

## NASA HEALTH PROMOTION AND WELLNESS (HPW) COMMITTEE

Minutes for: June 7, 2011

Attendance: "X" means present via ViTS or Webex

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 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 type="checkbox"/>	MAF	<input checked="" type="checkbox"/>	WSTF	<input type="checkbox"/>
NSSC	<input type="checkbox"/>	OCHMO	<input checked="" type="checkbox"/>		<input type="checkbox"/>

AOH = Agency Occupational Health

### Announcements

Mae Hafizi

All sessions are recorded.

Most but not all the associated slides and documents are posted on the ohp website.

Contact Mae Hafizi for those that are not posted.

### Guest Speakers

Ms. Lucy Polk, OPMMs. Polk will discuss OPM's efforts and expectations with respect to creating a healthier federal workforce. Ms. Polk will also discuss OPM's methodology for collecting Agency data, which is known to us as the WellCheck Survey.

### Annual OH Meeting

This year's OH Meeting takes place in Albuquerque, NM from July 11-15, 2011. The theme is "Portals to the Future: People, Partnerships, and Prevention".

Professional Development Courses will be held on Monday, July 11<sup>th</sup>. The Plenary Sessions are scheduled on July 12-14. The afternoon breakout sessions are devoted to topics of specific interest to OM, EAP, IH and HP.

The two PDCs of interest to the HPW Team will be held from 1-5pm on that Monday. The topics are **Health Coaching** followed by a joint presentation by Kurt Hobbs and Four Centers on their efforts to communicate the availability of the **Mayo Clinic EmbodyHealth (MCEH)**. Kurt will also discuss the HRA and the WLQ data.

Several other presentations will be offered as webinars for those who are not attending the Meeting. The three that would interest this group will be held on Wed and Thursday of the week on the topics of:

- The use of social media in health promotion
- The ACA and its impact on OH Clinics and health promotion
- The future of vaccines and vaccine research

There is still time to Register, visit the ohp website. You can also view the agenda. [http://ohp.nasa.gov/conference\\_info/conf\\_gen/2011/ohconf/agenda.pdf](http://ohp.nasa.gov/conference_info/conf_gen/2011/ohconf/agenda.pdf)

### Summer Season Campaign 2011

We kicked off a Summer Season Campaign with a focus on three topics/diseases/condition all of which are preventable. These were:

- 1) Skin cancer prevention
- 2) Heat stress, and
- 3) Click it or Ticket to reduce automobile injuries

Please use the outreach methods available to you to spread the word on prevention.

### Mayo Clinic EmbodyHealth

The EmbodyHealth (EH) went through two major enhancements between Aug and Dec 2010. We discussed these enhancements during our two previous ViTS and through a webinar tutorial last year. As well as via several emails.

Two of the most significant enhancements were:

- The ability to update the 10 areas of health risk such as BP, weight, blood sugar, emotional health, exercise, tobacco use, nutrition. The idea is that the HRA is completed once per year but as the individual goes through changes in a given year they can update these areas of potential risk. One can move from risk to strength or vice versa.
- Beginning August 1 the EH will support IE 7 or higher and FireFox and Safari 3 or higher. This is not an issue for employees who are using their work computer to access the EH but their home computer may not be up to par.

Global announcement was released May 31 and yielded over 500 new registrations. A bit of historical data on site usage. Since Jan 1, 2007

- 79,909 Visitors
- 24,735 repeat Visitors

### Walk to Wellness (WTW) Campaign

We are in the wrap up phase of the Campaign. Data entry only between 6/1 and 6/15 Over 400 employees participated. The Incentive file and the Outcomes report are both pending.

We have three small incentive items to send to the Centers that had employees participate in WTW. We will also supply you with the Incentive file to hold a drawing.

Enrollment Period: April 18 – May 3, 2011

28-Day Walking Campaign Period: May 4 – 31, 2011

Post Campaign Dates: June 1- 15, 2011

### Program Evaluation

NASA HPW has gone through two rounds of program evaluations in 2010 and 2011:

- HERO in 2011 – Overall program evaluation including outcome measures
- WellCheck in 2010 – Evaluation of program elements and implementation, no measurement of outcomes

We took part in these evaluations because they compared our programs against recognized standards in a very methodical way.

The Questions posed to use by both of these Surveys probed in two directions:

- Did we meet the expected outcome?
- How did we get there?

Typical programs and initiatives that benefit from close integration include prevention/risk reduction; EAP; disease management; case management; nurse advice lines; occupational health; workers compensation, and disability.

Best practice approaches to integrate these programs include:

- Plan with stakeholders
- Develop a written plan with identified process and information flow
- Require vendors to share data to allow integrated reporting
- Provide communications that reference employee health management (EHM) programs as a whole

Best practices in the design of employee benefits to support EHM include:

- Ensure benefit design provides access to all employees, accounting for waiting periods and dependent contribution levels
- Support of prevention and risk reduction, including smoking cessation, weight loss and preventive exams
- Support of consumer accountability and informed decision-making, helping plan members manage their health care dollars for the greatest benefit

### HERO

An association of vendors, employers, consulting groups that are working towards a scientific and evidenced based approach to worker health and safety.

They have developed a Best Practice Scorecard for employee health management that is divided into six sections:

1. Strategic Planning
2. Leadership Engagement
3. Program Level Management \*
4. Programs\*
5. Engagement Methods
6. Measurement and Evaluation

Bullets 3 and 4 in the HERO survey (Program level management and Programs) are where WellCheck concentrates their attention.

#### OPM- WellCheck

OPM has been involved in the assessment of worksite wellness programs for the past two years utilizing an assessment tool called Well Check. Our action plan for 2011 was drafted after OPM released our Agency's results.

The assessment looks at the following five areas:

1. Integration of worksite wellness into the organizational structure (vertical)
2. Supportive Social and Physical Environment (mesh)
3. Linkage with related Programs (horizontal)
4. Health Education
5. Screening Programs

Well Check findings were discussed in our September 9, 2010 ViTS. NASA was required to deliver to OPM an action plan based on the survey results. NASA is accountable to this plan.

Remember, five NASA centers completed OPM's WellCheck online as a representative sample for NASA. The tool focused on the 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:	
<ul style="list-style-type: none"> <li>• Nutrition 4.3</li> <li>• Physical Activity 2.0</li> </ul>	
Supportive Social and Physical Environment	2.5
Screenings	2.8
Linkage	3.8
Integration	4.8

NASA's action plan based on the 2010 OPM WellCheck Assessment

SUMMARY TABLE - 2011 NASA HPW ACTION PLAN	
Agency Action	Center Action
Health Education	
<input checked="" type="checkbox"/> 1,000 Mayo Clinic EmbodyHealth printed newsletter per month.	<input type="checkbox"/> Assess distribution to maximize outreach
<input checked="" type="checkbox"/> Offer 1500 incentives to NASA Federal employees.  <input type="checkbox"/> Send two Agency wide announcements through NASA Inc.	<input type="checkbox"/> Concentrate outreach efforts on NASA civil service employees and increase their participation by 10% at each Center in the areas of: <input type="checkbox"/> EmbodyHealth web portal Registration & <input type="checkbox"/> Health Assessment completion.
<input checked="" type="checkbox"/> Distribute 20,000 copies of the HealthierYou Calendar.	<input type="checkbox"/> Increase health calendar reader evaluation and feedback by 10% (last year we had 68 evaluations).
<input type="checkbox"/> Expand HPW Team membership <input checked="" type="checkbox"/> Include Agency level Worklife representative <input checked="" type="checkbox"/> Include Agency level Facilities/Cafeteria rep	<input type="checkbox"/> Invite Center food service representatives and other NASA OH program representatives such as Federal Workers Comp. Staff to the HPW Team.
<input type="checkbox"/> Hold two Agency wide Campaigns <input checked="" type="checkbox"/> Walk to Wellness, August 2011 <input checked="" type="checkbox"/> My Fitness Solution utilizing, March 2011	<input type="checkbox"/> Actively promote and participate in the two Agency wide Campaigns: <input type="checkbox"/> Walk To Wellness (WTW)  <input type="checkbox"/> Campaign TBD
<input checked="" type="checkbox"/> With proper documentation, identify Health Education areas of focus across the Agency by Center OH personnel.	Concentrate on the following topics for health education: <input type="checkbox"/> Obesity, overweight, nutrition

	<input type="checkbox"/> Physical activity <input type="checkbox"/> Food safety <input type="checkbox"/> Tobacco cessation <input type="checkbox"/> Motor vehicle safety
<b>Supportive Social and Physical Environment</b>	
<input type="checkbox"/> Collaborate with other departments in creating a supportive environment by providing their expertise in developing projects in areas of work/life balance.	<input type="checkbox"/> Collaborate with other departments to create a supportive environment as appropriate. For example, in one Center one HPW team member participated in setting up a policy to address the needs of lactating mothers. <input type="checkbox"/> Increase influenza vaccinations in the NASA Federal employee population to 40% (currently at 33%). <input type="checkbox"/> Prioritize influenza vaccination to the high risk occupations.
<b>Screening</b>	
<input checked="" type="checkbox"/> Renew contract with Mayo Clinic for the use of their complete e-health package, EmbodyHealth and its accompanying Health Assessment.	<input type="checkbox"/> Offer at least two types of screenings. <input type="checkbox"/> Screenings can be in-person or online using the EmbodyHealth website. <input type="checkbox"/> Screening must include documented follow- up counseling. <input type="checkbox"/> Increase Mayo Clinic EmbodyHealth Health Assessment completion by 10%, it is considered a screening.

Ms. Polk's slide presentation is available on request only. Please contact Mae Hafizi. The slides are very self explanatory.

OPM has the authority to request data from all Agencies with respect to their worksite health promotion programs. Therefore, it is important for agencies to keep track of what they do. OPM is planning to issue a data call (WellCheck) in the summer of 2011. Two new questions will be added, one inquiring about how agencies are complying with the GSA requirement to promote stairwell use and the other about how the agencies are meeting the White House requirements to promotion substance abuse prevention programs at worksites. There is discussion that agencies will not be required to produce a Plan as they did in the previous years.

A focus on obesity and over weight is a good effort independent of a weight management program. Expanding the range of offerings at work site is good but it is also important to offer what your employees need.

In the WellCheck survey worksite means a location that all employees have access to the same services.

There is an effort to match up the agency responses in WellCheck with employees responses in FedView because this year OPM is adding questions to capture employees understanding of the types of wellness programs that are offered at their respective worksites.

HPW ViTS/Webinar 2011 and 2012

All sessions have been moved to Tuesdays at 1:30 pm Eastern. We hope this will assist our west coast colleagues.

- 09/06/2011 at 1:30 pm Eastern
- 12/06/2011 at 1:30 pm Eastern

- 2012 ViTS/Webinars

Date	Time
3/6/12	13:30
6/5/12	13:30
9/4/12	13:30
12/4/12	13:30

Respectfully submitted,

Mae Hafizi

06/8/2011