

NASA HEALTH PROMOTION AND WELLNESS (HPW) COMMITTEE

Minutes for: September 4, 2012

Attendance: "X" means present via VITS or WebEx

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|------|---|-----|---|----------|---|
| ARC | X | JPL | | MSFC | X |
| DFRC | X | JSC | | SSC/NSSC | X |
| GRC | X | KSC | X | OCHMO | X |
| GSFC | X | LRC | X | WFF | |
| HQ | X | MAF | | WSTF | |

An announcement was made that the ViTS was being recorded. Helen Shoemaker

Human Resources

Scott Howell

Scott Howell, Human Resources Specialist, from NASA Headquarters, Office of Human Capital provided an overview of the [Human Capital Portal](#) and the resources available for the civil service workforce. The website provides civil service personnel information on the work from anywhere program and resources including telework agreement and mandatory training. Another program is the work-life balance in collaboration with Office of the Chief Health and Medical Officer (OCHMO) providing health and wellness information, links to the OCHMO website and the link to the upcoming video series from Johnson Space Center (JSC). The health and financial information program in collaboration with the Employee Assistance Program (EAP) was discussed.

Center Health Promotion Programs

Several Centers shared their current health promotion programs. There is a wide range of programs being offered at little or no cost to the Center and/or employees. Several Centers are using employee needs surveys to identify programs of interest to the general population. There are several Centers who have successfully integrated the health program plans with the on-site clinic, EAP and the fitness Centers.

Quarterly Health Topics

The proposed quarterly health topics for FY 2013 were reviewed and feedback from the Centers was requested. The plan is in sync with Healthier Feds agenda of healthy aging and the four pillars of physical activities, healthy choices, prevention, and nutrition. Based on the feedback from the meeting the following health emphasis were identified for FY 2013:

- 1st Quarter Prevention of Colds and Flu
- 2nd Quarter Mayo Clinic *EmbodyHealth* and Health Assessment
- 3rd Quarter Prevention of Back Injuries
- 4th Quarter Physical Activity: Walk to Wellness and Nutrition

Health Promotion Materials

Each Center will be receiving health promotion materials soon. The format of the materials is posters, maps, hand-outs. The topics for the materials include diabetes, save your back, hand-washing, blood pressure and cholesterol control, right size your portions, and breaking down the food label. They should be shipped and received at the Centers before the end of September.

ViTS Schedule

The next Health Promotion and Wellness ViTS is scheduled for December 4 from 1330 to 1430.

The ViTS for Calendar Year 2013 are:

| | |
|-------------------|--------------|
| March 6, 2013 | 1330 to 1430 |
| June 5, 2013 | 1330 to 1430 |
| September 4, 2013 | 1330 to 1430 |
| December 5, 2013 | 1330 to 1430 |

The meeting dates have been posted to the NASA OH Website Calendar. The minutes of this meeting and the PowerPoint presentation will also be posted to the website.