

HEALTH DISPARITIES AMONG POLICE OFFICERS

Depressive symptoms in officers nearly double (12.0% vs. 6.8%) general population.

PTSD

10% : Very high rate of PTSD symptoms

35% : Partial PTSD symptomatology

Research: Police PTSD 7-19%

POLICE CARDIOVASCULAR DISEASE- "METABOLIC SYNDROME"

>25% of officers had metabolic syndrome compared to 18.7% U.S. employed population.

Metabolic Syndrome components :

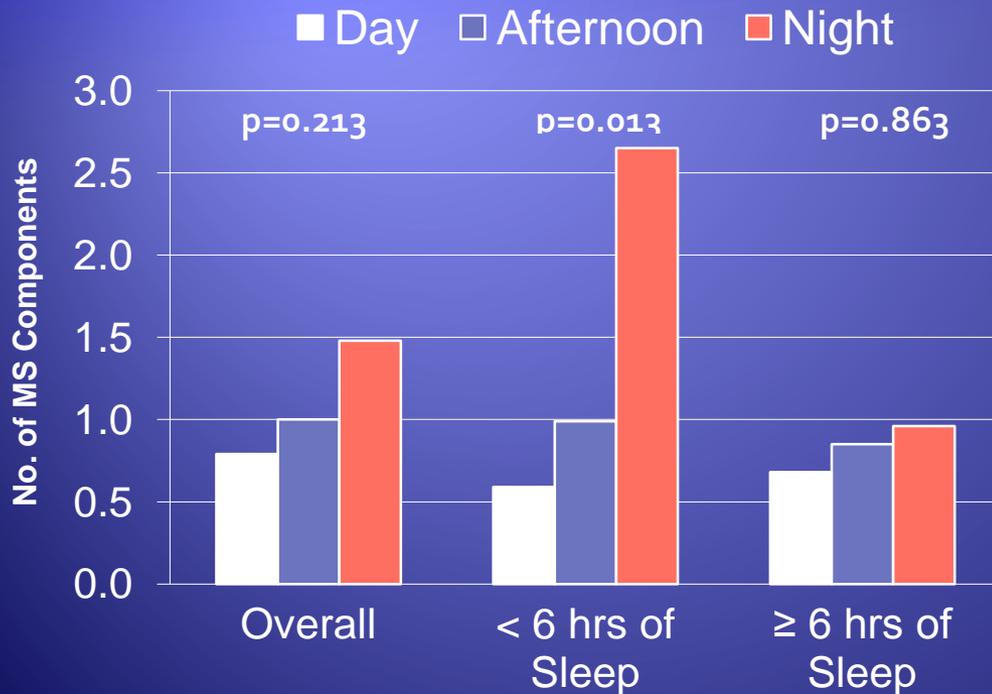
- Abdominal obesity - ≥ 102 cm (41") in males, ≥ 88 cm (35") in females)
- Hypertension (systolic blood pressure ≥ 130 mmHg, diastolic blood pressure ≥ 85 mmHg, or reported physician-diagnosed hypertension and antihypertensive treatment)
- Reduced HDL-C (fasting HDL-C < 40 mg/dL in men, < 50 mg/dL in women, or reported treatment)
- Elevated triglycerides (fasting triglycerides ≥ 150 mg/dL, or reported treatment)
- Glucose intolerance (fasting serum glucose ≥ 100 mg/dL, or reported treatment for diabetes).

Hartley , et al (2012). Association between police officer stress and the metabolic syndrome in the BCOPS Study Cohort. *International Journal of Emergency Mental Health*, 13, 243-256.

Hartley , et al (2012). Health disparities in police officers: Comparisons to the U.S. general population. *International Journal of Emergency Mental Health*, 13, 211-220.

SHIFT WORK , SLEEP, AND METABOLIC SYNDROME

Officers who worked nights and had <6 hrs. sleep had a 4-fold greater number of *metabolic syndrome* components than officers working the day shift.



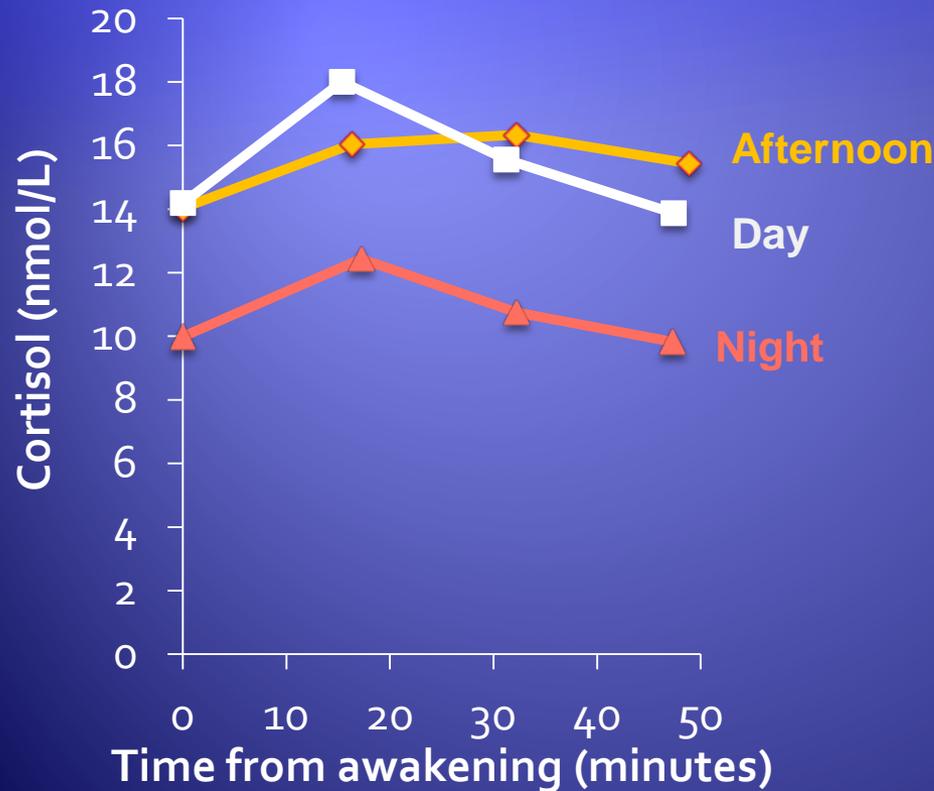
Police 4 x more likely to sleep <6 hrs. than population (33% vs. 8%).

Stress- High stress led to poor Sleep quality in both men and women officers.

Violanti, et al (2009). Atypical Work Hours and Metabolic Syndrome Among Police Officers. *Archives of Environmental and Occupational Health*, 64, 194-201.

Charles et al (2012). Associations of perceived stress with sleep duration and sleep quality: The BCOPS Study. *International Journal of Emergency Mental Health*, 13, 229-242

Night Shifts and Police Stress: Cortisol the "stress hormone"

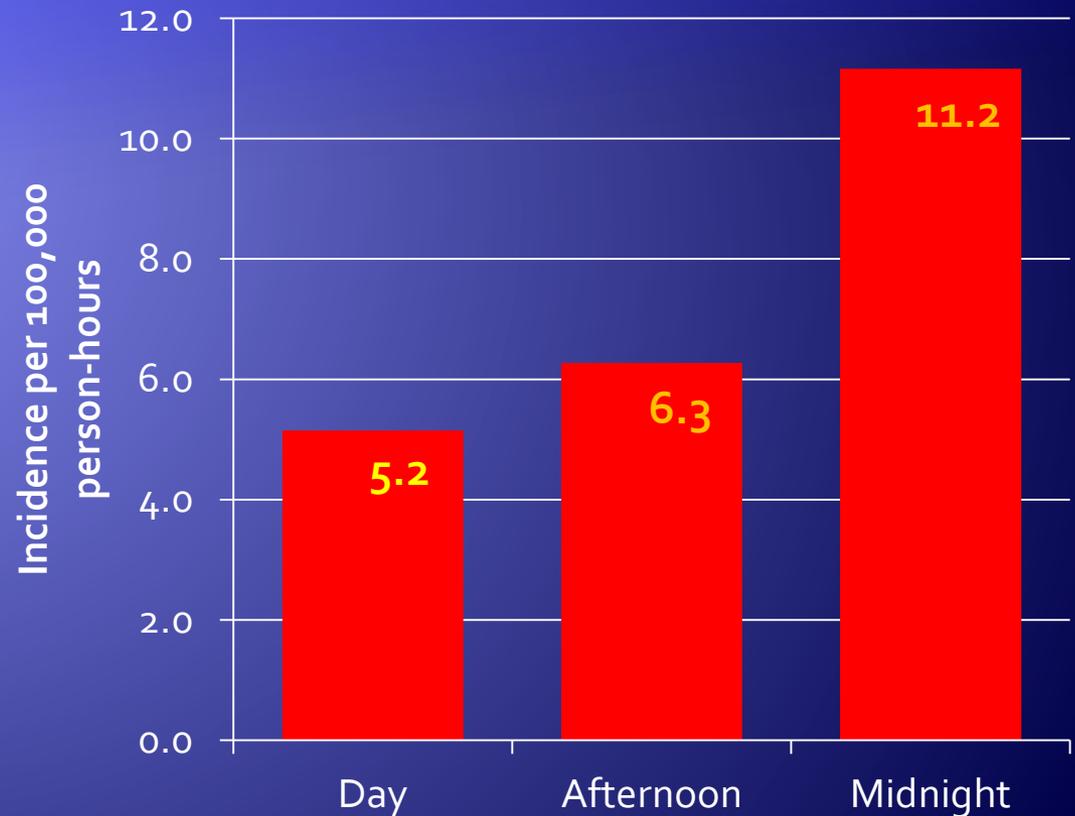


Night shift workers had a significantly diminished response pattern compared to afternoon and day shift workers.

Wirth et al (2011). Shift work duration and patterns of salivary cortisol secretion among police officers. *Chronobiology International*, 28, 446-457.

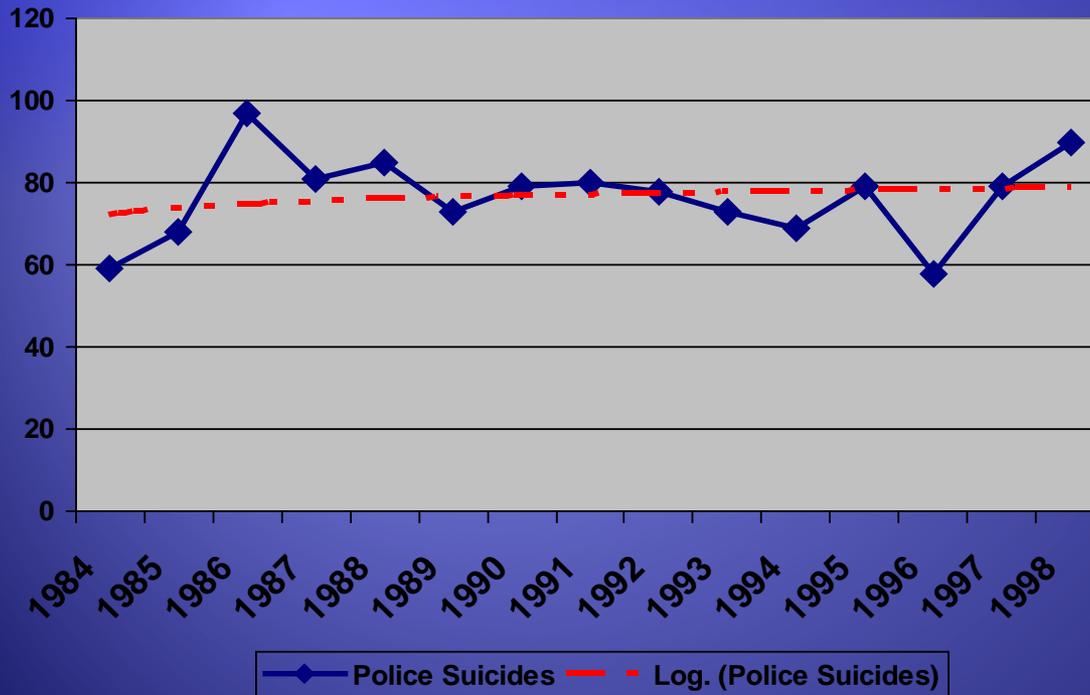
SHIFT WORK : Incidence of Injury

The incidence of first injury was over **2-fold higher** in midnight shift workers compared to day shift workers: **11.2 vs. 5.2 injuries per 100,000 person-hours**.



POLICE SUICIDE

Trends in Police Suicide: CDC National Occupational Mortality Surveillance 1984-1998



OUR MOST RECENT STUDY

Approx. 18/100,000

- 2008: 141 POLICE SUICIDES
- 2009: 143 POLICE SUICIDES
- 2010 147 POLICE SUICIDES
- 2012- 96 suicides (as of 9-1)

- Most- white male (95%)
- 35-44 age group (40%)
- Patrol level (90%)
- Used firearm (94%)

O'Hara, A.F. & Violanti, J.M.. Police suicide: A web surveillance of national data. *International Journal of Emergency Mental Health*, 11, 17-24.

Violanti, J.M. (2010). Police suicide: A national comparison with fire-fighter and military personnel. *International Journal of Police Strategies & Management*, 33, 270-286. DOI 10.1108/13639511011044885.