

NASA HEALTH PROMOTION AND WELLNESS (HPW) COMMITTEE

Minutes for: December 09, 2010

Attendance: "X" means present

ARC	<input checked="" type="checkbox"/>	HQ	<input checked="" type="checkbox"/>	DFRC	<input checked="" type="checkbox"/>
JPL	<input type="checkbox"/>	AOH	<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 checked="" type="checkbox"/>	MAF	<input checked="" type="checkbox"/>	WSTF	<input type="checkbox"/>
NSSC	<input type="checkbox"/>	OCHMO	<input type="checkbox"/>		<input type="checkbox"/>

AOH = Agency Occupational Health

Welcome and Announcements

Mae Hafizi

All sessions are recorded.

Guest Speakers:

Sara Mark, MD - The Federal Agenda on Prevention

Verba Moore, MD - OPM WellCheck Survey results

All the associated slides and documents were emailed to the team on 12,08,2010 and will be posted on the ohp website.

We have a special HPW Webinar scheduled for 12/14 at 1PM Eastern for a presentation of the Health Assessment data. The presentation will not include the WLQ data analysis, AKA the presenteesim or productivity data, because it won't be ready until approximately March of next year.

We have developed an introductory slide presentation regarding the EmbodyHealth portal. Some folks has asked for something semi generic to assist them in their outreach and education to the employees.

As you are well aware, the EmbodyHealth portal has gone through phase I of the scheduled enhancement. Phase II is expected in January 2011. We have oriented you to these enhancement via three webinar presentations.

One of the most important updates in phase II is the Action Plan which is now presented in a page titled My Health with includes the individual's strength and risks based on the Health Assessment, Prevention Strategies, Medical History and Safety information, and recommendations in the order of priority.

Also new is the Personal Health Profile section. Although the HA can only be completed once per year, the individual's health profile can be modified throughout the year. For example, a person Lipid panel improves. They can now modify their profile and their associated risk. Bottom line, the page is becoming a lot more dynamic.

The 2011 health calendars were mailed to the Centers last week. I forwarded everyone their routing number to keep track of the delivery. It is important that you notify me when the calendars have reached you. I need to close the book on the 2011 calendars and need this information.

As you distribute the calendars, please encourage everyone to complete the online evaluation. We distributed 19,000 copies in 2010 and received 66 evaluations. In 2011, we are distributing 20,000 copies.

To help put today's presentations by Dr. Mark and Moore into perspective the comparison table between the Federal Agenda on Prevention, CDC's winnable health battles, Healthy People 2020, OPM's Wellcheck, NASA's implementation plan, and the HERO scorecard was discussed.

A couple of months ago, we initiated an exercise internal to our office to completely understand the Federal agenda on health promotion and OPM's requirements. Since they directly affect our programs.

For the past two years all Federal agencies have been involvement in an assessment of their Health Promotion programs through an online survey called WellCheck. In 2009 all Centers took part, in 2010 five Centers represented NASA. The findings were included in the minutes of our meeting dated September 9, 2010 and we will further discuss the result today. NASA was required to deliver to OPM an action plan based on the survey results. Dr. Moore presented the findings in an easy to follow slide set.

It would benefit all of us to better understand how these agendas, programs, and requirements relate to one another. The side by side table is a quick glance at this exercise. We juxtapositioned all of them against HERO's Scorecard. Why HERO?

Because the Health Enhancement Research Organization (HERO), is a nationally based research oriented coalition with an interest is in health promotion and health related productivity research.

The membership is encouraged to review the two tables of comparison on their own. The second table looks at what OPM offers their DC employees (Wellness Works) and how they stack up against their own requirements.

Dr. Mark presented the Federal Agenda on health promotion followed by Dr. Moore's review of the OPM's WellCheck Survey Results. Please refer to the slides. NASA's implementation plan will be emailed to the team for review.

Five NASA centers completed OPM's WellCheck online as a representative sample for NASA. The tool focused on five areas of a comprehensive worksite wellness. NASA's weighted overall rating is listed below. The scale is from 1-5, 1- Room for Improvement and 5- outstanding.

For the purpose of this analysis we chose a score of less than 3 as an indicator for improvement not the score of 1 as indicated above by Well Check. Areas that ranked below a score of 3 were: Health Education and physical activity in particular, Supportive environment, and Screenings.

Health Education	2.8
Health Education specific areas of attention:	
• Nutrition	4.3
• Physical Activity	2.0
Supportive Social and Physical Environment	2.5
Screenings	2.8
Linkage	3.8
Integration	4.8

We are developing an implementation plan to effectively address improvements in elements that have ranked below a score of 3. We will share our plan with the Team.

HPW ViTS/Webinar 2011

- All sessions have been moved to Tuesdays at 1:30 pm Eastern. We hope this will assist our west coast colleagues.
 - 03/01/2011 at 1:30 pm Eastern
 - 06/07/2011 at 1:30 pm Eastern
 - 09/06/2011 at 1:30 pm Eastern
 - 12/06/2011 at 1:30 pm Eastern

Respectfully submitted,

Mae Hafizi

12/09/2010