

# NASA HEALTH PROMOTION AND WELLNESS (HPW) COMMITTEE

Minutes for: December 6, 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 checked="" type="checkbox"/>	AOH	<input checked="" type="checkbox"/>	GSFC	<input checked="" type="checkbox"/>
JSC	<input 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 type="checkbox"/>		<input type="checkbox"/>

AOH = Agency Occupational Health

## Announcements

Verba Moore

All sessions are recorded.

### Review of *EmbodyHealth* Portal Engagement

The utilization of the *EmbodyHealth* portal was reviewed from its inception in 2007. There has been a steady increase in its usage up until 2011. The same trend is noted in the use of the Health Assessment as well. In 2011 Walk to Wellness was used as the campaign for spring and fall. Fall participation was less than the spring. My Fitness Solution and My Weight Solution have been used once each as a campaign with less than optimal results. Unfortunately, NASA is not able to incentivize employees in the way private organizations can to boost participation.

### Healthy People 2020 Leading Health Indicators

Healthy People 2020 released its Leading Health Indicators (LHI). Twelve topics of the 42 areas are highlighted as high priority health issues. Four of the LHIs were identified and discussed as having more direct linkages to Occupational/Preventive Health services provided in our clinics.

- Clinical Preventive Services
- Injury and Violence
- Nutrition, Physical Activity and Obesity
- Tobacco

### HP Goals for 2012

The 2011 Health Promotion Action Plan was reviewed. Agency-level accomplishments were discussed. The OPM *WellCheck* areas requiring improvement were discussed

and plans for the 2012 Action Plan were covered. We were not able to increase the level of participation in the health assessment as desired. A small ad hoc committee to develop the plan for presentation to the HPW at large will be formed. The result of the 2011 *WellCheck* results will be incorporated in plan.

### Announcements

Reminder that the HealthierYou Calendar and the *EmbodyHealth* Newsletters will no longer be available was announced.

### Next HPW ViTS/Webinar

March 6, 2012 at 1:30 pm Eastern

DRAFT