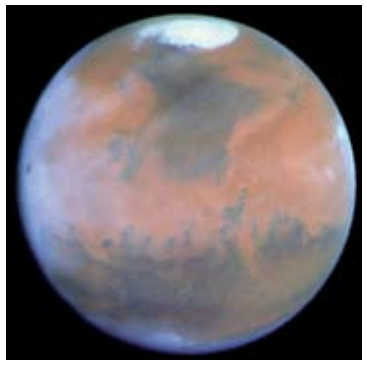
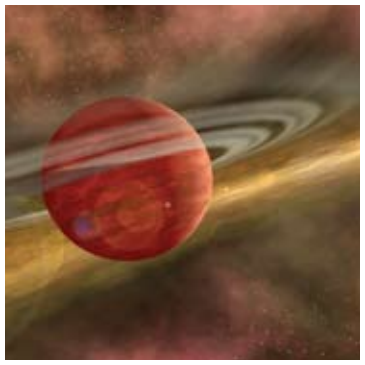
National Aeronautics and Space Administration

2007 HealthierYou


www.nasa.gov

HealthierYou Campaign 2007

An At-Work Health Awareness Journal

The NASA Office of the Chief Health and Medical Officer (OCHMO) presents its third annual health calendar with the publication of HealthierYou 2007.

The HealthierYou 2007 calendar focuses on the influence of the work environment on health and lifestyle choices. The calendar includes a self-reflective tool titled “Health Awareness Journal”. We encourage you to observe the monthly health actions and tips and take time to complete your Journal.

The Health Awareness Journal is available on www.ohp.nasa.gov as an interactive tool. Answers to the monthly Health Questions are posted on www.ohp.nasa.gov, and also listed in the back of the calendar.

The calendar evaluation form is available online only at www.ohp.nasa.gov. We would very much like to hear from you.

Credit
NASA PASS and VO_2Max: Dr. Larry Wier, Ed.D, NASA JSC

Behavioral Health: Marion Ruffing, MBA, MS, CEAP
From the following sources:
- “Take Control of Your Life - A Complete Guide To Stress Relief” by Sharon Faelten, David Diamond and the Editors of Prevention Magazine, 1988, Rodale Press.
- Readers’ Digest.com 37 Stress Management Tips
- www.essisystems.com
- www.how-to-meditate.org/breathing-meditations.htm
- www.healthyhabits.com
- www.nationalpainfoundation.org

Moon Phases: http://aa.usno.navy.mil/data/docs/MoonPhase.html#y2007

An At-Work Health Awareness Journal

Your health depends on a variety of factors most of which you can control and modify to your advantage. The “Health Awareness Journal”, as a reflection of your health and life style habits, will take one week to complete.

STEP 1: Make a commitment to yourself, in the form of a verbal or a written contract, that you will complete this Journal.
STEP 2: Identify a “buddy” for support and encouragement.
STEP 3: Choose a week to complete the Journal. It is as simple as placing a checkmark under the column that best describes your habits.

	Meals										
	Breakfast			Lunch			Dinner			Snacks	
	Skipped	Ate Out or Take Out	Home Cooked	Skipped	Ate Out or Take Out	Home Cooked	Skipped	Ate Out or Take Out	Home Cooked	Vending Prod-ucts	Fresh Fruits & Veggies
Sunday											
Monday											
Tuesday											
Wednesday											
Thursday											
Friday											
Saturday											
TOTALS											

	Beverages				
	Water		Alcohol	Soda	Juice
	0-4 Glases	5 or More Glases	Number of Glasses	Number of Glases	Number of Glasses
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
TOTALS					

	Physical Activity	Engaged in Favorite Hobby	Sleep		Tobacco Use
	30 Minute Session		Hours Nightly		
	Check if Yes	Check if Yes	Less than 6	More than 6	Check if Yes
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
TOTALS					

STEP 4: Please answer these questions:

- Do you have a social network of trusted family, friends and co-workers?
  Yes **No**
- In the previous 12 months, did you utilize any Occupational Health (OH) services offered at your Center such as annual flu shot, the fitness center, any clinic services or the Employee Assistance Program (EAP)?
  Yes **No**

STEP 5: In preparation for the online portion, you will need to complete the two items listed here.

5a - Take your waist measurement in inches. To do so, place the tape measure just above your navel and parallel with the floor. This number will be used to calculate your VO_2max as a measure of how well your body uses oxygen.

Waist girth in inches: _____

5b - Familiarize yourself with the NASA Physical Activity Status Scale (NASA PASS). NASA PASS was developed at JSC as a measure of physical activity level. This number will also be used in the VO_2 measurement.

NASA PASS Score: _____

NASA PASS - Physical Activity Status Scale	
Sedentary to Light Exercise Walking for pleasure	**0** – Avoid walking or exertion, always use elevator, drive instead of walking.
	1 – Walk for pleasure, routinely use stairs or occasionally exercise sufficiently to cause heavy breathing or perspiration.
Recreational Activity Golfing, bowling, yard work	**2** – 10 to 60 minutes per week.
	3 – Over one hour per week.
Heavy Aerobic Exercise Running, brisk walking or comparable activity, basketball, tennis, racquetball, aerobic dance	**4** – Run approx. 1 mile per week or walk approx. 1 to 3 miles per week or spend about 30 minutes per week in comparable physical activity.
	5 – Run 1 to 5 miles per week or walk 3 to 6 miles per week or spend 30 to 60 minutes per week in comparable physical activity.
	6 – Run 6 to 10 miles per week or walk 7 to 13 miles per week or spend 1 to 3 hours per week in comparable physical activity.
	7 – Run 11 to 15 miles per week or walk 14 to 20 miles per week or spend 4 to 6 hours per week in comparable physical activity.
	8 – Run 16 to 20 miles per week or walk 21 to 25 miles per week or spend 6 to 8 hours per week in comparable physical activity.
	9 – Run 21 to 25 miles per week or walk 26 to 33 miles per week or spend 9 to 11 hours per week in comparable physical activity.
	10 – Run over 25 miles per week or walk over 34 miles per week or spend over 12 hours per week in comparable physical activity.

STEP 6: Complete this table based on your self-assessment so far. Place a checkmark in the “Passed” column to denote “yes” and a checkmark in the “Failed” column to denote “no”. If the statement does not apply, do not place a checkmark in either column.

Statement	Responses	
	Passed	Failed
1. I engaged in at least one favorite hobby during the week.		
2. When I felt under stress, I sought a trusted friend, co-worker or a family member to speak with.		
3. In the past 12 months, I have utilized between 1-3 services provided by one of the OH Divisions at my Center.		
4. When at work, I ate cafeteria food 3 times or less this week.		
5. My family and I ordered take-out or ate out 3 times or less this week.		
6. When eating out, my family and I did not super size our orders.		
7. I did not skip any meals.		
8. For daily snacks I opted for fresh fruits and veggies 50% of the time.		
9. I had at least 5 glasses of water each day.		
10. I slept 7 hours or more per night 4 out of 7 nights of the week.		
11. I felt rested and energetic in the mornings.		
12. I drank 4 or less alcoholic beverages during the week.		
13. I enrolled in a smoking cessation program.		
14. My NASA PASS scale is 6 or higher.		
15. My VO_2max value places me at moderately fit.		
Total		

CLOSING THOUGHTS: Optimally, you want more “Passed” than “Failed”. If you need to make changes take small but consistent steps. Consider consulting a health professional for a one-on-one discussion and planning.

This concludes the activities of the **Health Awareness Journal**. We hope you found the exercise both interesting and informative. Enjoy the calendar; it includes many health topics and related facts.

Dense knots of dust and gas in our Milky Way Galaxy.

Weight Loss

Myths	Facts
Skipping meals or fasting helps you lose weight.	Skipping meals or fasting lowers metabolism and one tends to eat more at the next meal.
Completely eliminating one food group helps with weight loss.	Eliminating one food group deprives you of the flavor and good nutrients of those food elements.
Never combine food groups in the same meal.	Portion size is the key, not food group combination.
Portion size doesn't matter if the food is "healthy".	Calories count, regardless of the source.
Desserts are the real problem because they are loaded with sugar.	Sugar is used in prodution of many processed and canned foods. Read food labels.
Eating late at night is more fattening than day-time eating.	Weight control is a matter of total daily calorie intake and expenditure, not when you eat.

Excerpts from an article by Amy Paturel, M.S., M.P.H. at AOL.Com 2006

HEALTH ACTION: 1) Get started with the Health Awareness Journal.
2) Take a quiz at www.cfsan.fda.gov/~dms/flquiz1.html

HEALTH QUESTION: Do you understand and know how to read a nutrition facts label a.k.a food label?

For answer go to: **www.ohp.nasa.gov**

2007 January

December						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

February						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 New Year's Day **Federal Holiday**	2	3	4	5	6
7	8	9	10	11	12	13
14	15 Martin Luther King, Jr. Day **Federal Holiday**	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Behavioral Health

1. Stress management is different for each of us because we view stressful situations in different ways including the level of stress we internalize.
2. Coping skills are learned behaviors. They are stress management tools and techniques that are refined over time to best suit a person's body and mind.
3. If stress is thought of as "bad", we'll naturally try to move away from it. However, "positive" stress is essential for optimal performance to stimulate healthy lives and resilience.

HealthierYou

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At a distance of 650 light-years, the Helix Nebula is one of the nearest planetary nebulae to Earth.

Work/Rest Cycle

- ❖ Circadian rhythm regulates the cycles in all bodily functions such as: hormone production, emotions, food metabolism, alertness, and performance.
- ❖ Some of the most costly industrial accidents (the Exxon Valdez, the Three Mile Island) happened during low circadian rhythm, around 1-3am.
- ❖ Least alert hours are between 3-5am.

To improve work/rest cycle:

- Keep your work and sleep schedule regular and predictable.
  - ❖ Develop sleep rituals.
- Resting, such as a 30-minute afternoon nap, is valuable for recovery.
- Begin the day with protein foods and fresh fruits; try lean bacon or grapes.
- End the day with snacks high in tryptophan; try crackers, cottage cheese or a banana.
  - ❖ Tryptophan is an essential amino acid and a precursor to serotonin.
  - ❖ Serotonin induces sleep and tranquility.

HEALTH ACTION: For one week, try going to sleep half an hour earlier than usual. Assess your energy level each morning and at the end of the week for a cumulative result.

HEALTH QUESTION: How much sleep is enough?

For answer go to: **www.ohp.nasa.gov**

NPR 1800.1 Chapter 4.8 Balancing Work-Rest Cycles www.Mayoclinic.com

2007 February

January						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

March						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 ○ **National Wear Red Day**	3
4	5	6	7	8	9	10 ◑
11	12	13	14 Valentine's Day	15	16	17 ●
18	19 Presidents' Day **Federal Holiday**	20	21 Ash Wednesday	22	23	24 ◐
25	26	27	28			

Behavioral Health

1. Tiptoe Through the Tulips… commune with nature, it is a known stress reliever; tend to a garden or a houseplant. Watching a plant through its life cycle is a nice reminder that stress will pass.
2. If you are planning to participate in family or office holiday gift exchange, put aside money each month to reduce financial burden at year's end.
3. Utilize the words "challenge", "motivation" or "creativity" when describing stress to slowly change your outlook.

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The Pinwheel Galaxy's giant spiral disk of stars, dust, and gas is 170,000 light-years across or nearly twice the diameter of our galaxy, the Milky Way, and is estimated to contain at least one trillion stars.

Sleep Apnea

Sleep apnea is brief periods of pauses in breathing or shallow breathing while sleeping. Your answers to this quiz will help you decide if you suffer from sleep apnea.

Score Your Snore

1. Are you a loud, habitual snorer?
2. Do you feel tired and groggy on awakening?
3. Do you fall asleep easily during waking hours and/or can you fall asleep easily?
4. Are you overweight and/or do you have a large neck?
5. Have you been observed to choke, gasp, or hold your breath during sleep?

If you answered "yes" to any of the above questions, you should discuss your symptoms with your physician.

HEALTH ACTION: Keep a sleep log during the last week in March. Include this information in your Health Journal.

HEALTH QUESTION: Why should you think about stress like you think about blood pressure?

For answer go to: **www.ohp.nasa.gov**

www.sleepfoundation.org www.nhlbi.nih.gov/health/dci/Browse/Sleep.html

2007 March

February						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

April						
S	M	T	W	T	F	S
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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17 St. Patrick's Day
18	19	20	21 Spring begins	22	23	24
25	26 **Sleep Awareness Week**	27 **Start Your Sleep Log**	28	29	30	31

Behavioral Health

1. Soak it up… try a hot bath or a warm wet cloth on your face.

2. On-The-Job-Stress… research has linked job stress to illness. If you can't improve your workplace, you can improve the way you view it.

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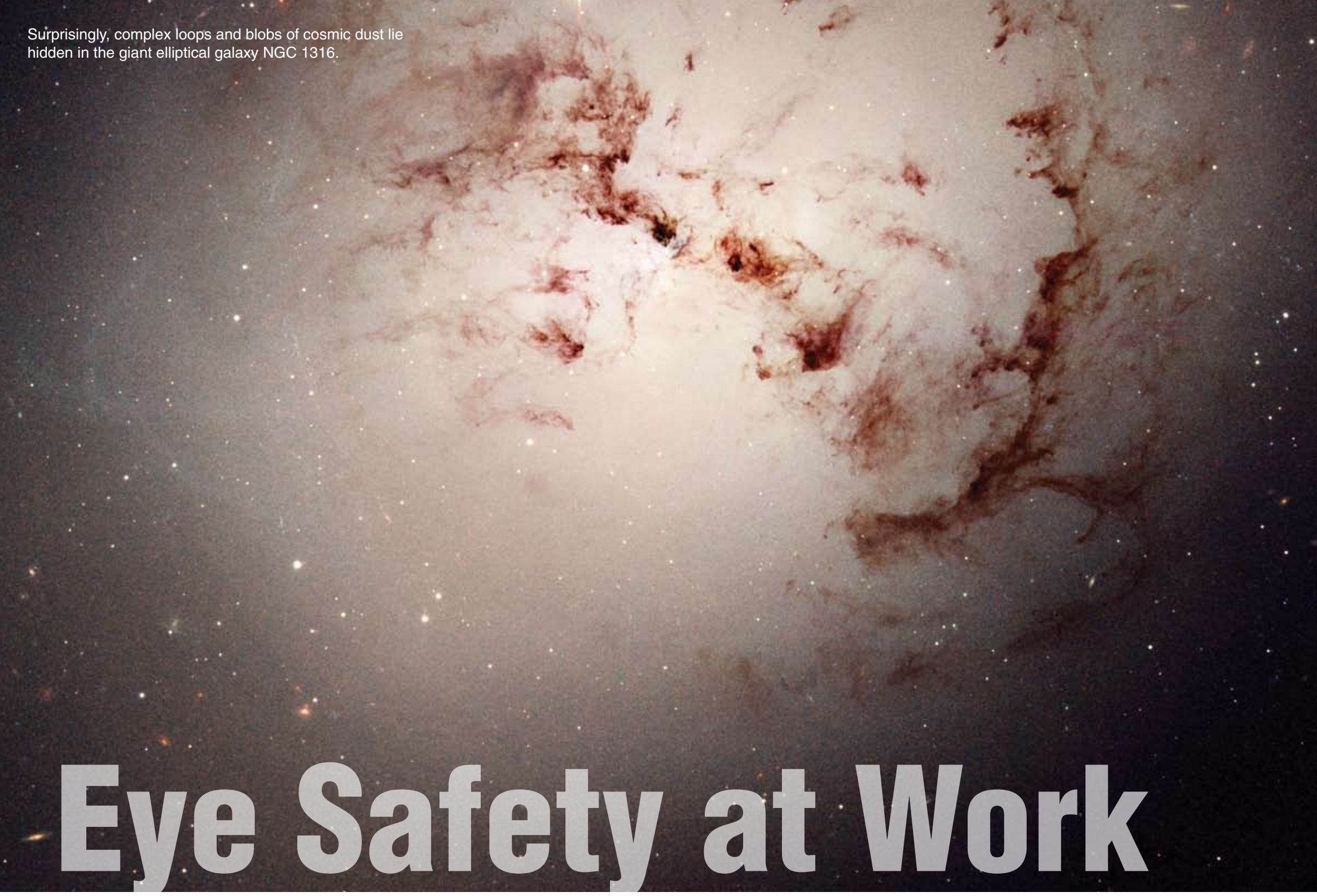
www.ohp.nasa.gov



Surprisingly, complex loops and blobs of cosmic dust lie hidden in the giant elliptical galaxy NGC 1316.

Eye Safety at Work

- Everyday 2,000 U.S. workers have a job-related eye injury resulting from:
  - ❖ Small particles or objects striking the eye.
  - ❖ Chemical and thermal burns.
  - ❖ Minor or serious eye infections
- Eye protection devices should be:
  - ❖ Specific to the work.
  - ❖ Specific to personal vision needs.
  - ❖ Fitted to the individual or adjustable.
- Common Eye Protection Devices:
  - ❖ Goggles—Fitted to person, indirectly-vented with anti-fog coating.
  - ❖ Face Shields—Most reliable when providing crown and chin protection; use in addition to goggles.
  - ❖ Safety Glasses—For impact protection, not splash or droplet.
  - ❖ Full Face Respirators—Provide respiratory and eye protection.

HEALTH ACTION:
Donning Personal Protective Equipment (PPE) takes 2 minutes. Preventing a mishap is priceless.

HEALTH QUESTION: April is National Facial Protection Month. In addition to eye safety, what are 3 other ways to "Save Face"?

For answer go to: **www.ohp.nasa.gov**

www.cdc.gov/niosh

2007 April

March						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

May						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

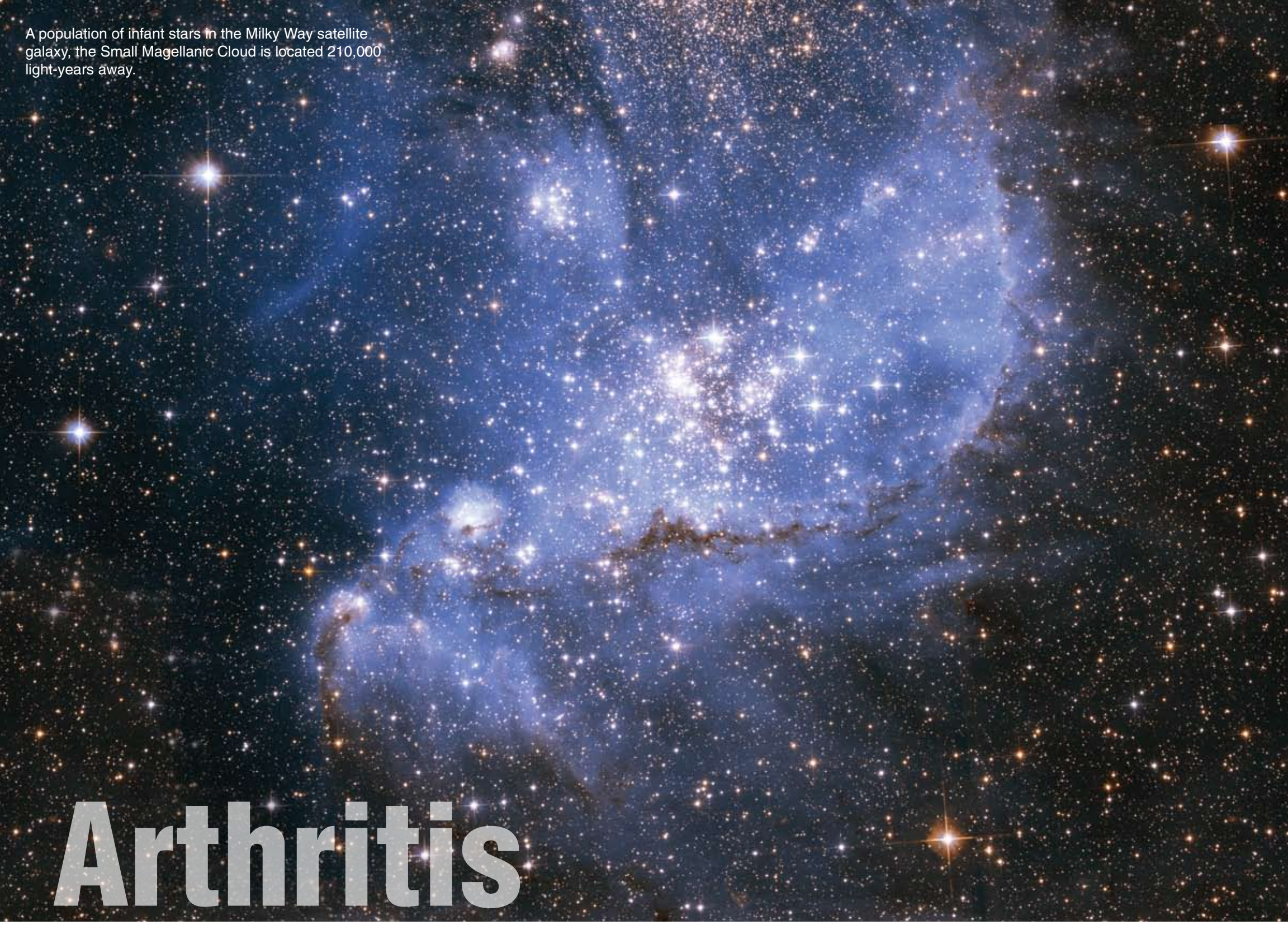
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Palm Sunday Daylight Savings Time begins	2	3 Passover	4	5	6 Good Friday	7 **World Health Day** **Take a walk!**
8 Easter	9	10	11	12	13	14
15	16 **111th Boston Marathon**	17	18	19	20	21
22 **Earth Day** **Protect the Environment!**	23	24	25	26	27	28
29	30					

Behavioral Health

1. From lemons, make lemonade… change your expectations and thoughts. Don't blame yourself or others. Look for opportunities behind disappointment.
2. Establish one or two pre-sleep rituals… dim the lights and set out clothes for the next day.
3. Attitudes and our views of ourselves and the world are built from parental and societal feedback. Concious and subconcious inner conversations or self-talk maintain and modify these images long term. Stay Positive…

HealthierYou

www.ohp.nasa.gov



A population of infant stars in the Milky Way satellite galaxy, the Small Magellanic Cloud is located 210,000 light-years away.

Arthritis

- Arthritis affects persons of both sexes and all ages and races.
- Arthritis refers to more than 100 conditions, most common are osteoarthritis (OA) and rheumatoid arthritis (RA):
  - ❖ OA effects cartilage and impairs weight-bearing joints.
  - ❖ RA is a systemic condition and more common in women. The body's immune system attacks healthy joints causing inflammation and joint damage.
- Reduce the effects of arthritis by:
  - ❖ Staying physically active.
  - ❖ Maintaining a healthy weight.
  - ❖ Getting educated about arthritis self-management.
- The Arthritis Foundation offers community-based exercise classes and self-management education.

HEALTH ACTION: Most NASA fitness centers observe National Employee Health and Fitness Day, participate in the activities.

HEALTH QUESTION: How do you manage arthritic pain?

For answer go to: **www.ohp.nasa.gov**

www.arthritis.org or Telephone 800-568-4045 www.ampainsoc.org

2007 May

April						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

June						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13 Mother's Day	14	15	16 **National Employee Health & Fitness Day**	17	18	19
20	21	22	23	24	25	26
27	28 Memorial Day **Federal Holiday**	29	30	31		

Behavioral Health

1. Take a Walk… to improve circulation. It forces you to breathe deeply.

2. If you live in a dual-career household, manage stress by sharing responsibilities as a family and understanding everyone's limitations.

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The Crab Nebula, a six-light-year-wide expanding remnant of a star's supernova explosion.

Healthy Eyes

- **Diabetic retinopathy** results from damage to the small blood vessels nourishing the retina; affects nearly 50% of people with diabetes; has no early warning signs; and results in 12,000-14,000 new cases of blindness each year. Regular examinations are essential.
- **Macular Degeneration** diminishes central vision such as reading and driving; medical treatment is limited; glasses may be helpful if detected early.
- **Glaucoma** results from increased fluid pressure within the eye, thus reducing the blood supply to the optic nerve; sight destroyed cannot be restored; people with diabetes are twice as likely to develop glaucoma. Acute glaucoma strikes suddenly and inflicts cloudy vision with pain. Chronic glaucoma is more common, progresses slowly and painlessly; no obvious symptoms until late stages.

HEALTH ACTION: Assess your health by visiting www.nationalhealthtest.com and take the 10-question test.

HEALTH QUESTION: What are the functions of retina and macula in the eye?

For answer go to: **www.ohp.nasa.gov**

www.cdc.gov/niosh/topics/eye/ www.mayoclinic.com

2007 June

May						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

July						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3 **National Cancer Survivors Day**	4	5	6	7	8	9
10	11	12	13	14 Flag Day	15	16
17 Father's Day	18	19	20	21 Summer Begins	22	23
24	25	26	27 **Eye Safety Awareness Week 6/27 - 7/5**	28	29	30

Behavioral Health

1. Just Say No… be clear about your limits and stop trying to please everyone all the time.

2. Time is on your side… take responsibility and small steps to achieve the desired outcome in all personal and professional endeavors.

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www.ohp.nasa.gov

Infrared image of galaxy M82.

UV Safety Facts

- Sunglasses should provide 99 to 100 percent UV-A and UV-B protection. The majority of sunglasses in the US meet this standard regardless of cost. Wrap around styles offer increased protection.
- Liberally apply and re-apply a broad-spectrum sunscreen of at least SPF 15.
- Drink plenty of water.
- Short Shadow? Seek Shade.
  - ❖ Limit time in the midday sun between 10am and 4pm.
  - ❖ Shadow shorter than your height = High UV.
  - ❖ Shadow longer than your height = Low UV.

www.epa.gov/sunwise/uvindex2.html

UV Index Number	Exposure Level	Protective Actions
0 to 2	Low	Sunglasses & Sunscreen
3 to 5	Moderate	Cover up with proper attire and stay in the shade
6 to 8	High	Reduce time in the sun
9 to 10	Very High	Minimize exposure
11 +	Extreme	Avoid unnecessary exposure

HEALTH ACTION: Play “Me and My Shadow” with your children to teach UV safety.

HEALTH QUESTION: What is the expiration date on your sunscreen?

For answer go to: **www.ohp.nasa.gov**

2007 July

June						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

August						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 Independence Day **Federal Holiday**	5	6	7 ◑
8	9	10	11	12	13	14 ●
15	16	17	18	19	20	21
22 ◐	23	24	25	26	27	28
29	30 ○	31				**July is UV Safety Month**

Behavioral Health

1. Put first things first… make it a priority to take good care of your health. It is the best way to give to others.
2. In a stressful family situation…
   a. Understand both sides; in many cases there is no clear right or wrong, just differences in opinion and expectations.
   b. Remain focused; stay calm and assertive not aggressive.

HealthierYou

www.ohp.nasa.gov

Resembling the fury of a raging sea, this image actually shows a bubbly ocean of glowing hydrogen gas and small amounts of other elements such as oxygen and sulfur that make up the Omega or Swan Nebula.

Water is Essential

- Fluid requirements depend on several factors including how active you are, the climate, and your health status.
- Listed below are three approaches to estimate total daily fluid needs for healthy sedentary adults living in a temperate climate:

❖ The Institute of Medicine recommends:
- Men should consume 3 liters or about 13 cups daily.
- Women should consume 2.2 liters or about 9 cups daily.

❖ Replacement approach:
- 2 liters of water or about 9 cups in addition to normal food intake.

❖ 8 x 8 rule: Drink eight 8-ounce glasses of water daily.

HEALTH ACTION: This month, eat at least two vegetables with dinner and one fresh fruit for a midday snack.

HEALTH QUESTION: Do you meet the recommended daily water intake?

For answer go to: **www.ohp.nasa.gov**

www.mayoclinic.com www.nlm.nih.gov/medlineplus/drinkingwater.html

2007 August

July						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

September						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August is National Pain Awareness Month			1	2	3	4
5 ◑	6	7	8	9	10	11
12 ●	13	14	15	16	17	18
19	20 ◐	21	22	23	24	25
26	27	28 ○	29	30	31	

Behavioral Health

Practice breathing meditation to increase the oxygen flow and nourish your mind and body.

- Choose a quiet place and sit in a comfortable position.
- Keep your back straight to prevent your mind from becoming sluggish.
- Keep eyes partially closed, breathe through your nostrils.
- Concentrate on breathing to the exclusion of everything else.
- Practice patiently in this way. Gradually, your distracting thoughts and feelings will subside.

HealthierYou

www.ohp.nasa.gov

The Orion Nebula, at 1,500 light-years away, is the nearest star-forming region to Earth.

Food Safety

Reduce your risk of foodborne illness:

- **CLEAN**—Wash hands and surfaces with warm soapy water for 20 seconds before and after handling food.
- **SEPARATE**—Don't cross-contaminate; separate raw, cooked and ready-to-eat foods while shopping, preparing or storing.
- **COOK**—Food must be cooked to proper temperatures.
- **CHILL**—Refrigerate or freeze within two hours or sooner.

HEALTH ACTION: Sing "Happy Birthday" twice or recite the alphabet twice as ways to wash hands long enough. Hand rinse products are great for hand hygiene.

HEALTH QUESTION: What is the minimum acceptable internal temperature for a whole chicken in order to consider it safe for consumption yet flavorful?

For answer go to: **www.ohp.nasa.gov**

2007 September

August						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

October						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Labor Day **Federal Holiday**	4	5	6	7	8
9	10	11	12 First of Ramadan	13 Rosh Hashanah	14	15
16	17	18	19	20	21	22 Yom Kippur
23 Autumn Begins	24 **National Adult Immunization Week - Get Immunized!**	25	26	27	28	29 **Family Health & Fitness Day Get Involved!**
30						

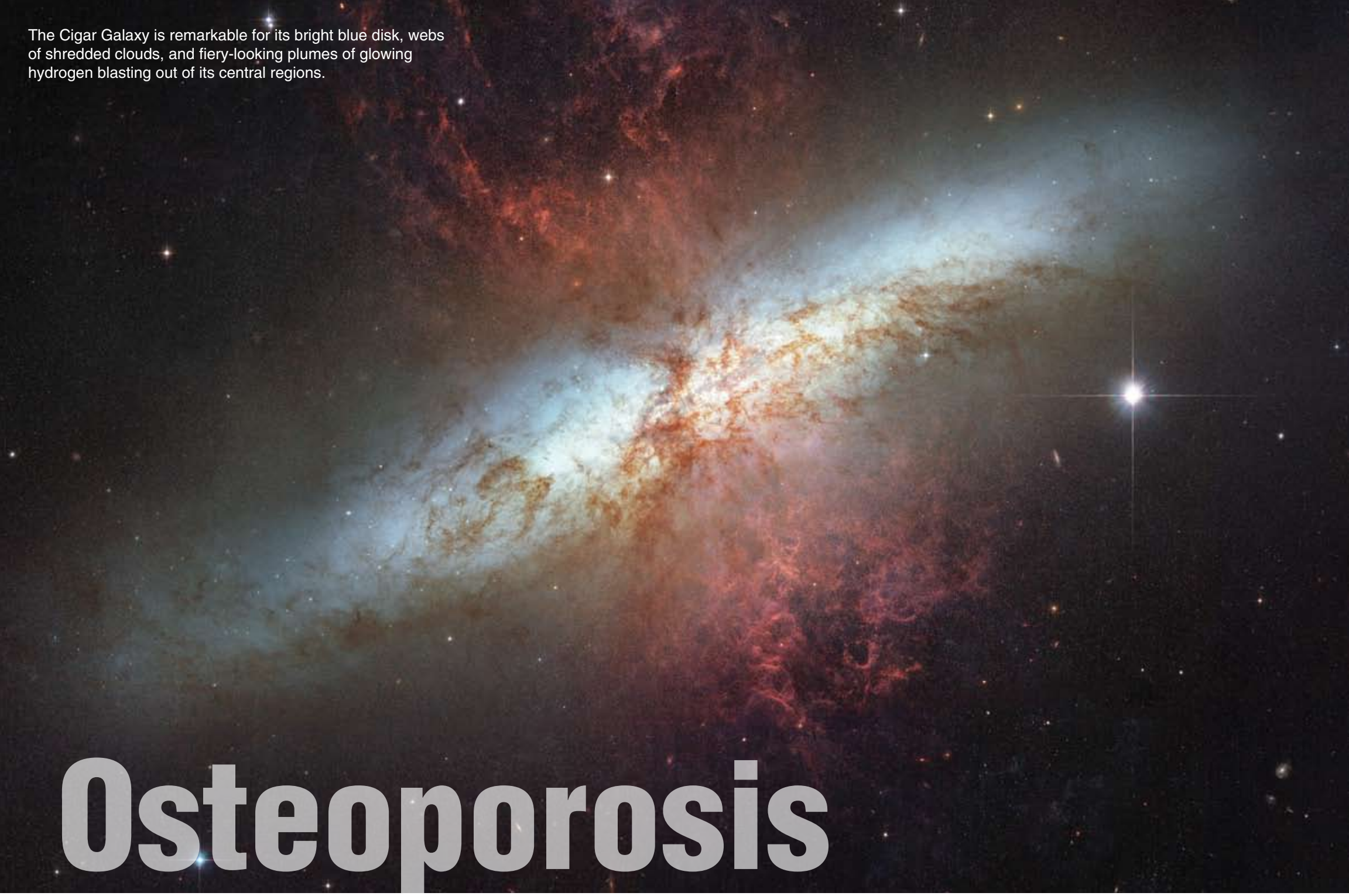
Behavioral Health

1. Straighten Up… good posture promotes circulation and helps release muscle tension. Deliberately breathe more slowly and deeply.

2. Take a Trip … in your mind.

HealthierYou

www.ohp.nasa.gov



The Cigar Galaxy is remarkable for its bright blue disk, webs of shredded clouds, and fiery-looking plumes of glowing hydrogen blasting out of its central regions.

Osteoporosis

Facts and preventive measures:

- Osteoporosis is largely preventable. Currently, there is no definitive cure.
- Build strong bones before the age of 30 with regular weight-bearing exercises such as walking, dancing, stair climbing, and racquet sports.
- Avoid smoking and excessive alcohol.
- Consider a Bone Mineral Density (BMD) test. It is accurate, painless and noninvasive.
- Meeting current recommendations for calcium and vitamin D is a good start for bone health. Recommended daily allowance:
  - ❖ Calcium - 1000 to 1300 mg for adults (age and condition dependent).
  - ❖ Vitamin D - 200 to 600 IU for adults (age dependent).
    - Needed for calcium absorption.
    - Obtained from direct sunlight and proper diet.

HEALTH ACTION: Food is necessary for proper absorption of some vitamins, e.g., fat-soluble vitamin D requires dietary fat for its full absorption. Take your vitamins with food.

HEALTH QUESTION: What is your daily calcium intake?

For answer go to: **www.ohp.nasa.gov**

www.osteo.org www.aicr.org/site/PageServer

2007 October

September						
S	M	T	W	T	F	S
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2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

November						
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 ◑	4	5	6
7	8 Columbus Day **Federal Holiday**	9	10	11 ●	12 Eid Fitr	13
14	15	16 **World Food Day**	17	18	19 ◐	20
21	22	23	24	25	26 ○	27
28 Daylight Savings Time Ends	29	30	31 Halloween			

Behavioral Health

1. Use the “Time-Out” rule… step away from the stressor to collect yourself before you say or do something.

2. If you feel the stress of an unrewarding job but cannot change your position right away, build on other things in your life that give you personal satisfaction and purpose.

HealthierYou

www.ohp.nasa.gov

An innocuous pillar of gas and dust, the Cone Nebula, so named because of its conical shape, resides in a turbulent star-forming region.

Family Preparedness Plan

- Stock at least 3-5 days supply of water, nonperishables and medications.
- Prepare backup plans for taking care of loved ones near and far.
- Plan home learning activities and exercises, keep necessary materials.
- Ask your employer about how business will continue during a pandemic.
- Check with your employer or union about leave policies.
- Create a family emergency health plan to include information such as blood types of family members, past and current medical conditions, insurance cards and important phone numbers.
- Place all supplies in plastic bins, easy to transport and safe from water.
- Observe infection control practices, cover mouth and nose when coughing or sneezing, keep hands clean with hand-rinse products.
- Ensure you and your family are current with recommended immunizations.

www.fema.gov www.dhhs.gov

HEALTH ACTION: 1) Make an appointment with a trained medical professional to review your completed Health Awareness Journal. 2) Get immunized against flu and pneumonia.

HEALTH QUESTION: Do you have a plan for pet needs in the event of a disaster?

For answer go to: **www.ohp.nasa.gov**

2007 November

October						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

December						
S	M	T	W	T	F	S
						1
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6 Election Day	7	8	9	10
11	12 Veteran's Day Observed **Federal Holiday**	13	14	15 **The Great American Smoke Out**	16	17
18	19	20	21	22 Thanksgiving **Federal Holiday**	23	24
25	26	27	28	29	30	

Behavioral Health

1. The holiday season offers special stressors. For your well being and that of your family, prepare in advance. Use some of the techniques you have learned thus far to meet this year's holiday challenges.
   a. Delegate some of the many tasks of holiday readiness.
   b. Allow extra time to deal with hassles of long lines or airport traffic.
   c. Spread out chores by doing a little each day.
   d. Budget your expenses wisely.

HealthierYou

www.ohp.nasa.gov

View of an expanding halo of light around a distant star, V838 Monocerotis (V838 Mon). The illumination of interstellar dust comes from the red supergiant star at the middle of the image.

Resilience

Resilience means bouncing back from difficult experiences. Resilience can be learned. This is how:

- Make connections and good relationships with close family members, friends, and co-workers.
- Avoid seeing crises as insurmountable problems by changing how you interpret and respond to these events.
- Accept circumstances that cannot be changed and focus on circumstances that you can alter.
- Move toward your goals by developing realistic milestones. Do something regularly that enables you to move forward.
- Take decisive actions rather than detaching completely from problems.
- Look for opportunities for self-discovery. Individuals often learn they have grown in some respect as a result of their experiences.
- Nurture a positive view of yourself by developing confidence in your ability to solve problems.
- Keep things in perspective. Avoid blowing an event out of proportion.
- Maintain a hopeful outlook rather than worrying about what you fear.
- Take care of yourself by paying attention to your own needs and feelings.

HEALTH ACTION: Identify ways to foster personal resilience.

HEALTH QUESTION: How do you change your attitude from negative to positive?

For answer go to: **www.ohp.nasa.gov**

2007 December

November						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

January						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 ◑ **World AIDS Day**
2	3	4	5 Hanukkah	6	7	8
9 ●	10	11	12	13	14	15
16	17 ◐	18	19	20	21	22 Winter Begins
23	24 ○	25 Christmas **Federal Holiday**	26 Kwanzaa Begins	27	28	29
30	31 ◑					

Behavioral Health

1. To reflect and restore hope… consider writing about your deepest thoughts and feelings related to an event.

2. Visualize Calm… close your eyes, take three long slow breaths, picture a relaxed scene e.g., strolling by a brook or a meadow.

HealthierYou

www.ohp.nasa.gov

Recipes for a HealthierYou

HealthierYou by Choice: A Collection of Healthful Recipes Provided by NASA Employees

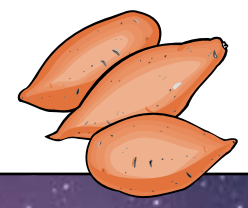



Kris's Low-Fat Sweet Potato Pie

Number of portions: 8

Pastry for single-crust 9-inch pie (any low-fat pie crust)
2 cups cooked, mashed sweet potatoes (about 2 lbs.)
Egg substitute equivalent to 2 eggs (or 4 organic egg whites)
7 1/4 tsp Splenda (or sugar substitute of preference)
1 TB wheat flour
1 tsp lemon juice
1 tsp vanilla
1/2 tsp ground cinnamon
1/2 tsp ground nutmeg
1/2 tsp salt
1 can fat-free evaporated milk (12 oz.)

1. Prepare pie crust.
2. Mix sweet potato with electric mixer in large bowl until smooth. Stir in egg substitute or egg whites, Splenda (or sugar substitute), flour, lemon juice, vanilla, spices, salt and evaporated milk. Pour mixture into pie shell.
3. Bake in preheated 400 F oven 40-45 minutes or until filling is set and sharp knife inserted near center comes out clean. Sprinkle top with cinnamon. Cool pie completely on wire rack; refrigerate until serving time.






Basil Pesto with Whole Wheat Pasta

Number of portions: 8

12 oz. whole wheat linguine or angel hair pasta
1 1/2 cups fresh basil leaves
1 1/2 cups shredded parmesan cheese
4 cloves of garlic
1 TB pine nuts
1/4 tsp pepper
2 TB lemon Juice
1 TB water
3 TB olive oil

1. Cook pasta according to package directions and set aside.
2. Process basil, cheese, garlic, pine nuts and pepper in a food processor until smooth, stopping to scrape down sides. Combine lemon juice, water and olive oil. With processor running, add liquid mixture to basil mixture in a slow, steady stream.
3. Pour sauce over pasta, tossing gently. Serve immediately.

Healthy Additions
Roast 1/2 cup of pine nuts in a pre-heated 350 F oven for 10 minutes. Toss a few over each dish served.
Slice 2 medium tomatoes, sprinkle slices with pepper and olive oil. Heat tomato slices in a 350 F oven for 10 minutes or until softened. Place a couple of slices in each dish served.

from Peggy's Kitchen

Sweet-Hot Asian Noodle Bowl

Number of portions: 8

3/4 cup rice wine vinegar
1/3 cup soy sauce
1/3 cup honey
2 TB fresh ginger, minced
2 TB dark sesame oil
1 TB Asian chili-garlic sauce
16 oz. uncooked angel hair pasta
15 oz. cut baby corn, rinsed and drained
1 can sliced water chestnuts, rinsed and drained
1 large bell pepper, thinly sliced
1 cup snow peas, thinly sliced
1/3 cup green onion, finely chopped
1/4 cup fresh cilantro
1 TB sesame seeds

1. Whisk together first 6 ingredients in medium bowl. Set aside.
2. Cook pasta according to package directions in a large Dutch oven; drain and return pasta to Dutch oven.
3. Pour vinegar mixture over hot cooked pasta. Add baby corn and the next 5 ingredients. Toss to combine.
4. Sprinkle with sesame seeds and cilantro to serve. May serve hot or cold.

Healthy Variations
Substitute whole wheat pasta for regular pasta.

from Peggy's Kitchen

Vegetable Soup

Number of portions: 8

6 cups low-fat, low-sodium beef stock
2 carrots, coarsely chopped
2 onions, medium, thinly sliced
2 celery stalks, thinkly sliced
1 cup corn, cut from cob (3 ears)
1 can lima beans
1 can peas
1 turnip (rutabaga), thinly sliced
2 cans tomatoes, chopped
1 can V-8 vegetable juice
1 clove of garlic, crushed
2 tsp parsley, minced
4 fresh basil leaves
1/2 tsp oregano
1/2 tsp white pepper

1. In a 5-quart soup pot, bring the stock to a boil.
2. Add turnips and carrots and simmer for 15 minutes.
3. Add the remainder of the vegetables, garlic, herbs and pepper. Simmer for an additional 20 minutes on low heat. Stir gently.
4. Serve with warm bread or biscuits.

Healthy Variations
Substitute low-fat, low-sodium chicken or vegetable stock for beef.
Add one large potato. Coarsely chop the potato and add to the mixture with carrots and turnip.

from Peggy's Kitchen

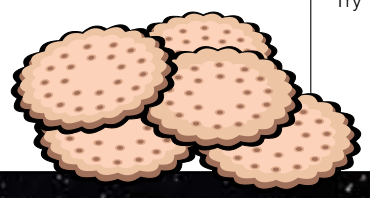
Sesame Seed Cookies

Number of portions: a lot!

2 cups sugar
8 eggs
1 lb. margarine, melted and cooled
1 tsp vanilla
1 tsp baking powder
10 cups flour
milk
lots of sesame seeds

1. Cream sugar and eggs. Beat in cooled margarine. Add vanilla. Add baking powder and flour and knead together.
2. Pinch off spoonful of dough. Dip in milk, then dip in sesame seeds.
3. Bake on ungreased cookie sheet at 450 F for 10-15 minutes.

Healthy Variations
Try "white" whole wheat flour.

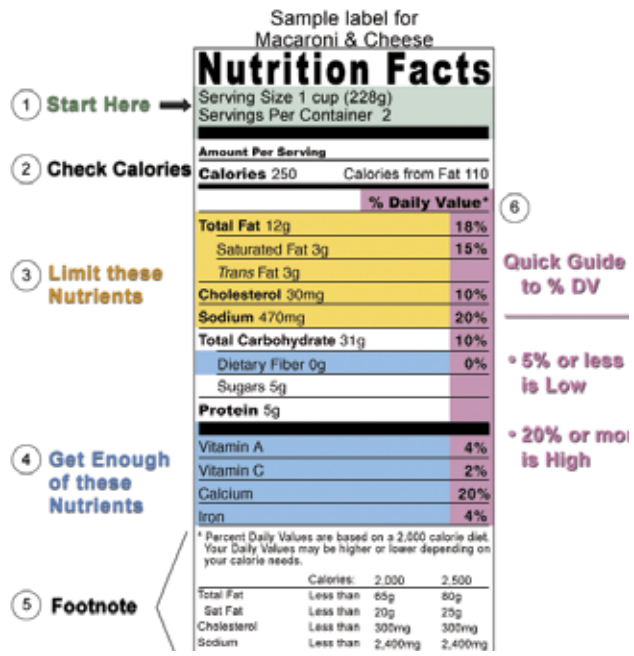


from Peggy's Kitchen

Answers to Health Questions

January

The information in sections #1-4 and #6 vary with each food product. Section #5 contains a footnote with Daily Values (DVs) for 2,000 and 2,500 calorie diets. The footnote is found only on larger packages and does not change from product to product. Read detailed instructions at www.cfsan.fda.gov/~dms/foodlab.html



February

7 ½ hours of sleep per night is about average.

March

High or low, you never want your blood pressure to go away. Neither should stress. Like blood pressure, stress must be regulated, managed and controlled.

April

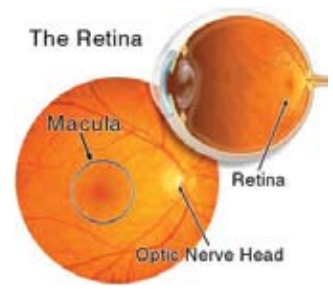
1) Be aware of family pets, 2) Buckle up, 3) Wear a mouth guard in contact sports.

May

Management of acute arthritic pain is approached in the same manner as other types of acute pain: 1) identify and remove the underlying cause, 2) utilize analgesics and emotional support. Management of chronic pain of any kind is complex because it involves interactions among the biological, psychological and social factors. Consult your physician but most of all stay active under supervision.

June

The retina is a multi-layered sensory tissue that converts light rays into electrical impulses. The impulses are converted to images in the brain. The portion of the retina responsible for central vision and an appreciation of color is the macula.
www.stlukeseye.com/anatomy/Retina.asp



July

Excessive heat will cause the sunscreen to deteriorate before the expiration date. Store the tube in a cool environment, avoid leaving it in your car.

August

Keep a log to find out.

September

Steaks & Roasts	Fish	Pork	Ground Beef	Egg Dishes	Chicken Breasts	Whole Poultry
145 ˚F	**145 ˚F**	**160 ˚F**	**160 ˚F**	**160 ˚F**	**165 ˚F**	**165 ˚F**

October

Use the “Calcium Calculator” to find your answer:
www.osteoporosis.ca www.cdc.gov

November

1) Identify shelter, many emergency shelters cannot accept pets. 2) Pack a “pet survival kit” to include such things as pet food and water, medications, veterinary records, litter pan, can opener, first aid kit. 3) Ensure identification tags are current. 4) Ensure a secure pet carrier, leash or harness. In case your pet panics, he can’t escape.

December

The first step is to change your inner conversations a.k.a. self-talk. Self-talk reflects and creates your emotional states.

Office of the Chief Health and Medical Officer

www.ohp.nasa.gov

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