

LEADING THE WAY

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**FEEDING AMERICA'S BRAVEST**  
STUDY UNDERWAY IN THE INDIANAPOLIS FIRE DEPARTMENT

# LOCAL 416



## **Feeding America's Bravest Study Underway in the Indianapolis Fire Department with Local 416**

Feeding America's Bravest is the **first ever** Mediterranean lifestyle- nutritional intervention occurring in the US Fire service. The purpose of this research is to help firefighters eat healthier at work and at home. The study will take 24 months to complete and relies on a website of valuable nutrition, physical activity and healthy lifestyle information, educational videos on adding key Mediterranean diet foods and beverages into a firefighter's lifestyle, discounts for healthy food purchases and much more!

**Once again, Local 416 members are leading the way** with important research to help improve the health of your brother and sister firefighters across the country.

In this study, firefighters are either in a "Control" fire house or an "Intervention" fire house. "Intervention" houses have access to materials in the first year and "control" houses in the second year. As in any research testing the impact of a research intervention-- **both study groups are important to measuring success.**

A critical component of this study is the completion of questionnaires. Firefighter participation in **both groups** is vital!! **Please** log-in to the website using your ID number and pass word (given to you at the enrollment meeting) and get the survey done.

Your participation and **questionnaire responses** are very important. You will be a part of helping your brothers and sisters in the fire service to improve their health and their wellness, to reduce the risks of heart disease, diabetes, metabolic syndrome, cancer and other chronic disease. The information we obtain from the questionnaires is essential for this research and for improving health in the fire service. **Thanks so much!** We really appreciate your effort and participation in our study.

If you are not participating, you can still sign up. Please contact Carolyn or Vanessa at 317-964-2354. Feel free to call if you need help with your ID number, too!