

**Texas Commission on Fire Protection
Health and Wellness Committee Meeting Agenda**

Thursday, July 17, 2025 – 10:00 a.m.

4800 N. Lamar Boulevard, North Lamar Boulevard Bldg., Room 140, Austin, Texas

The Health and Wellness Committee Meeting will be held in person at the above location.

Agenda:

- 1. Call to order.**
- 2. Roll call and excuse of absences, if any, of Committee members.**
- 3. Adoption of the April 24, 2025, Health and Wellness Committee Meeting minutes.**
- 4. Status updates and progress reports from assigned Project Workgroups:**
 - a. Sleep**
 - b. Nutrition**
 - c. Cardiac Health**
 - d. Hormones Report**
 - e. Fitness**
 - f. Mental Health**
 - g. Cancer Report**
- 5. Discussion and possible action on enhancing fire fighter survivorship resources.**
- 6. Discussion and possible action on collaborating with Texas Universities for wellness studies.**
- 7. Discussion and possible action on increased Committee Member presence at Health and Wellness Conferences statewide.**
- 8. Subjects for future meeting agenda items.**
- 9. Future meeting date is scheduled for October 23, 2025, at 10:00a.m.**
- 10. Adjourn meeting.**

AGENDA ITEM NUMBER 1

1. Call to order.

AGENDA ITEM NUMBER 2

2. Roll call and excuse of absences, if any, of Committee members.

AGENDA ITEM NUMBER 3

3. Adoption of the April 24, 2025, Health and Wellness Committee Meeting minutes.

Texas Commission on Fire Protection
Health and Wellness Committee Meeting Minutes

Presiding officer Doug Boeker called the April 24th, 2025, meeting of the Texas Commission on Fire Protection (TCFP) Health and Wellness Committee to order at 10:07 a.m. at the North Lamar Boulevard Building, 4800 N. Lamar Boulevard, Room 140, in Austin, Texas.

Member Attendance:

Doug Boeker	Ashley Watson	Michael Anderson		
Homer Salinas	Brian O'Neill	Adam Story		
Del Albright**	Michael Mire*	Daniel DeYear*	Steven Green*	Chris Kahl*

**Unexcused absence

*Excused absence

1. Call to Order-

Presiding Officer Doug Boeker called the meeting to order at 10:07 a.m.

2. Roll call and excuse of absences, if any, of committee members.

Doug Boeker called roll, and a quorum was present. A Motion by Homer Salinas, seconded by Adam Story, to excuse the absences of Michael Mire, Daniel DeYear, Chris Kahl and Steven Green, who had submitted notice of absence by email. Del Albright was noted as unexcused. Motion carried.

3. Adoption of the January 16, 2025, Health and Wellness Committee meeting minutes.

A motion was made by Adam Story and seconded by Michael Anderson to withdraw the adoption of the January 16, 2025, Health and Wellness Committee meeting minutes to correct errors. The minutes will be resubmitted at the next meeting. The motion carried.

4. Presentation on Committee-Related Resources.

Presiding Officer Boeker provided an overview of collaboration efforts with First Response Clinics focusing on firefighter health evaluations and VO2 max testing, intended to enhance cardiac health initiatives.

5. Review and Discussion of the Injury Report.

Grace Wilson presented the draft of the 2024 Injury Report.

6. Review and discussion of prior Committee work and accomplishments.

There was a discussion held on the Committee plans to finalize and propose a survey of Health & Wellness issues to the Commissioners at the May 15 meeting.

7. Status updates and progress reports from assigned project workgroups.

A summary of updates was provided for the following project work groups:

- a. Sleep
- b. Nutrition
- c. Injury Report Review
- d. Cardiac Health
- e. Hormones Report
- f. Fitness
- g. Mental Health
- h. Cancer Report

8. Discussion and possible action regarding the Health and Wellness Officer Program.

The discussion focused on establishing a voluntary Health and Wellness Officer certification, working with the Curriculum and Testing department when appropriate timing allows.

9. Subjects for future agenda items.

Items for future discussion included: enhancing fire fighter survivorship resources, collaborating with Texas universities for wellness studies, and increased committee presence at health and wellness conferences statewide.

10. Future meeting dates are scheduled for July 17, 2025 and October 23, 2025, at 10:00 a.m.

No updates were made to the future meeting dates.

11. Adjourn meeting.

A motion was made by Adam Story and seconded by Homer Salinas to adjourn the meeting. The motion carried.

X _____

Doug Boeker, Presiding Officer

Date

AGENDA ITEM NUMBER 4

4. Status updates and progress reports from assigned Project Workgroups:

- a. Sleep
- b. Nutrition
- c. Cardiac Health
- d. Hormones Report
- e. Fitness
- f. Mental Health
- g. Cancer Report

AGENDA ITEM NUMBER 5

5. Discussion and possible action on enhancing fire fighter survivorship resources.

AGENDA ITEM NUMBER 6

6. Discussion and possible action on collaborating with Texas Universities for wellness studies.

AGENDA ITEM NUMBER 7

7. Discussion and possible action on increased Committee Member presence at Health and Wellness Conferences statewide.

AGENDA ITEM NUMBER 8

8. Subjects for future meeting agenda item.

AGENDA ITEM NUMBER 9

9. Future meeting date is scheduled for October 23, 2025, at 10:00a.m.

AGENDA ITEM NUMBER 10

10. Adjourn meeting.