

NASA HEALTH PROMOTION AND WELLNESS TEAM

Minutes for: June 19, 2002

Attendance: "X" means present

ARC	<input checked="" type="checkbox"/>	HQ	<input checked="" type="checkbox"/>	DFRC	<input type="checkbox"/>
JPL	<input type="checkbox"/>	PC	<input type="checkbox"/>	GSFC	<input checked="" type="checkbox"/>
JSC	<input checked="" type="checkbox"/>	KSC	<input checked="" type="checkbox"/>	MSFC	<input checked="" type="checkbox"/>
GRC	<input checked="" type="checkbox"/>	SSC	<input checked="" type="checkbox"/>	WFF	<input checked="" type="checkbox"/>
LRC	<input checked="" type="checkbox"/>	MAF	<input type="checkbox"/>	WSTF	<input checked="" type="checkbox"/>

Solar Safe Program

Helen Shoemaker

The next quarterly health promotion topic is Solar Safe. The program components were reviewed. Dr. Barry developed the Solar Safe Program in 1999 in response to an Agency-wide health concern. A joint Agency Kennedy Space Center (KSC) kick-off of the program was held at KSC in the spring of 2000. The program goal and objectives are to improve the health and safety of the NASA workforce by reducing the occurrence and severity of skin cancer and reducing the risks associated with sun exposure.

The four (4) program elements include health education and promotion, skin cancer screening and detection, administrative and protective measures and program evaluation. Health education and promotion is aimed at increasing employee awareness about the risks of sun exposure, and providing education about skin cancer and prevention. Skin cancer screening and detection is available to employees at general skin cancer screenings and during scheduled physical examinations. Administrative measures including flexible work schedules to avoid the 11 AM to 2 PM time period is encouraged for employees doing outdoors work. Protective measures such as the use of protective clothing and the use of sunscreen is recommended for all outside activities. The program evaluation includes Center data on the total number of screenings, referrals and the number of new skin cancers detected.

To support this quarterly promotion the Principal Center Office (PCO) has procured materials that will be sent to each Center. The materials include the NASA Solar Safe poster, ultraviolet cards customized with NASA Occupational Health Program (OHP) Solar Safe, the Mayo Clinic on Skin Care, the ABCDs bookmark from the American Academy of Dermatology (AAD), two (2) videos from The Skin Cancer Foundation and the July 2002 edition of the Mayo Clinic Health Quest newsletter.

The Mayo Clinic on Skin Care includes information of the anatomy of skin, how to keep skin healthy, types of skin lesions, treatment options and advise on the prevention of skin cancer. Each Center will be receiving two (2) videos, one "Skin Cancer: Preventable and Curable" is 15 minutes long covering skin cancer, self-exam and prevention; the second tape "Skin Cancer: Can You Spot It" is 3 minutes long and demonstrates self examination of the skin and early warning signs. Some recommended uses for the videos include the

clinic waiting areas, health fitness centers, NASA TV, health and safety fairs or educational classes. The Health Quest newsletter in July has a wide range of topics including an article on skin cancer. A monthly subscription for the Mayo Clinic's Health Quest newsletter has been order for each member of the NASA Health Promotion and Wellness Team. This will begin with the August newsletter.

The program data collected from the Centers for Fiscal Years 2000 and 2001 was reviewed. The data shows that between FY 2000 and 2001 there was an increase in the number of skin examinations being done during routine physical examinations, e.g., Health Maintenance Examinations and occupational/surveillance examinations and an increased number of total body examinations. The number of general screenings has remained the same. Several Centers have offered general screenings by a dermatologist. The percentage of screenings offered during physical examinations has increased 18% between FY 2000 and 2001. The number of dermatology referrals for new lesions decreased between FY 2000 and 2001. However, the number of new skin cancers (basal cell, squamous cell and melanomas) detected increased during this time. These numbers represent the reported number and since follow-up on all cases is difficult it most likely reflects an under reporting of identified cases.

Centers Reports on Stress Campaign

The materials from the PCO were used in a variety of ways to support this quarter's health promotion campaign on stress. The feedback from employees on the Stress Profiler and the stress cards was positive across the Centers. The partnering of the EAP, clinic and health fitness center staffs during this campaign maximized the promotional activities at the Centers. The sharing of Center activities among team members follows.

Kennedy Space Center

Stress information including the Stress Profiler, stress cards and other stress related handouts were available to employees during National Employee Health and Fitness Day, in the clinic waiting area and during health, education and wellness outreach visits in the cafeteria and lobby's. Worksite lectures on stress, stress management and post-traumatic stress were offered upon request. The Health Fitness Center has been giving presentations using the Stress Profiler. They are working with EAP on developing a metric to measure its effectiveness with employees.

Ames Research Center

In May during Safety Week, Stand Down Day and Street Fair employees were offered blood pressure screenings and the Stress Profiler and stress cards by the clinic staff. A stress management class requested by a supervisor was given and attended by 30 employees. The *Breaking the Stress Cycle* class was offered. This program has been offered over the past six (6) years and has been very successful. The program will be offered again in the fall around the time of the 9/11 anniversary. Since financial issues are a big area of stress EAP is now providing financial counseling and offering classes *Money Basics* that has been well attended. A Spring Fun Run was sponsored by the Fitness Center.

Headquarters

Stress related literature was available to employees in the clinic waiting area. The bulletin board display focused on stress management. At the Health Fair in June the Fitness Center and EAP staff offered biofeedback, stress dots, a video on relaxation, and the Stress Profiler and stress cards were provided. The fitness center started Yoga classes and they have been well received by employees. There is an increased awareness about the impact of stress voiced by employees; during clinic visits employees with physical complaints related to stress are counseled, referred to EAP and offered the Stress Profiler.

Wallops

There was a display in the clinic waiting room entitled *Stress America's Number One Challenge* with materials from the AHA-HAW, Stress Profiler and stress cards. The EAP counselor used the Stress profiler in a monthly Lunch'n Learn session. On the WFF and GSFC online health site, stress information was located on the home page.

Langley

The stress management poster was displayed in the lobby. The Stress Profiles and stress cards were available for employees. There was a presentation by a physician from the VA Hospital who gave a lecture on stress on the aging mind and how stress affects the mind. A safety presentation was given on venous snakes and spiders at a brown bag lunch.

Goddard

The Stress Profiles and stress cards made available to employees along with health counseling during clinic visits. The EAP provided a session on meditation and stress reduction. In May blood pressure screenings were offered at many of the buildings as an outreach activity. At the Health Fair in April Health Fitness Center provided biofeedback, stress management, and exercise information. The Stress Profiler and stress cards were also provided to the employees during this event.

Marshall Space Flight Center

The stress management poster was displayed in the clinic waiting room where it received a lot of attention from employees. The Stress Profiler was available in the clinic examination rooms and used in conjunction with health counseling. The EAP Manager gave two (2) classes on stress in the workplace, 323 employees attended. In the fall the Health Fitness Center staff will be offering a 16-week stress management class to NASA and contractors.

Glenn Research Center

In May the promotion combined blood pressure screening and stress. The promotion was entitled *Keep it under control—Trying to Control Stress and Blood Pressure at the Same Time*. Blood pressure screenings were offered at multiple sites across the Center. Counseling on stress was provided to those with elevated blood pressure readings. The Stress Profiler and stress cards were provided to employees. During Step Out EAP and health fitness staff addressed stress related issues.

Johnson Space Center

Offered programs similar to the other Centers. At health and safety functions the fitness center and EAP staff worked together on stress related issues. The EAP trained three (3) of the nurses as facilitators for Critical Incident Stress Debriefing (CISD). They will be a resource for JSC, the community and other NASA Centers.

There are stress related links on the JSC Total Health Website. The results of the stress survey done at JSC in 2000 are posted on their Website at:
www4.jsc.nasa.gov/org/totalhealth/stress.htm

Stennis Space Center

The health fitness, clinic and EAP staff participated in the Health and Fitness Fair attended by 563 participants. The Stress Profiler and stress cards were available and well received by employees. The health information bulletin board and a display in the clinic waiting room had information on stress including articles on road rage, chronic fatigue and suicide. Health fitness and EAP staff visited different areas and did relaxation and stretching exercises. The week of June 14th has been designated Stress week and several activities are planned. A presentation to management staff on stress management and impaired employees was given.

White Sands Test Facility

An e-mail on coping with stress was sent to employees and the feedback from employees on how they were coping was interesting. The promotional materials were available in the clinic waiting area. The EAP has been active in this area and is seeing an increase in the utilization of services.

Wrap-Up

Most of the materials for the Solar Safe Program campaign will be shipped to the Centers within the next week. The Health Quest newsletter for July will be shipped as soon as it arrives around the first of July. The videos from The Skin Cancer Foundation will be shipped as soon as they arrive.

The first quarter health promotion topic for FY 2003 will be the Cold and Flu Campaign and Prostate Cancer Awareness.

Our next ViTS is scheduled for September 19th 3-4 PM EST.