

NASA HEALTH PROMOTION AND WELLNESS (HPW) COMMITTEE

Minutes for: December 10, 2009

Attendance: "X" means present

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

Welcome

Mae Hafizi

For your convenience, minutes are always color coded. Any thing in red requires your review, attention, and/or feedback. Today's guest speakers are Kurt Hobbs and Kirstin Wood from the Mayo Clinic EmbodyHealth.

All quarterly HPW meetings are held as ViTS/Webex session. This session was taped.

HPW Communication-

Mae Hafizi

Visit the Mayo Clinic Report Suite to keep track of your Center's engagement data and health profile. Would you like a webex training session on how to access and navigate the site?

- Username: HPWTeam1
- Password: Secure#3
- Website: <https://extranet.mayoclinicembodyhealth.com>.

Influenza Vaccination Drive: Please provide your Center totals separated by NASA CS, Contractors, Other to Mae Hafizi.

Please inform Mae Hafizi when you would like to hold the two Campaigns in 2010. The majority vote wins.

My Fitness Solution – March through May 2010

Walk to Wellness - September through November 2010

2009 Health Assessment Data Analysis

Kurt Hobbs

For a complete analysis please refer to the slide presentation posted on the ohp website under 2009, December.

The online interactive programs are gaining popularity and more employees are enrolling. One factor is the agency wide Campaigns that are offered twice per

year. These programs run over a specified period of time, they are both educational and goal directed.

We have had 7,486 employees complete the Health Assessment (HA) in 2009. Agency wide engagement remained flat at 2,205 in 2009 vs. 2,184 in 2008. The majority of the enrollees were from JSC at 5,281. During the June 2009 HPW ViTS the JSC staff presented their key to success which included a strong partnership with all Contracting companies, strong NASA Senior leadership involvement, and a rewards program. One important factor about the JSC participants is that they are younger men who tend to be healthier. This fact skews the aggregate data especially with JSC's strong participation numbers.

NASA CS participation has lowered in the past three years to 28% of total HA participants. This is an area for improvement.

NASA participants trended positively for medical and lifestyle risk factors in 2009 as compared to the Mayo Clinic Book of Business (BoB). Only 30% of those completing the HA ranked High (with 5+ risks) vs. 37% in BoB. JSC's younger and healthier male participants affected this trending.

NASA has more male participants as compared to the Mayo BoB. These NASA male participants have a higher risk prevalence for each of the medical risk factors vs. the NASA female participants.

Future ViTs

- **March 11, 2010** **11am Eastern**
- **June 10, 2010** **11am --- Annual Agency OH Meeting will be held between June 7- 11th. This ViTS will be canceled in lieu of the annual meeting.**
- **September 09, 2010** **11am**
- **December 09, 2010** **11am**

Meeting adjourned at 11:55 AM EST.
Respectfully submitted,

Mae Hafizi
12/11/2009

