

## NASA HEALTH PROMOTION AND WELLNESS TEAM

**Minutes for:** December 3, 2002 ViTS

**Attendance:** "X" means present

ARC	<input checked="" type="checkbox"/>	HQ	<input checked="" type="checkbox"/>	DFRC	<input checked="" type="checkbox"/>
JPL	<input type="checkbox"/>	PC	<input checked="" 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"/>

### Introductions

### Helen Shoemaker

Mae Hafizi, RN joined the NASA Occupational Health Program Support Office as an Occupational Health Nurse in October of this year. Mae holds a Bachelor of Science Degree and Master of Science in Nursing. Mae has been educated in Nebraska and California with most recent studies in Health Care Risk Management. Mae's past work experiences included medical, surgical and behavioral health services that were hospital based. Most recently she was the Workers' Compensation Case Manager at the Kennedy Space Center (KSC) where she established the process for managing the civil servants cases and coordinating with the multiple contractors on-site.

All representative from the Centers introduced themselves to Mae.

### Health and Fitness Initiative

### Dr. C. Smallwood

At the Kennedy Space Center the Health Education and Wellness Council (HEW) is planning a week long Health and Fitness Day Initiative, February 3<sup>rd</sup> through the 7<sup>th</sup>. As a preface, slides from the Centers for Disease Control and Prevention (CDC) showing the obesity trends among US adults from 1985 to 2000 were reviewed (Slides are included in an attached Power Point document). The HEW is a forum open to contractor organization and NASA for planning health related activities for the Center. The HEW members reviewed the Healthy People 2010 goals and objectives as well as KSC's Cardiovascular Disease High Risk Factor Identification Program. KSC results were:

1999	4717 patients	26% high risk
2000	4898 patients	24% high risk
2001	5188 patients	34% high risk
2002 (Jan-Sep)	3576 patients	41% high risk

The Program collects data on cholesterol, HDL, blood glucose, blood pressure, gender and smoking. A modified Framingham formula is used to analyze the data.

The HEW decided to select a health issue that they could impact. There is significant evidence of health problems associated with obesity and factors the group felt they could impact included weight, blood pressure and cholesterol. Additionally, treatment for a significant number of health problems is physical activity. This initiative will potentially reduce hospitalizations, reduce absenteeism and increase productivity.

The Health and Fitness Initiative is planned for February 3<sup>rd</sup> to 7<sup>th</sup> with involvement of both the NASA civil service and contractor personnel. There will be three keynote speakers on days 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup>. With the involvement of all Centers there is the potential of reaching 65,000 NASA and contractor personnel. Family involvement in the process is important for employee support but also the physical activity for the children.

The Health and Fitness Initiative objectives are to educate, motivate and involve family. The President's Council on Physical Fitness and Sports (PCPFS) has two websites [www.indiana.edu/~prechal/index.shtml](http://www.indiana.edu/~prechal/index.shtml) and [www.fitness.gov](http://www.fitness.gov). The Indiana website has data and programs to assist sites with planning. The site tracks fitness and sports awards. The data is entered on the Indiana website for at least the 6 week program, certificate and award for completing the program is given by this site. The site will also provide data on the percentage of participations. A tracking software is available for purchase or the tracking log can be downloaded and printed for manual tracking. It can be mailed to the Indiana site for review and recognition.

The three keynote speakers planned for February 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> are scheduled from 1200 to 1300 EST and they will be broadcast on NASA Select across the Agency. The February 4<sup>th</sup> kickoff will be by Dr. Kenneth Cooper from the Cooper Institute in Dallas, Texas (a speaker at the 2002 NASA OH Conference in Washington, DC) on aerobic health. On February 5<sup>th</sup> Dr. Bertice Berry on fitness and wellness and Page Love, MS, RD, CSCS February 6<sup>th</sup> on nutrition.

The President's Challenge encourages a life style change toward an active and fit regimen. It recognizes individual achievements, family involvement, companies, Centers, government agencies. Measuring the effectiveness of the initiative will include exercise facility involvement, CVD risk factor numbers, and Presidential Active Lifestyle Award. Centers were encouraged to participate and plan events for that week. The Keynote speakers will be broadcast to all Centers and plans should be made to communicate that to Center personnel. Additional information will be sent out to all Centers and questions can be directed to Dr. Smallwood, Mae Hafizi or Helen Shoemaker.

#### **Quarterly Health Promotion Campaign**

**Helen Shoemaker**

The quarterly health promotion campaign for the 2<sup>nd</sup> quarter FY 2003 is an occupational health concern, Ergonomics. Musculoskeletal Disorders (MSDs) are the most prevalent, expensive and preventable workplace injuries in this country. Statistics from the U.S. Department of Labor (DOL) estimates that more than one-third of all occupationally related injuries and illnesses are due to MSDs. More than 600,000 employees suffer lost workdays each year from MSDs. The workers' compensation costs for these injuries cost \$15 to \$60 billion and total direct costs run \$45 to \$60 billion.

The overall goals for an Ergonomic Program include decreasing workplace injuries, reducing absenteeism, increasing productivity and building stronger employee relationships. In planning activities for this promotion, Centers are encouraged to build and maintain strong working relationships with Safety, IH and Fitness staff. The education of the employee is one component of a strong Ergonomic Program.

The health promotion materials for the Centers to support the health promotion campaign have been selected and procured following a review of many available resources. The materials selected cover both disease management and prevention. Each Center will be receiving materials late in December and they will include *Preventing Repetitive Motion Injuries*, *Computer Fitness*, *Back to Backs* and *Take a Break Office Card*. The booklet *Preventing Repetitive Motion Injuries* includes anatomical illustrations of different types of injuries, smart work tips, self-care practices, options for medical treatment and strengthening exercises. The *Computer Fitness (MAP)* provides illustrations and information on risk factors, work area adjustments, lighting, sitting comfort, relaxing your eyes, taking a break and exercises. The booklet *Back to Backs* explains back anatomy and good posture, teaches safe lifting and material handling skills, and shows how to prevent injuries at work and home. Two-sided laminated cards *Take a Break Office* cards are for increasing awareness and reminding employees to take time to ease muscle fatigue throughout the day with easy stretching and strengthening exercises.

### **Health Promotion Campaign Updates**

### **Centers**

#### **Ames**

This year staff offered influenza vaccine at 14 buildings around the Center as well as at the clinic in an effort to increase participation. Approximately 1700 vaccines were administered, an increase over previous years. The plan is to evaluate participation at the outreach sites and plan for the next year's activities. Prostate screenings are offered as a component of the routine physical exams.

#### **Glenn**

To date, 700 influenza vaccines were administered based on the recommendations from the Centers for Disease Control and Prevention (CDC). Individuals identified as high risk were offered the vaccine a week prior to the offering for the general employee population. The participation rate is similar to last year's. A pharmaceutical representative provided educational tapes on prostate cancer. Several of those tapes are still available and any Center wanting a copy should contact Patty Oleksiak (216-433-5841). The representative also provided a prostate model as a patient educational tool.

#### **Headquarters**

A total of 542 influenza vaccines were given to civil service (477) and contractors (65). The Cold and Flu Self-Care booklets were available and posted in the clinic waiting room.

The prostate educational material was posted in the clinic bulletin board and used during patient visits. PSAs are offered to males 45 years and older and Afro-American males 40 years and older. In January the MBIPA is sponsoring a seminar on Men's Wellness and offering PSA screenings.

#### **Johnson**

Influenza vaccines were offered beginning in October. Outreach activities totaled a time commitment of 22 hours. A total of 3600 vaccines have been administered, 300 more than the previous year. There are 400 doses still available, several have been set aside for international business travelers.

On Health and Total Safety Day a booth was dedicated to Men's Health. Educational material was available as well as a prostate model for demonstration. The Prostate Cancer booklet was well received by employees.

#### Langley

Around 1400 influenza vaccines have been given and 100 doses are still available. The vaccine was offered as part of an outreach effort at a conference room outside of the cafeteria. They were also available at the clinic.

Prostate screenings are offered with physical exams. A prostate model is available for patient education. The booklets on prostate cancer were offered, well received and the supply has been depleted.

#### Marshall

This year the outreach efforts were continued as in past years. This has helped to alleviate congestion in the clinic and in the clinic parking area. To date, 1282 civil servants and 1383 contractors have been immunized for a total of 2663.

There are approximately 150 doses still available.

Prostate exams are offered annually to civil service males 40 years and older and PSA screenings age 45 years and older. Positive feedback on the prostate cancer booklet was received from employees.

#### Stennis

A total of 994 influenza vaccines were given this year.

The prostate cancer information was made available to the medical doctors for employee education. Prostate examinations are offered to males 40 years and older and PSAs to males 50 years and older.

#### Wallops

The influenza vaccine was administered to 93 NASA civil service and 112 contractors. Cold & Flu Self Care and Prostate Cancer booklets were made available in the waiting room. Booklets were well received by employees.

The bulletin board in the clinic wait area focused on prostate cancer. Patient education is a routine part of every physical examination. PSAs are offered to civil servant males 50 years and older and Afro-American males 40 years and older.

#### White Sands

A total of 244 influenza vaccines were given and only a few doses are left. This represents one third of the general population and ten percent of those were to civil service personnel.

Prostate exams are routinely offered to civil service and contractors. The booklets were available to employees in the clinic waiting area.

#### **Solar Safe Program Metrics**

**Helen Shoemaker**

The FY 2002 Solar Safe data has been received from the Centers. The slides include data trended for FY 2000, 2001 and 2002 (slides are included an attached Power Point document). Dr. Barry commented that we could assume from the data that the clinic efforts in detection has increased, not that there is an increase rate of cancers. Due to the

Solar Safe Program efforts there is a heightened level of awareness across the Agency. The cases we see between 2000 and 2002 may represent cases that may have gone undiagnosed if it wasn't for the efforts of the OHP clinic staffs.

### **General Discussion**

There was some discussion about the speaker focus on Centers' Health and Safety Days. There was consensus among the Centers that the speaker focus was generally on safety and the health message was missing. Most Centers had health related booths on that day. Another issue raised was the low rates of participation for some health related speakers. This was experienced at some Center but other Centers had more success based on the health topic offered. Stress related classes have had a higher rate of participation. In Washington at the NASA OH Conference this year, Dr. Kenneth Cooper spoke about rewarding his employees for being physically fit. He knows that this will save him money in the long run with lower insurance rates, lower healthcare costs, less sick leave and enhanced employee morale.

### **Next Steps**

**Helen Shoemaker**

The Influenza Immunization data from each Center should be sent in as soon as they complete offering the vaccine. Each Center should submit the total number of vaccines given to NASA Civil Servants, Contractors and Others.

The health promotion topics for the 3<sup>rd</sup> and 4<sup>th</sup> Quarters have not been identified yet. Mae and Helen will be reviewing Healthy People 2010 for those topics. Any suggestions or recommendations from team members are encouraged.

The next scheduled ViTS is on Monday, March 17<sup>th</sup> from 15:30 to 16:30 PM EST.

Happy Holidays!!