

# LEADS II Update

Longitudinal EMT Attributes and Demographics Study (LEADS)

April 30, 2016

## HOW WELL DO YOU KNOW EMS?

How many of you who are employed in EMS work for two or more organizations?

- About one in ten
- About one in five
- About one in three
- About one in two

ANSWER: About one in three (37% reported working for two or more organizations in 2014/2015).

Compared to the U.S. adult population, how likely are EMS professionals to be overweight or obese?

- More likely
- About as likely
- Less likely

ANSWER: About as likely. Both 69% of respondents and 69% of the general population had BMIs in the overweight and obese ranges.

About how many of you are tobacco smokers?

- About one in twelve
- About one in eight
- About one in six
- About one in three

ANSWER: About one in eight (12.6%) are tobacco smokers, slightly better than the national average of 16.8%.



## The Difference You Make

Dear LEADS II Participants,

We will be sending you another survey soon, as part of the LEADS II Longitudinal Study. Last year, about 1,000 of you participated—and we'd like to thank you again for your help. If you weren't able to participate last year, don't worry. You can still take part in future LEADS II questionnaires. And if you're no longer involved in EMS, you can also participate. We're especially interested in learning why people leave the profession and what they do after they've left.

Last year's survey included several items about violence directed towards EMS workers. Results will be reported in an article in Pre-hospital Emergency Care, one of the leading EMS journals. We'll share results with you after this article is published.

Thank you again for your participation in this study. The 2016 questionnaire will be coming to your inbox soon!

Best regards,

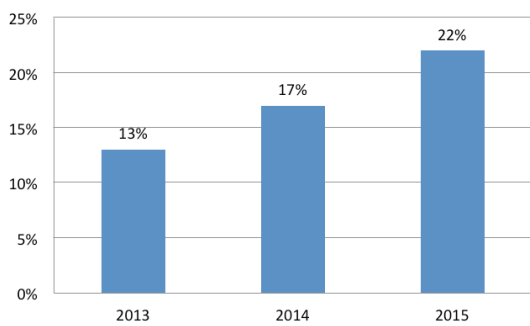
**The LEADS II Research Team**

# FAST FACTS

## STRESS

Feeling stressed out? We used items in a standardized stress scale to determine how your stress levels have changed over time. There was an increase in stressed respondents over time. EMTs had a 10% increase in the number of new stress cases over two years; paramedics had a 23% increase.

Percentage of EMS Workers who are Highly Stressed: 2013 - 2015



How's your blood pressure? Nearly all of you (over 96%) knew your blood pressure.

However, less than half (42%) had "normal" systolic blood pressure and about half (52%) had "normal" diastolic blood pressure.

## EDUCATION

Overall, nearly one-third (31%) of you reported that you are currently enrolled in a community college, a 4-year college or a graduate program. Of those enrolled, over two-thirds were enrolled in a healthcare related program.

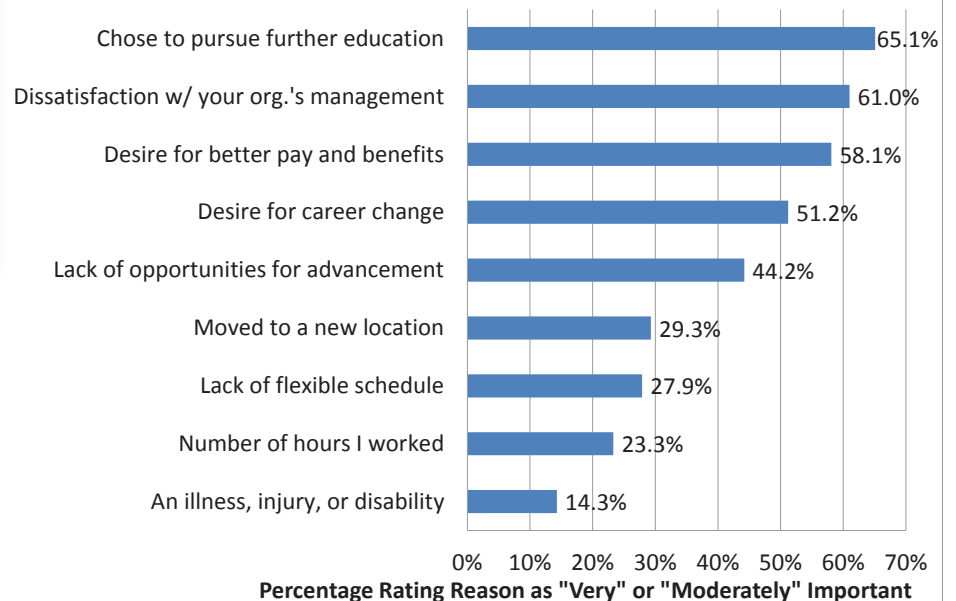


## Leaving EMS

About 5% of you left the EMS profession in the last 12 months. From our research, we know that some people leave the profession temporarily.

So, we asked all of the leavers whether they would "definitely not return", "probably not return", "probably return" or "definitely return" to EMS. Over half (58%) indicated they would probably not or definitely not return to EMS.

### Importance of Selected Reasons for Leaving EMS Position



The most commonly reported reason for leaving that was rated as "Very important" or "Moderately important" was the pursuit of higher education.

Other "very" or "moderately" important reasons included dissatisfaction with your organization's management, desire for better pay and benefits, and a desire for a career change.

## CONTACT US:

Need to get in touch? Send us an email at [LEADS2@NREMT.org](mailto:LEADS2@NREMT.org)