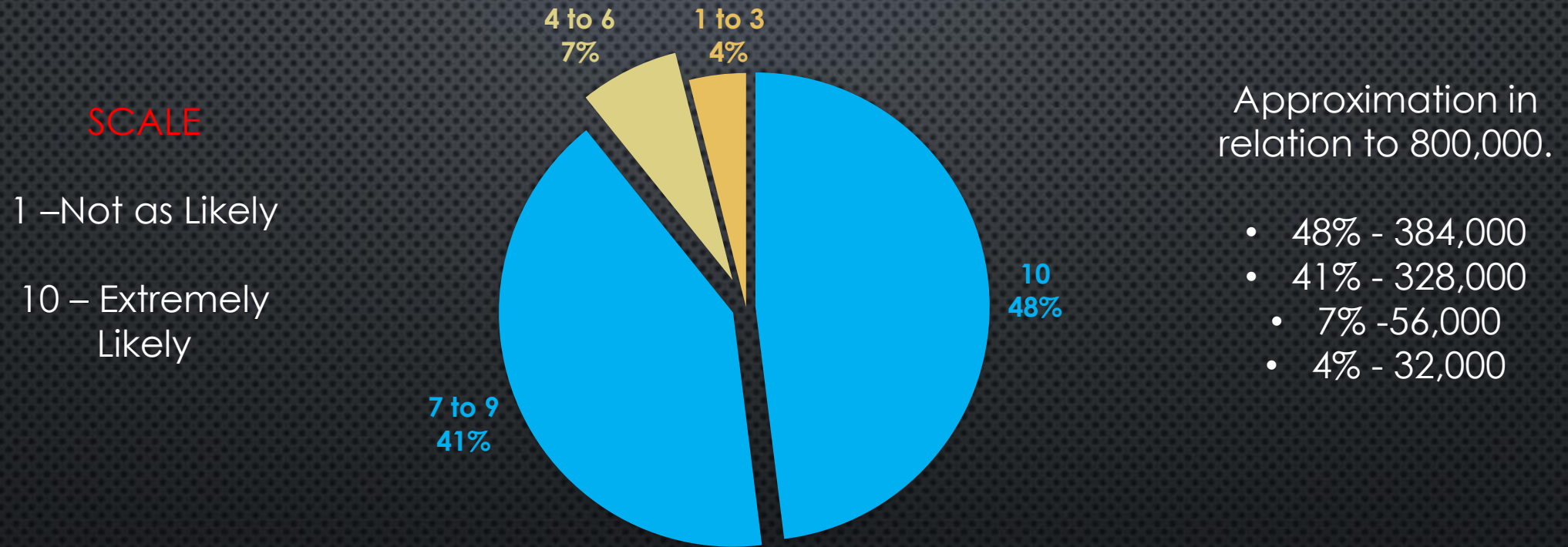
The next slide provides more context to this question.

If your employer provided good incentives, would you build, grow or improve your health and wellness more often?



Based on this question, 86% answered closer to **“Extremely” (between 7 to 10)** which equates to an approximation of 688,000 of the 800,000 sworn LEO’s. This is just an approximation based on a small survey, but even if that percentage reduces by 20% to 66%, there would still be a huge portion who feels their employer needs to do better.

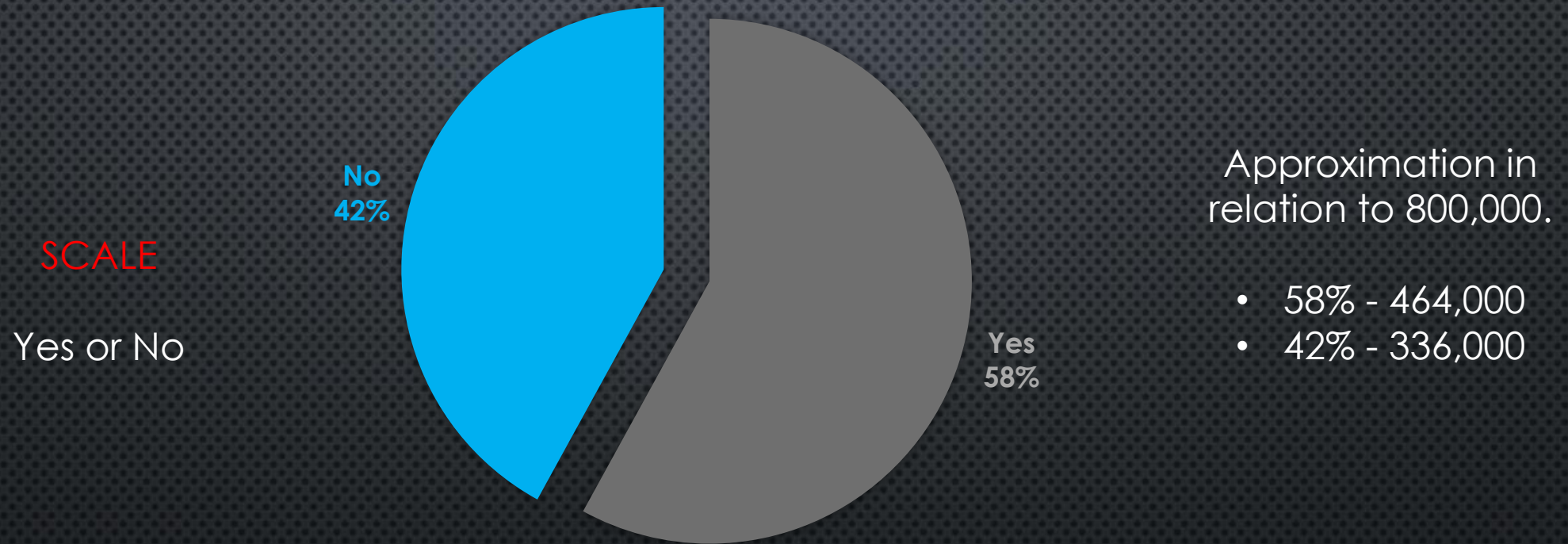
Would a platform which provides services and products to better your physical, mental, emotional, and other aspects of wellness be beneficial to you?



Based on this question, 89% answered closer to **“Extremely Likely” (between 7 to 10)** which equates to an approximation of 712,000 of the 800,000 sworn LEO’s. This is just an approximation based on a small survey, but even if that percentage reduces by 20% to 69%, there would still be a huge portion who believe a good platform will be of big help.



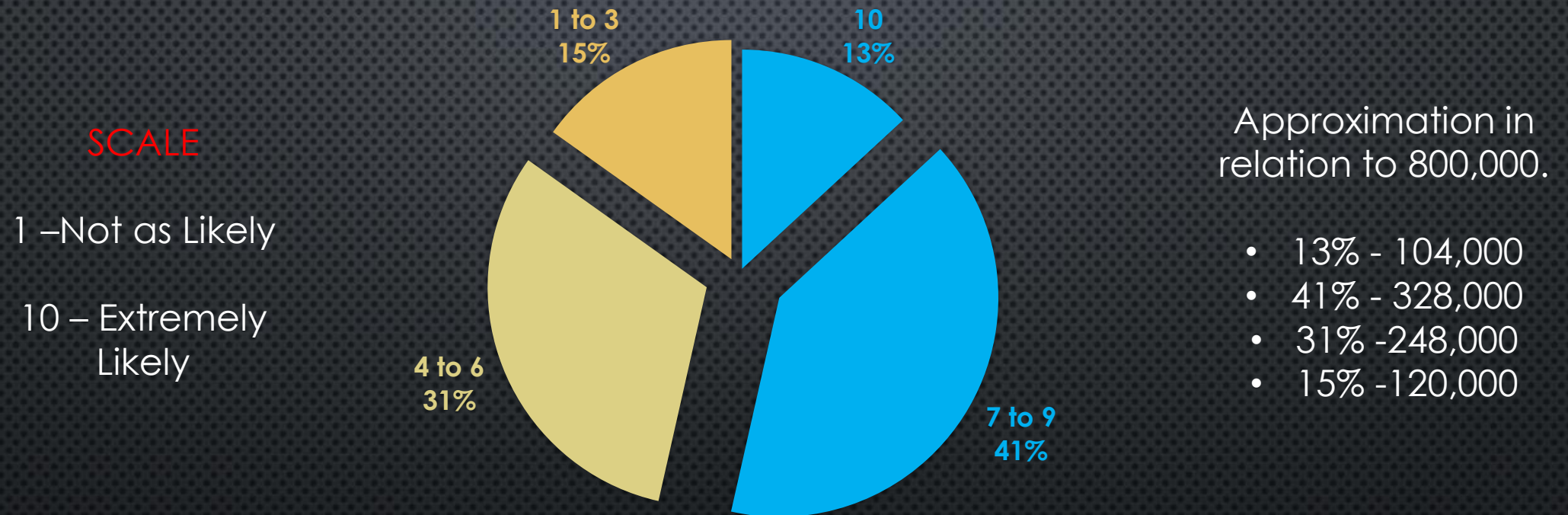
Do you have a product or system you already use to improve your health and wellness?



Based on this question, 42% answered “No” which equates to an approximation of 336,000 of the 800,000 sworn LEO’s. Based on this small survey close to half of the sworn LEO’s do not have a place to gain the information they need to build, grow or improve their overall health and wellness.

*In the case of this question, research has proven first responders do not have the tools nor the support they need in this area, thus the percentage of answers in relation to “No” would increase.*

How likely are you to recommend a product like this to your friends, colleagues or family if it was built?



Based on this question, 60% answered closer to **“Extremely” (between 7 to 10)** which equates to an approximation of 432,000 of the 800,000 sworn LEO’s. This is just an approximation based on a small survey, but even if that percentage reduces by 20% to 40%, there would still be a huge portion who like to see this built.

The percentage here would increase closer to **“Extremely” (between 7 to 10)** if a good product was available.

WHAT ARE 3 THINGS YOU WOULD LIKE TO SEE IN A PRODUCT/SERVICE/SYSTEM  
BASED ON BUILDING, GROWING, IMPROVING YOUR HEALTH AND WELLNESS IF IT  
WAS CREATED?

Health Guidance

- Nutrition Education
- Weight Loss/Diet
- Group/Individual Exercise
- Workout/M meal Plans
- Alternative healing

Psychological  
Guidance

- Mental Health
- Stress Reduction
- Work/Life Balance
- Peer Support & Motivation

Needs of the App

- No Cost
- Easy to use
- Incentives
- Accessible/Flexible
- Result Driven

*All the responses can be group into the three categories above.*

## WHAT ARE THE TOP 3 THINGS THAT YOU WOULD CHANGE OR IMPROVE ABOUT HOW YOUR EMPLOYER HANDLES HEALTH AND WELLNESS FOR YOU AND YOUR CO-WORKERS?

- PLATFORM DESIGNED TO PROVIDED HEALTH AND WELLNESS INFORMATION TO FIT THE NEEDS OF THE JOB
  - MORE INCENTIVES WHICH ARE USEFUL AND BENEFICIAL
    - CONFIDENTIALITY AND ACCOUNTABILITY
- MORE OPTIONS FOR BUILDING AND IMPROVING HEALTH AND WELLNESS
  - MORE TRAINING TIME TO IMPROVE HEALTH AND WELLNESS
    - MORE ALL ASPECTS OF HEALTH AND WELLNESS
    - MORE ENCOURAGEMENT AND GUIDANCE

*All the responses can be group into the categories above.*



- THIS SURVEY WAS DONE WITH A SMALL PERCENTAGE OF LAW ENFORCEMENT OFFICERS, STATICS SHOWS THAT CURRENTLY IN THE U.S. THERE ARE APPROXIMATELY 800,000 SWORN LEO,S.

- AS IT RELATES TO FIRST RESPONDERS, IT IS ESTIMATED THERE ARE APPROXIMATELY **4.6 MILLION** PEOPLE WHO SERVE A CAREER AS FIREFIGHTERS, POLICE, EMERGENCY MEDICAL TECHNICIANS, AND PARAMEDICS AND ETC IN THE US.

- BASED ON THESE NUMBERS THE PERCENTAGES WOULD AVERAGE IN FAVOR OF CREATING A PRODUCT OF THIS KIND.

- THE NEXT SECTION WILL PROVIDE RESEARCH COMPLETED TO SHOW PROOF OF THIS THEORY.



# RESEARCH

HEALTH AND WELLNESS AMONGST FIRST RESPONDERS

*NOTE: DATA AND INFORMATION IN THIS AREA IS LIMITED AND MAY BE DATED, THIS IS ANOTHER REASON FOR THIS TYPE OF PRODUCT.*



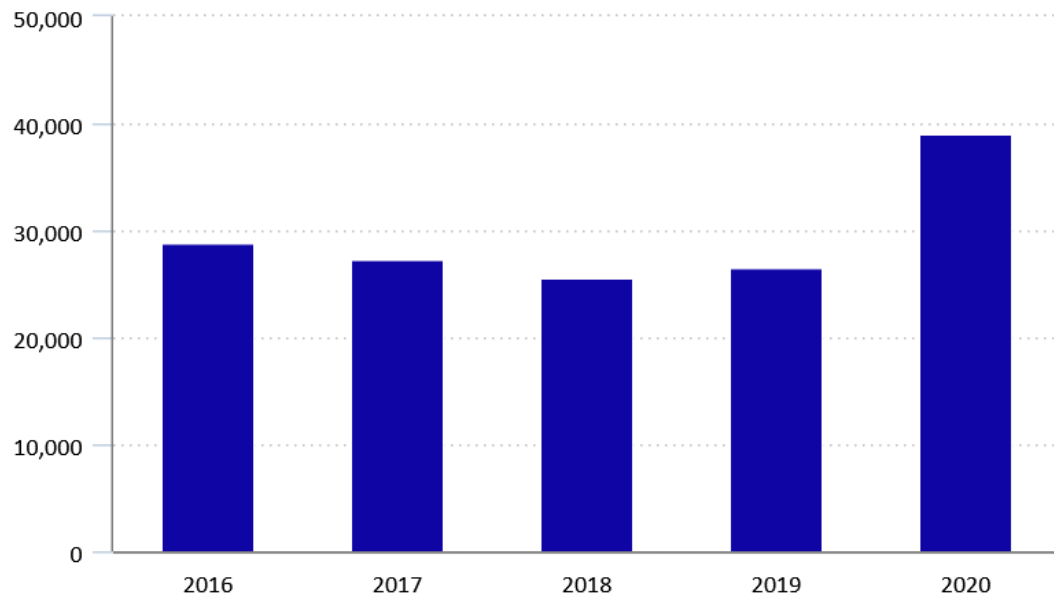
# CDC.GOV

- POLICE OFFICERS, FIREFIGHTERS, EMTs AND OTHER EMERGENCY RESPONDERS PUT THEMSELVES AT RISK OF WORKPLACE INJURY OR ILLNESS EVERY DAY BECAUSE OF THE DANGEROUS NATURE OF THEIR JOBS.
- WORK-RELATED INJURIES SUSTAINED BY FIRST RESPONDERS CAN BE EXPENSIVE TO TREAT, CAUSE LOST WAGES, AND IN SOME CASES CAN PREVENT A RETURN TO NORMAL WORK DUTIES. IN THE EVENT OF A FATAL OCCUPATIONAL INJURY, FAMILY MEMBERS LEFT BEHIND MAY FACE FINANCIAL AND EMOTIONAL CHALLENGES.
  - SLIP, TRIP, AND FALL INJURIES
  - OVEREXERTION INJURIES
  - BURN INJURIES
  - MUSCLE SPRAINS AND STRAINS
  - FALLS FROM HEIGHTS
  - IMPACT WITH OBJECTS OR EQUIPMENT

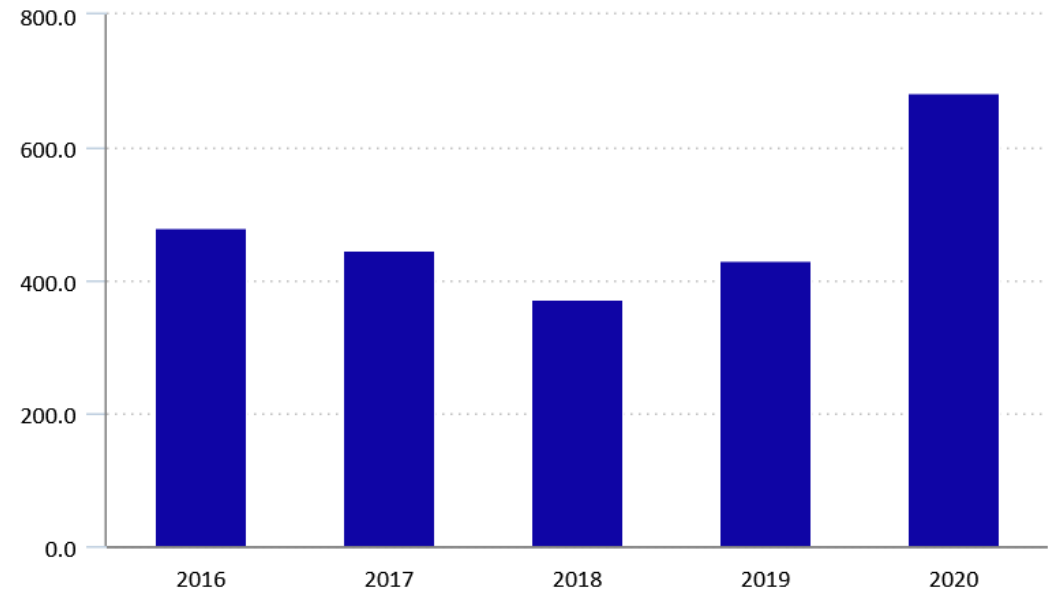
## Bureau of Labor Statistics (BLS) Police Officers 2016-2020

- THERE WERE 39,000 NONFATAL INJURY AND ILLNESS CASES INVOLVING DAYS AWAY FROM WORK IN 2020. THE INCIDENCE RATE PER 10,000 FULL-TIME EQUIVALENT (FTE) WORKERS WAS 682.5.

**Chart 1. Number of nonfatal occupational injury and illness cases involving days away from work, police officers, all United States, 2016–2020**



**Chart 2. Incidence rate of nonfatal occupational injury and illness cases involving days away from work, police officers, all United States, 2016–2020**





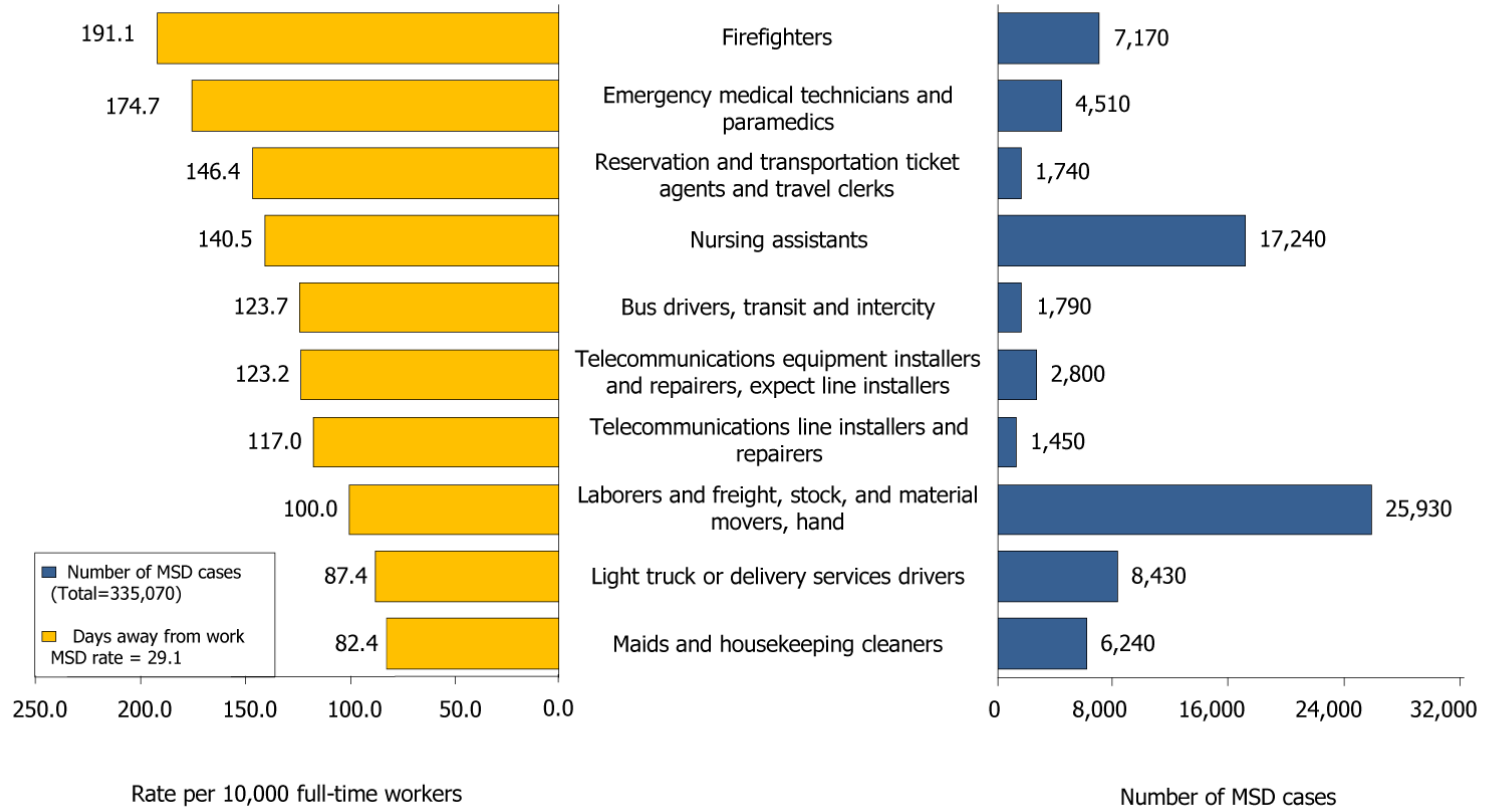
**Table 1. Number of nonfatal occupational injuries and illnesses involving days away from work by selected case characteristics, police officers, all United States, 2020**

Case characteristic <sup>[1]</sup>	Number of cases
<b>Nature of injury or illness</b>	
All other natures	16,210
Sprains, strains, tears	9,070
Soreness, pain	6,870
Bruises, contusions	1,770
Fractures	1,520
<b>Part of body affected</b>	
Body systems	12,630
Multiple body parts	4,800
Knee	3,610
Hand	2,740
Back	2,460
<b>Source of injury or illness</b>	
All other sources	14,660
Vehicles	5,720
Worker motion or position	3,420
Floors, walkways, ground surfaces	2,830
Containers	560
<b>Event or exposure leading to injury or illness</b>	
Exposure to harmful substances or environments	12,560
Injury by person-unintentional or intent unknown	6,970
Roadway incidents involving motorized land vehicles	4,250
Fall on same level	2,660
Intentional injury by other person	2,000

<sup>[1]</sup> Data shown correspond to Nature, Part, Source, and Event codes based on the Occupational Injury and Illness Classification System 2.01 developed by the Bureau of Labor Statistics.

Source: U.S. Bureau of Labor Statistics, Survey of Occupational Injuries and Illnesses

## Bureau of Labor Statistics (BLS) Police Officers 2016-2020 (Continued)



## Bureau of Labor Statistics (BLS)

- INFORMATION REVEALS FIRST RESPONDERS ARE AMONG THE HIGHEST MUSCULOSKELETAL DISORDERS DUE TO AN INJURY OR ILLNESS. THESE DISORDERS CAN AFFECT THE MUSCLES, NERVES, TENDONS, JOINTS AND CARTILAGE IN YOUR UPPER AND LOWER LIMBS, NECK AND LOWER BACK.

**PREVENTING MUSCULOSKELETAL  
DISORDERS AND REPETITIVE STRAIN  
INJURIES**





# MUSCULOSKELETAL AUSTRALIA

EXERCISE CAN HELP REDUCE THE SYMPTOMS OF ARTHRITIS AND MUSCULOSKELETAL CONDITIONS. REGULAR EXERCISE HAS MANY HEALTH BENEFITS FOR PEOPLE WITH MUSCULOSKELETAL CONDITIONS. EXERCISE CAN:

- AID JOINT LUBRICATION AND NOURISHMENT
- EASE YOUR JOINT PAIN AND STIFFNESS
- IMPROVE FLEXIBILITY
- BUILD MUSCULAR STRENGTH
- IMPROVE YOUR BALANCE
- HELP YOU SLEEP BETTER
- IMPROVE POSTURE
- IMPROVE OR MAINTAIN THE DENSITY OF YOUR BONES
- IMPROVE OVERALL HEALTH AND FITNESS
- LOWER STRESS LEVELS
- IMPROVE YOUR MOOD
- HELP YOU MAINTAIN A HEALTHY BODY WEIGHT.

# **A Mental Health–Informed Physical Activity Intervention for First Responders and Their Partners Delivered Using Facebook: Mixed Methods Pilot Study**

**By: JMIR Formative Research in 2021**

## **BACKGROUND**

First responders (eg, police, firefighters, and paramedics) are at high risk of experiencing poor mental health. Physical activity interventions can help reduce symptoms and improve mental health in this group.

## **OBJECTIVE**

The study aimed to examine the feasibility and acceptability of delivering a mental health–informed physical activity program using social media for first responders and their self-nominated support partners.

## **METHOD**

They co-designed a 10-week web-based physical activity program delivered via a private Facebook group.

## **CONCLUSION**

The results provided preliminary support for the use of social media and a multiple time series design to deliver mental health–informed physical activity interventions for first responders and their support partners. Therefore, an adequately powered trial is required.

## Health and well-being of first responders: The role of psychological capital, self-compassion, social support, relationship satisfaction, and physical activity

(The Graham Medical Response Published Mar 2022)

The aim of the study was to explore the relationship between psychological capital (PsyCap), self-compassion, social support, relationship satisfaction, and physical activity, and the health and well-being of first responders.

The findings found that social support, relationship satisfaction, **physical activity**, and well-being have a significant relationship with first responder's health. These findings point to the utility of positive psychology interventions with first responders. The findings in particular point to the utility of a multicomponent, multifaceted approach to all levels of prevention and intervention.

Consistent with previous research the importance of physical exercise and fitness for well-being and health is indicated. The results of this study further indicated a positive correlation between well-being and health, reflecting previous research findings (Howell et al., [Citation2007](#)).



# EVOLVE FIRST MOBILE PLATFORM

EXPLAINED



# THE MOBILE PLATFORM

**WILL OFFER AN INTERACTIVE MOBILE PLATFORM CONCEPT WHICH CONSISTS OF:**

- *COMPETITIVE BASED HEALTH AND WELLNESS CHALLENGES (PHYSICAL & MENTAL)*
- *AN ECOMMERCE MARKETPLACE THAT OFFERS DISCOUNTED PRODUCTS & SERVICES*
- *A UNIQUE AREA TO PROMOTE HEALTH AND WELLNESS PRODUCTS & SERVICES*
- *A REWARD BASED TIERED PLATFORM BASED ON EARNING POINTS THROUGH PARTICIPATION*
- *A SOCIAL NETWORKING AREA TO CONNECT WITH PEERS*
- *A ONE STOP SHOP OF INFORMATION REVOLVING AROUND HEALTH AND WELLNESS*



## THE REASON

1. FIRST RESPONDERS' HEALTH AND WELLNESS ARE OVERLOOKED BY THEMSELVES, THEIR MANAGEMENT, AND THE WORLD.
2. THE LACK OF SUPPORT AND IMPORTANCE OF THIS CONCEPT IS MEDIOCRE AND GROWING SLOWLY IN THIS LINE OF WORK.
3. RESEARCH HAS PROVEN THAT INDIVIDUALS WHO HAVE THE SUPPORT AND TOOLS THEY NEED TO BUILD, GROW, AND IMPROVE THEIR HEALTH AND WELLNESS, EXPERIENCE LESS ON THE JOB INJURIES, LIVE A BETTER QUALITY OF LIFE, AND REDUCE THEIR STRESS GREATLY.