

## NASA HEALTH PROMOTION AND WELLNESS COMMITTEE

Minutes for: March 03, 2005 ViTS

**Welcome:** Good afternoon. My name is Mae Hafizi. Welcome to the second ViTS for FY 2005.

Sections typed in red are new and useful information. They may also require feedback to our office. Please read the minutes with this in mind.

Please be sure to access the PP presentations and the nutrition handouts on the website.

**Attendance:** "X" means present

|     |                                     |     |                                     |      |                                     |
|-----|-------------------------------------|-----|-------------------------------------|------|-------------------------------------|
| ARC | <input checked="" type="checkbox"/> | HQ  | <input type="checkbox"/>            | DFRC | <input type="checkbox"/>            |
| JPL | <input type="checkbox"/>            | DYN | <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 checked="" type="checkbox"/> | WSTF | <input checked="" type="checkbox"/> |

**Topic:** Updates and new information - Health Promotion

**Mae Hafizi**

### A. Mayo Clinic's Health Consult Teleconference on Complementary Medicine

Due to a time conflict between this ViTS and the Mayo teleconference, Mayo Clinic has agreed to provide a summary to NASA. Once this summary is obtained, the HPW Committee will receive a copy. The summary will be available in mid March.

### B1. Return To Flight - Return To Fitness (RTF)

During our last ViTS, it was noted that Return to Flight and potential restructuring of the agency have created anxiety and excitement. It was stated that we should tailor some of our health promotion efforts to support the employees through this transition.

Several NASA Fitness Centers have used National Employee Health and Fitness Day (this year, Wednesday May 18, 2005) as part of their fitness promotion activities and to help employees through these times.

This year, the Office of the Chief Health and Medical Officer will sponsor the Return To Fitness (RTF) emphasis on 3/18/05, which currently occurs in the week scheduled for NASA's Return to Flight. Each Center Fitness Coordinator will be receiving a packet of information on the day, as well as promotional items (tee shirts, baseball caps, etc), which the Fitness Coordinators will use in their center activities. Spring is an ideal time to begin a fitness program, and we encourage all NASA employees to visit their fitness center where there is a wealth of information on starting or improving a personal fitness program. The website for the Day is at:

<http://www.physicalfitness.org/index.html>

### B2. Stress self-assessment questionnaire

<http://ohp.nasa.gov/cope2/eaptest.shtml>

Our website contains a stress self-assessment tool. This is a 21-item questionnaire designed to assess ones level of stress as well as their ability to manage it effectively. Based on responses, the participant is directed to additional information and resources.

**B3. KSC's Health Education and Wellness Promotion Site is open to all (HEWP)  
March information packet is Mental Health**

<http://sgs.ksc.nasa.gov/sites/other/chs/omehs/occmcd/home/index.cfm?page=hew#MonthlyTopic>

KSC publishes a monthly information packet that is easily available to you on this site. This month's topics is Mental Health: building healthy relationships and suicide prevention. As resources are restricted we need to cross utilize our material in support of one another. Utilizing's KSC's website through out the agency is a good example.

**C. Telephonic based programs- Quitline and Lifestyle Coaching (LSC)**

Both programs are going strong. They programs are intended to be 6 months in length but because of different registration dates, some of the participants are yet to finish. Quit rate is at 50% and LSC has had its first graduate.

**D. Dietfit pilot at HQ**

The Dietfit pilot program at HQ was off to a good start. In part due to a good publicity campaign, the kick off was well attended. Approximately 60 individuals attended the January 19th presentation by Dr. Oliver Alabaster, the founder of the company. 83 individuals signed up to participate in the program. All those who signed up to participate were given a free pedometer (compliments of the Agency Occupational Health Office) and attendees were given the *HealthierNASA* calendar.

As of February 14, the vendor indicated that about **60 individuals had actually logged** on to the system. However, about 5 employees have contacted me to say that, after looking at the program, they were not interested in continuing. We have received some negative comments on the program. These were forwarded to the vendor. **The pilot will continue through April 12, 2005.** Last week, I distributed the recipe booklets to those who had signed up for the program. I thought this would be a good incentive to watching their portions and calories. We are in the process of developing an **evaluation form to send to the participants, in early April.** The goal is to determine if the DIETFIT software program is a worthwhile tool/resource, and if participants would recommend that the Agency it get for all NASA sites.

**E. HPW has its own website**

Go to [www.ohp.nasa.gov](http://www.ohp.nasa.gov) and click on Health Promotion under the left hand navigation bar. All agendas, minutes and presentations can be accessed from this site.

**F. HealthQuest Newsletter HQNL dissemination plan**

**Beginning September 2004 each center received a greater quantity of HQNL. At that time we requested a dissemination plan. We are about 6 months into this process hence time to assess the effectiveness of your plan. We do not need your assessment in writing. However, we feel that constant reevaluation will lead to improvement.**

**G. Lung Health Study**

[www.biostat.umn.edu/lhs](http://www.biostat.umn.edu/lhs)

New findings from the Lung Health Study (LHS) show that intensive smoking cessation programs can significantly improve long-term survival among smokers. For details please refer to the article. Intensive programs are further described.

The effectiveness of counseling increases with treatment intensity which is measured in minutes of contact. Counseling can be in the form of group, individual and proactive telephonic.

<http://www.surgeongeneral.gov/tobacco/smokesum.htm>

“There is a strong dose-response relation between the intensity of tobacco dependence counseling and its effectiveness. Treatments involving person-to-person contact (via individual, group, or proactive telephone counseling) are consistently effective, and their effectiveness increases with treatment intensity (e.g., minutes of contact).”

#### **H. Satellite Broadcast- Diabetes management**

Mark you calendar for Thursday March 10<sup>th</sup>, 2-4PM CST, “Clinical Perspectives on Diabetes”. Visit [www.adph.org/alphntn](http://www.adph.org/alphntn). If you miss the satellite conference, contact our office for a video copy.

#### **I. HPW Committee’s proposed activities for 2006**

I am developing a proposal for 2006. Once completed, I will forward to the committee for feedback.

#### **J. Nutrition at Worksite and AHA’s “Go Red For Women” (KSC)                      Kris Calderon, PhD**

##### **Nutrition Education for Workers at Spaceport, N.E.W.S.**

<http://sgs.ksc.nasa.gov/sgs/sites/other/chs/omehs/occmcd/home/index.cfm?page=NEWSProgram>

KSC’s HEWP also includes a nutrition education website. The site includes links to interactive tools, topics of interest “hot topics” for adults and adolescents, healthy recipes and the ability to email questions to Kris Calderon. KSC and Cape Canaveral Air Force Station have a total of about 25,000 employees. It was noted that the best method of outreach is a website for Health Education and Wellness. A working group was established several years ago to involve representatives from the contractor and Civil Servant population.

Kris will provide two nutrition handouts to the committee. One is on reading labels and the other is on serving size.

##### **Go Red For Women**

##### **S. Pilkenton, MPH**

Go Red For Women was observed at KSC on Feb 11<sup>th</sup>. The day included two guest presenters: a representative from the American Heart Association (AHA) and a local cardiac Surgeon. Additionally, the Center’s Occupational Health providers developed a video of their services. They were also available for consultation. AHA and a local hospital collaborated with KSC Health Education and Wellness Group in order to present the education and services on this day. After assessing the data, it is believed that about 1000 people participated in the day of observance through a variety of means. The local hospital has enrolled 500 people to receive the newsletter. KSC, as any other health promotion sponsors, is struggling with how to increase participation in health education events. There is no good answer or one fit. Each event must be addressed depending on the population at hand.

#### **K. 2005 New Dietary Guidelines**

##### **Nancy Miller, RD, (GRC)**

The US Department of Agriculture and Health and Human Services set the nation’s policy direction for government nutrition programs including research, education, food assistance, and labeling. In

January 2005, the new dietary guidelines were issued. The tools by which these guidelines are better communicated are:

- The Food Guide Pyramid – due out in early spring - last revised in 1992.
- DASH dietary guidelines

The new guidelines emphasize:

- Weight control,
- Physical activity,
- Healthy foods low in calories and high in nutrients.

The guidelines can be narrowed down into nine messages:

- Consume a variety of foods within and among the basic food groups while staying within energy needs.
- Control calorie intake to manage body weight, intake should balance energy expended. Do so by small decrease in food and beverages and an increase in physical activity. For women calorie intake is approximately 2000 and for men around 2400-2600 per day.
- Be physically active every day; include cardiovascular, stretching and resistance exercises for strength and endurance. To maintain weight one needs to engage in moderate activity which is considered walking 3 1/2 to 4 miles/hour/day, seven days a week. To achieve weight loss, one needs up to 90 minutes of activity per day.
- Food groups to be encouraged are:
  - Fruits and vegetables, 2 cups of fruits and 2 ½ cups of vegetables/day for a 2000 calorie intake.
  - Whole grains, 3 out of 6 servings of grains should be whole grains.
  - 3 cups/day of nonfat or low fat milk and milk products, include yogurt and cheese equivalents.
- Choose fats wisely for good health. Fat calories should comprise 20-35% for total daily caloric intake.
  - Less than 10% of calories from saturated fatty acids,
  - Less than 300 mg/day of cholesterol,
  - Trans fatty acid consumption (fried and processed food) should be as low as possible
- Choose carbohydrates wisely for good health
  - Fiber rich fruits, vegetables and whole grains
  - Use food and beverages with little added sugars
- Choose and prepare foods with little salt
  - Consume less than 2300 mg sodium/day – approx. 1 tsp salt
  - Consume potassium-rich foods

- If you drink alcohol, do so in moderation
  - 1 drink/day for women
  - 2 drinks/day for men
- Keep food safe to eat by cleaning hands and food contact surfaces and fruits & vegetables, and by cooking food to safe temperature.

Putting guidelines into practice:

- Plan exercise into every day
- Involve family in menu planning and shopping
- Encourage guidelines in your homes, the community, the schools and your worksite
- Read food labels
- Slowly add these foods to diet: fruits and vegetables, whole grains, low fat dairy, calcium rich alternatives
- Pay attention to calories and portion size

Resources

[www.health.gov/dietaryguidelines](http://www.health.gov/dietaryguidelines)

[www.cnpp.usda.gov](http://www.cnpp.usda.gov)

[www.eatright.org](http://www.eatright.org)

[www.nhlbi.nih.gov/health/public/heart/hbp/dash](http://www.nhlbi.nih.gov/health/public/heart/hbp/dash)

**Topic: Occupational Health Conference**

**Mae Hafizi**

2005 Annual Occupational Health (OH) Conference will be held in Lake Tahoe on **June 27- July 1**, at Harvey's. The theme for this year's meeting is ***Towards a HealthierNASA: Successes and Innovations.***

To reinforce the theme we are inviting the Centers to participate in a **poster session** at the Conference. The posters should focus on a success or innovation at a NASA Center that is within one of the Occupational Health Disciplines. Specific details on content and format will be forthcoming. Registration should be up on the OH website in January 2005.

**Topic: Future ViTS**

**Mae Hafizi**

Thursday, 6/02/05      1:30 – 3:00 EST  
 Guest speakers: Nancy Dunagan ARC  
                                  Saralynn Mark, MD, DHHS  
 Thursday, 9/01/05      1:30 – 3:00 EST  
 Thursday, 12/01/05      12:00 – 1:30 EST

**2006 Health Promotion and Wellness ViTS**

Thursday 03/ 09/ 06    11:00 EST- 12:30  
 Thursday 06/ 08/ 06    11:00 EST- 12:30  
 Thursday 09/ 07/ 06    11:00 EST- 12:30  
 Thursday 12/ 07/ 06    11:00 EST- 12:30

We like to receive feedback and suggestions.  
Hope to see you on June 2, 2005.  
Thank you for your participation.  
Vits was adjourned at 14:40 PM.

Respectfully Submitted,  
Mae Hafizi 12.14.04