

**Texas Commission on Fire Protection Health and Wellness Committee Meeting
April 8, 2026 Meeting Minutes**

Member Attendance:

Doug Boeker	Ashley Watson	Brian O’Neill*	Michael Anderson
Homer Salinas*	Adam Story	Jason Corthell	Daniel De Year*
Steven Green	Chris Kahl	Christine Cox*	

*Excused Absences

Staff Attendance:

Mike Wisko	Frank King	Yazzy Chavez	Holden Wenger
Grace Wilson	Piyush Manglani		

1. Call to order - Presiding Officer Doug Boeker called the April 8, 2026, meeting of the Texas Commission on Fire Protection (TCFP) Health and Wellness Committee meeting to order at 10:01 a.m. at the North Lamar Boulevard Building, 4800 North Lamar Boulevard, Room 140, Austin, Texas.

2. Roll Call and excuse of absences, if any, of committee members – Presiding Officer Doug Boeker called roll and a quorum was present. A motion was made by Ashley Watson and seconded by Adam Story to excuse the absences of Homer Salinas, Daniel De Year, Brian O’Neill, and Christine Cox. Motion carried.

3. Adoption of the January 8, 2026, Health and Wellness Committee meeting minutes – A motion was made by Adam Story and seconded by Chris Kahl to approve the January 8, 2026, meeting minutes. Motion carried.

4. Status updates and progress reports from assigned project work groups:
 - a. Sleep – no report was provided.
 - b. Nutrition / Hormones – Ashley Watson gave the report. A discussion was held on hormones, metabolic health, and testosterone replacement therapy as they relate to firefighter health and wellness.
 - c. Cardiac Health – Doug Boeker gave the report. Updated five-year cardiac health trend data will be compiled into infographics for the Texas fire service.
 - d. Fitness – Chris Kahl gave the report. A proposal was discussed to develop a short video on pre-shift workplace warm-up and stretching techniques.

e. Mental Health – Jason Corthell gave the report. A discussion was held on firefighter suicide data, burnout, moral injury, station design, and peer support resources.

f. Cancer Report – Doug Boeker gave the report on behalf of Homer Salinas. A discussion was held on the Texas Firefighter Cancer Study and the Methodist Hospital Cancer Survivorship Study.

g. Understanding VO2 Max – Doug Boeker gave the report on behalf of Christine Cox. A discussion was held on VO2 max, METs, the 2022 NFPA 1582 amendment, and fit-for-duty determinations.

5. Review and Discussion of the Injury Report – Grace Wilson presented the first draft of the 2025 Injury Report. A discussion was held on key findings including a decrease in overall injuries, and increases in fire ground, training, and burn injuries. The Committee was advised that no action was required at this time.

6. Discussion and possible action on the 2026 Firefighter Safety Stand-Down activities - A discussion was held on aligning Committee efforts with the 2026 National Firefighter Safety Stand-Down. A motion was made by Doug Boeker and seconded by Michael Anderson to prepare a statement of endorsement for the 2026 National Firefighter Safety Stand-Down for inclusion in the report to the Commission at the May meeting. Motion carried.

7. Subjects for Future Agenda Items-

- The next eligible candidate appointed by the Commission will be presented in the next Health and Wellness meeting to replace Brian O’Neill.
 - Chronic pain management for firefighters was added to the project list.
 - Occupational exposure, specifically tuberculosis (TB), added to the project list
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8. Future Meeting Dates- Future meeting dates are scheduled at 10:00 a.m. for July 9, 2026, and October 8, 2026.

9. Adjourn- A motion was made by Jason Corthell and seconded by Chris Kahl to adjourn. The motion carried. The meeting was adjourned at 12:21 p.m.

X _____
Presiding Officer

Date