

**TEXAS COMMISSION ON FIRE PROTECTION
HEALTH AND WELLNESS COMMITTEE MEETING**

At 10:00 a.m., Presiding Officer Doug Boeker called the January 16, 2025 meeting of the Texas Commission on Fire Protection (TCFP) Health and Wellness Committee to order at the North Lamar Boulevard Building, 4800 N. Lamar Boulevard, Room 140, in Austin, Texas.

Member Attendance:

| Steve Green | Ashley Watson | Michael Anderson | Homer Salinas |
| Doug Boeker | Brian O'Neill | Daniel DeYear | Adam Story |
*Absent: (Dale Albright - unexcused, Michael Mire - excused)

Staff present:

Frank King Yazzy Chavez Cliff Grant

1. Call to Order – Presiding Officer Doug Boeker called the meeting to order at 10:00 a.m.

2. Roll Call – Presiding Officer, Doug Boeker called roll, and a quorum was present. A motion to excuse Michael Mire’s absence was made by Ashley Watson and seconded by Michael Anderson. The motion carried.

3. Introduction of Newly Appointed Committee Members – Michael Anderson introduced himself as a new committee member. He is currently serving as Deputy Assistant Chief under administration at Travis County SC2 Foldable Fire Department. There were no other new members to introduce.

4. Committee Member Training – Training was conducted by Cliff Grant. The training included an overview of the TCFP rules and policies related to the Committee.

5. Adoption of October 1, 2024 Meeting Minutes – The minutes for the October 1, 2024 Health and Wellness Committee meeting were presented. A motion to adopt the minutes was made by Steve Green and seconded by Adam Story. The motion carried.

6. Review and Discussion of Prior Committee Work and Accomplishments – The Committee reviewed and discussed prior work, including notable accomplishments such as firefighter cardiac health initiatives and cancer awareness training. No further actions were taken.

7. Discussion and Possible Action on the Review of the Mental Health Program – Adam Story discussed his ongoing efforts to monitor mental health programs for fire service personnel. Updates on this initiative will be provided at the next meeting on April 24, 2025. No further action was taken.

8. Assignment of Project Work and Formation of Workgroups – Chairmen Doug Boeker assigned the following project topics and workgroups:

9. Sleep: Steve Green and Brian O’Neill

10. Nutrition: Ashley Watson

11. Injury Report Review: Adam Story

12. Cardiac Health: Homer Salinas

13. Hormones Report: Ashley Watson

14. Fitness: Chris Kahl

15. Mental Health: Warner Watts

16. Cancer Report: Homer Salinas

Progress reports on these topics will be presented at the next meeting on April 24, 2025.

9. Discussion and Possible Action on Other Health and Wellness Needs – The Committee discussed establishing a Health and Wellness Officer program. Committee Chair Salinas proposed adding this topic to the agenda for the next meeting. No further action was taken.

10. Subjects for Future Meeting Agendas – Committee members were encouraged to submit additional topics for discussion by March 31, 2025, to be included in the next meeting agenda.

11. Future Meeting Dates – The next meeting was scheduled for April 24, 2025, at 10:00 a.m. It was determined that future meetings would follow this schedule: July 17, 2025 and October 23, 2025, at 10:00a.m.

12. Adjourn Meeting – A motion to adjourn the meeting was made by Daniel DeYear and seconded by Adam Story. The motion carried, and the meeting was adjourned.

Doug Boeker, Presiding Officer