

## NASA HEALTH PROMOTION AND WELLNESS TEAM

### Minutes for: June 16, 2003 ViTS

**Welcome:** Good afternoon. My name is Mae Hafizi and I welcome you to the third ViTS for FY 2003. Today's agenda was emailed to you last week. In summary, we will be covering the following topics: Adaptive Exercise, The President's Challenge for an Active Lifestyle, Asthma and Allergies, Oral health and the Influenza Vaccine.

For the record, we will begin with attendance and roll call. I would like to start alphabetically, so we will begin with White Sands. We promised to give Liesel a break!

**Attendance:** "X" means present

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

### Topic: Adaptive Exercise

Starley Gensman



Kennedy Space  
Center Adapted E...

[Action Item: Starley will provide data on the injury rate at the KSC Fitness Center.](#)

### Topic: The President's Challenge for an Active Lifestyle

Centers

The 3rd Quarter FY 2003 Health Promotion Campaign was dedicated to the implementation of the President's Challenge for an Active Lifestyle. I like to open the floor to the centers for their report. Lets start with WSTF.

#### WSTF

No specific campaign was implemented at the Center.

#### WFF

Provided packets on health and fitness during the health fair in May. Approximately 25 packets were given out to the interested participants. Only anecdotally speaking, we have noted an increase in the number of people walking.

#### MSFC

No specific campaign was implemented at the Center. However, a 5K and a 1K fun walk were held with good success. We hope to specifically tackle the President's Challenge during the last 6 months of the year. We are in a new facility and have held small competitions with good employee participation. The staff of the OHF diligently pushes for exercise and fitness with medical visits.

**DFRC**

The manager of the fitness center holds three classes/day. The Schwinn spin cycle classes have been a great success. Our exercise facility is marginally adequate so with the Center Director's support we are hoping to move into a new facility with in the near future.

**SSC**

We held 20 separate fitness events during the month of May. Fifty people participated per event. We initiated the fitness challenge in February. 50-60 people registered to participate. One fourth of the group remained with the challenge.

**KSC**

We began the challenge on Feb 10<sup>th</sup>, 2003 with the hope that employees will participate in multiple six-week periods rather than just one. The last date an employee can enter the challenge will be Nov 10<sup>th</sup> with the six-week period ending on Dec 21<sup>st</sup>. We hope to continue with the challenge over time and over many years, as physical activity becomes a habit rather than a short-lived venture. We have obtained support from local vendors in the form of small and large prizes. Active participants in the challenge will receive some of the items as incentive to continue. We welcome the employees to join our surveillance group or participate on their own. As part of the surveillance group we obtain a set of baseline data such as Ht, Wt and BMI to assist with the study and outcome measure. We have entered out 19<sup>th</sup> week of challenge. 547 folks have registered. 63 have finished a one 6-week program, 45 have finished two 6-week program. We are obtaining good metrics with our surveillance group. We have also held two lectures by Dr. B. Berry and Page Love from the Gatorade Institute. Both tapes are available. Please contact Mae Hafizi, if interested. Dr. Cooper will be rescheduled, hopefully for the month May. KSC will attempt to have a live broadcast on the NASA Channel for all employees to view. 1100 people attended the two day fair during May's NEHFD fair. We have expanded our massage therapy program.

**HQ**

We have a similar program at our fitness center called the 4 seasons. The program does not mirror the President's challenge but it is very much like it. We opted to continue with the internal programs and possibly introducing the President's Challenge next year. We also have an in-house program called "Exercise Across America" that has proven successful.

**RCG**

We have not yet initiated the President's Challenge. We hope to do so towards the end of August or beginning of September. However, 150 people participated in our annual Step Out. People enjoyed it because we had changed the route this year. Our dietitian's program is going strong but unfortunately she only serves the CS population and not the contractors. Our new facility is being built.

**JSC**

Dr. Weir has a similar program to the President's Challenge. So we opted to continue with the presently known fitness program at JSC. The new slogan of "Something for Nothing" is drawing a greater participation at the fitness center. The Booth Camp is also doing well.

[Action item: Dr. Smallwood will attempt to live broadcast Dr. Cooper's presentation that is tentatively scheduled for August.](#)

**Topic: Asthma and Allergies****Mae Hafizi**

The 4<sup>th</sup> Quarter Health Promotion Campaign is dedicated to Asthma and Allergies. We have mailed a variety of Asthma and Allergy related educational materials, which include brochures and pamphlets as well as an educational CD for worksite clinics. The CD was highly recommended. Its focus is on educating the Clinician not the affected employee. We had also emailed the links to American Lung Association's Asthma and Allergy Profilers to be used by the patients and their practitioner. Please take the time to utilize the site.

**MAY 2003****EDUCATING THE PUBLIC FOR ASTHMA AWARENESS MONTH**

The May 12, 2003 ABC News published a general interest story on the health effects, symptoms and incidence of asthma for Asthma Awareness Month. The article provides basic facts about asthma that: it affects some 15 million Americans; the number of cases of asthma in the country has doubled over the past 15 years; asthma attacks can be triggered by allergens, tobacco smoke or even exercise (in cold air); and asthma can be fatal if left untreated. The article also cites U.S. Department of Health and Human Services (HHS) statistics, which show that low-income and minority groups are more likely to die during an asthma attack—a problem that, the article says, is likely to be linked to lack of access to proper treatment. HHS statistics also assert that between 1993 and 1996 there was an average of 38.5 asthma-related deaths per 1 million African Americans, as compared to 15.1 deaths per 1 million whites during the same period.

The article points to various factors that are believed to be linked to these disparities, including living environment, asthma management and genetics. They also point to environmental concerns. The article points out that some doctors believe the increase in Americans' susceptibility to asthma is linked to the fact that today's children are healthier than ever before and live in cleaner living spaces such that their bodies are less resistant to allergies and disease.

**For the entire****article: [http://abcnews.go.com/sections/living/Healthology/HS\\_asthma\\_030513.html](http://abcnews.go.com/sections/living/Healthology/HS_asthma_030513.html)****Topic: Oral Health and Influenza Vaccine****Mae Hafizi**

We have purchase the following educational materials for the oral health campaign:

**ADA**

Healthy Mouth-Healthy Body

Important news about the early detection of oral cancer

**Krames**

Halitosis: Achieving Fresh Breath

Mouth Care and Diabetes

Mouth Owner's manual

The materials have been mailed to you.

As you may recall, agency wide you vaccinated close to 20,000 employees last year, a consistent trend over the past three years. Several of you had initiated an outreach program in order to increase participation, the easier the access the greater the potential for vaccination. I recall several years ago local hospitals had initiated “drive by shooting campaigns” for this very reason. They reported great success with the project.

**Topic: Future ViTS**

**Mae Hafizi**

Future ViTS have been scheduled on the following dates: September 15<sup>th</sup> and December 15<sup>th</sup> at 15:30 EST. Hope to see you all back and thank you for your participation. We will adjourn now unless you have any questions.

We look forward to any feedback and/or suggestions about the chosen health topics and the ViTS. Please contact us. We will see you in September.