



# **NASA Progress Report**

**June 2007**

# Agenda

- Management Briefing
- EmbodyHealth key metrics
- HRA campaign outcomes
- Communications review
- Opportunities and recommendations
- Engagement calendar

# Management Briefing

## EmbodyHealth Usage

- 2,324 new registrations were completed in 2007
- NASA employees visited the Nasahealthieryou.com website a total of 7,771 times YTD in 2007
- 71% (3,430) of visitors came once during 2007
- 29% (1,407) of visitors were “returning visitors” to site during 2007

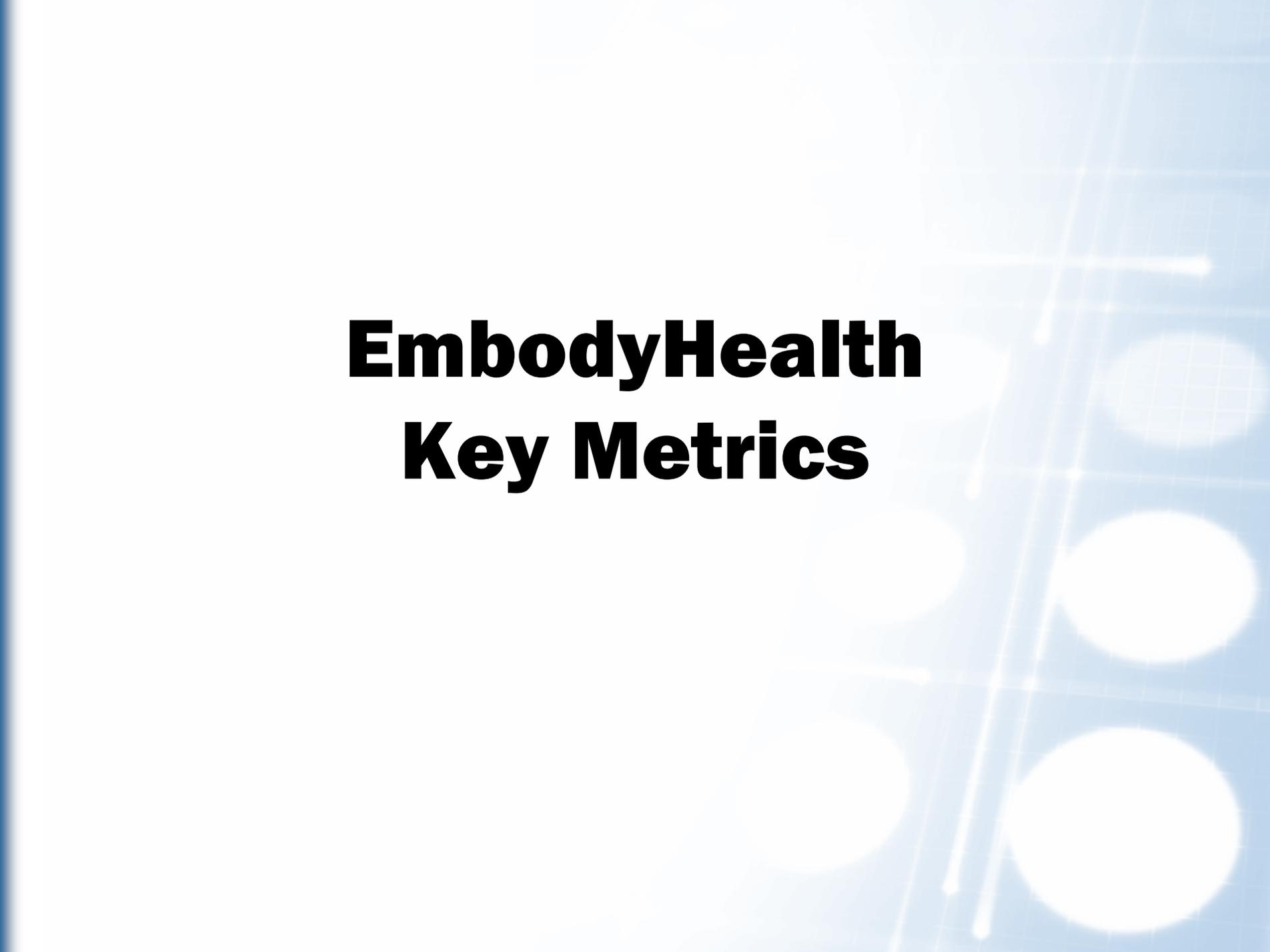
## Health Risk Assessment

- 1,200 participants or 8% of eligible population, participated in the 2007 HRA campaign YTD
- 46% of participants scored within the high risk level categories (5+ risk factors)
- Four most prevalent risk factors ready to change are: exercise, weight loss, nutrition & stress

## E-Health Programs & Tools

Number of 2007 enrollees:

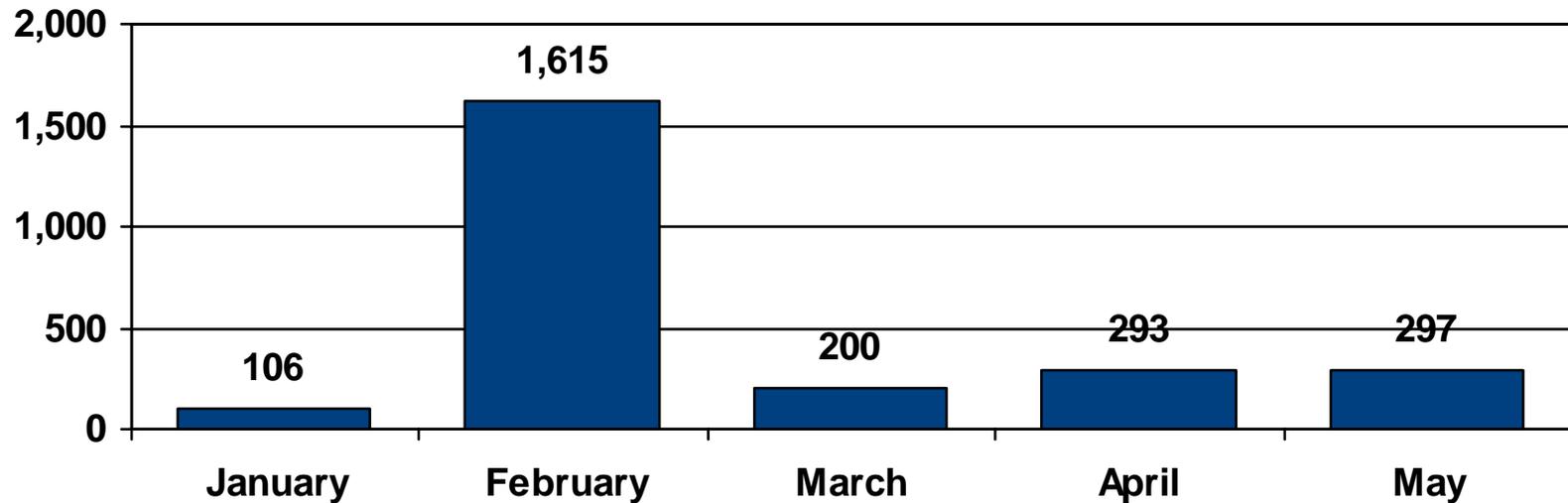
- Fitness for Everybody – 60 enrollees
- Healthy Weight – 143 enrollees
- Health Monitor – 35 enrollees
- Healthy Pregnancy – 6 enrollees
- My Stress Solution – 39 enrollees
- My Smoke Free Future – 4 enrollees

The background features a light blue grid pattern with several white circles of varying sizes scattered across it. The text is centered in the upper half of the image.

# **EmbodyHealth**

## **Key Metrics**

# Key Metrics: Site Use by Registrations



- Roll-out population = 15,000
- YTD Total # of site registrations – 2,324
- Majority of users fell within the 40-59 age range
- Females represented 47% of population, while males represented 53%.

# Key Metrics: Site Use by Registrations

<b>I am</b>	<b># of Registrations</b>	<b>% of Total Registrations</b>
<b>Civil Servant</b>	<b>2131</b>	<b>92%</b>
<b>Contractor</b>	<b>129</b>	<b>5%</b>
<b>Other</b>	<b>12</b>	<b>1%</b>
<b>Spouse, Dependent, Domestic Partner</b>	<b>44</b>	<b>2%</b>

# Key Metrics: Site Use by Top Five Locations

<b>Location</b>	<b># of Registrations</b>	<b>% of Total Registrations</b>
<b>KSC – Kennedy Space Center</b>	<b>397</b>	<b>17%</b>
<b>MSFC – Marshall Space Flight Center</b>	<b>382</b>	<b>16%</b>
<b>GSFC - Goddard Space Flight Center</b>	<b>333</b>	<b>14%</b>
<b>LRC - Langley Research Center</b>	<b>242</b>	<b>10%</b>
<b>GRC – Glenn Research Center</b>	<b>209</b>	<b>9%</b>

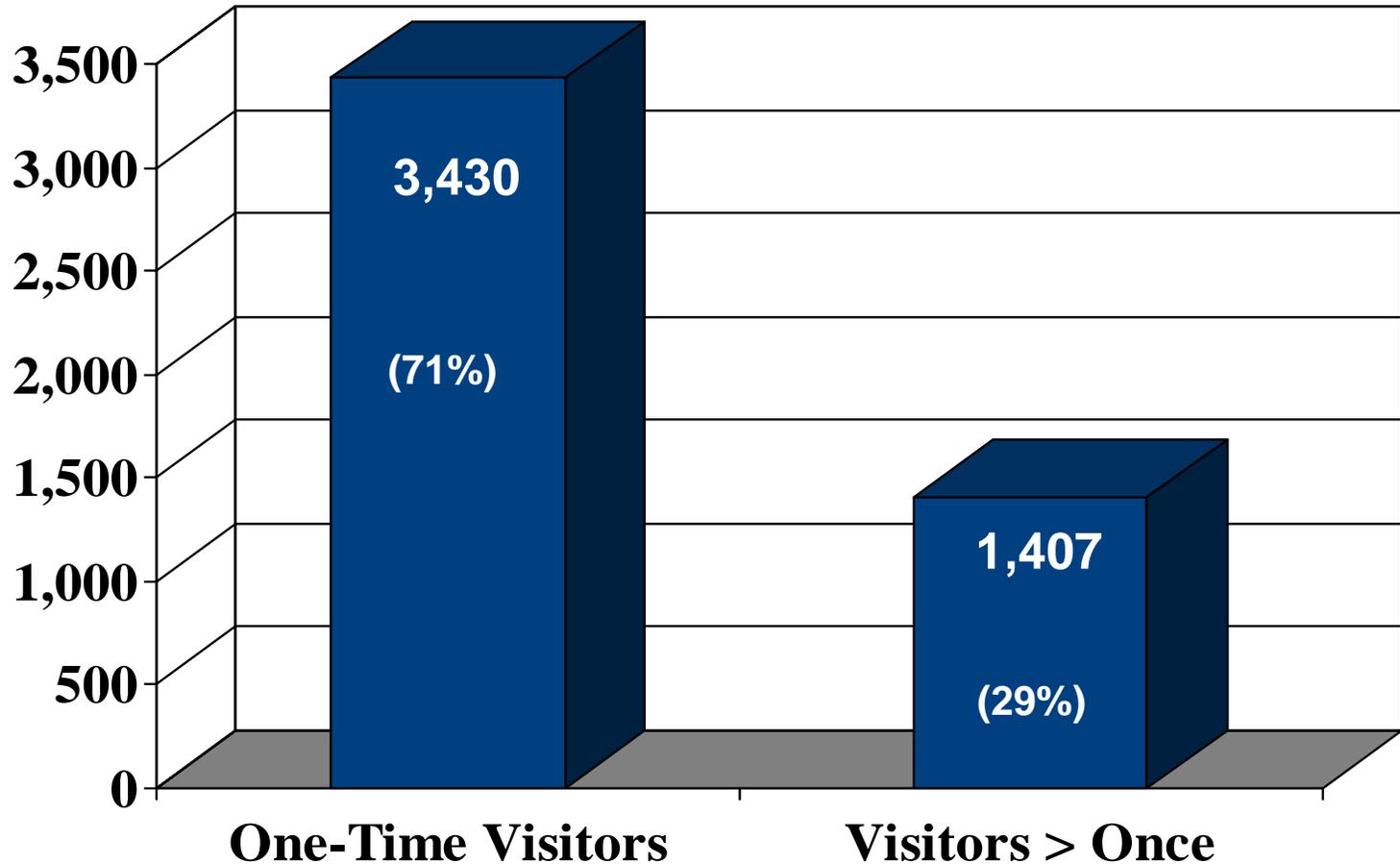
# Key Metrics: Site Use by Visits

1/29/07 to 5/29/07

<b>Metric</b>	<b>2007</b>
<b>Total number visitors</b>	<b>4,837</b>
<b>Total number visits</b>	<b>7,771</b>
<b>Average number visits per day</b>	<b>64</b>
<b>Average visits per visitor</b>	<b>1.61</b>
<b>Average visit duration</b>	<b>12:52 min.</b>

# Key Metrics: Visitor Frequency

1/29/07 to 5/29/07



# Key Metrics: “I am” Profiles

<b>I am</b>	<b>% Total Visits (1/29/07-5/29/07)</b>
<b>Civil Servant</b>	<b>91%</b>
<b>Contractor</b>	<b>6%</b>
<b>Spouse, Dependent, Domestic Partner</b>	<b>2%</b>
<b>Other</b>	<b>1%</b>

# Key Metrics: Interactive Resources

<b>Program</b>	<b>Number of Enrollees - 2007</b>
<b>Healthy Weight</b>	<b>143</b>
<b>Fitness for EveryBody</b>	<b>60</b>
<b>My Stress Solution</b>	<b>39</b>
<b>Health Monitor</b>	<b>35</b>
<b>Healthy Pregnancy</b>	<b>6</b>
<b>My Smoke-Free Future</b>	<b>4</b>

**Note: 2,022 users have signed up for the online Mayo newsletter**

# **HRA Campaign Results**

# HRA 2007 Participation

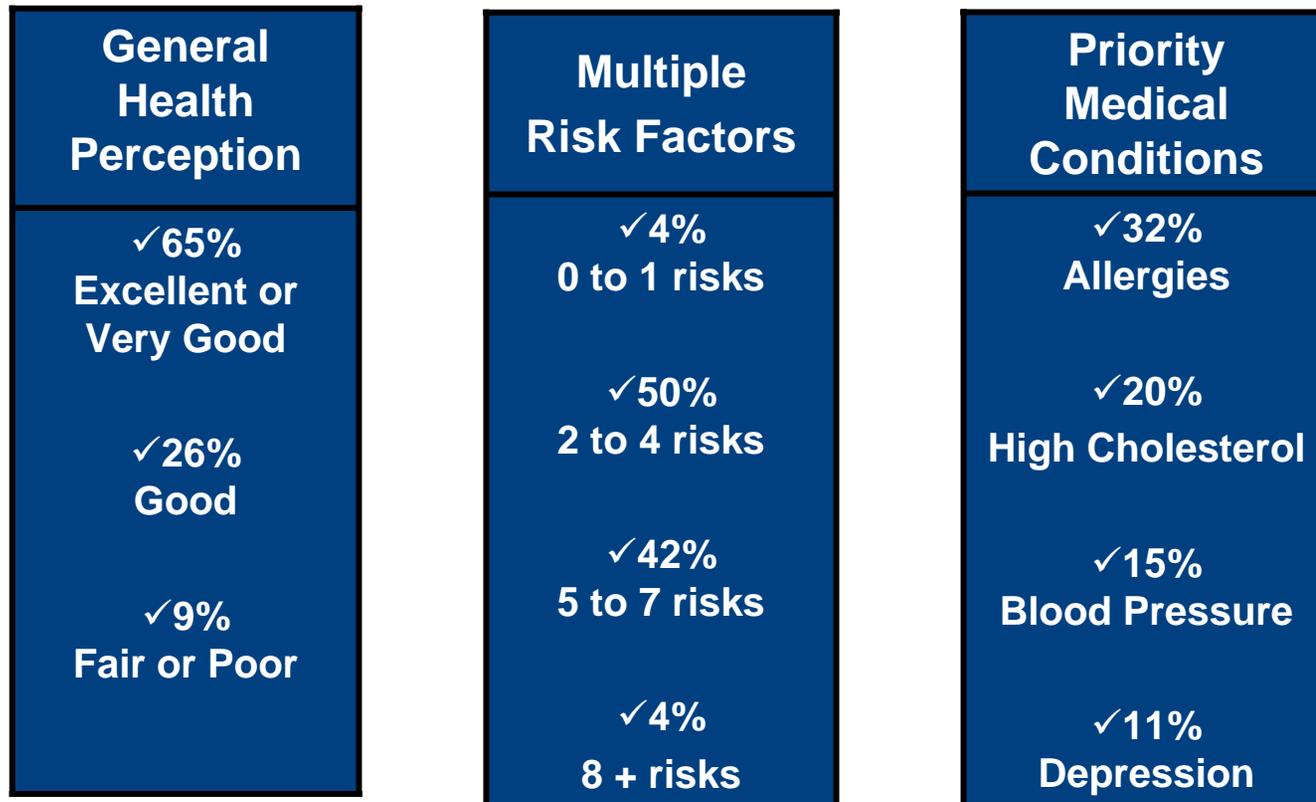
- Participation = 1,200 or 8% of eligible
- 67% of participants were in the 40-59 age range
- Males represented 52% of participants and females 48%
- Civil servant employees represented 94% of participants

# HRA 2007 Participation by Center

Location	2007 Participants
ARC	57
GRC	111
GSFC	180
HQ	89
JSC	140
KSC	211
LRC	126
MSFC	199
DFRC, JPL, MAF, NSSC, SSC, WFF & WSTF	< 50

# Risk Stratification Perspective

*For many of our programs, risk stratification begins with the HRA.*

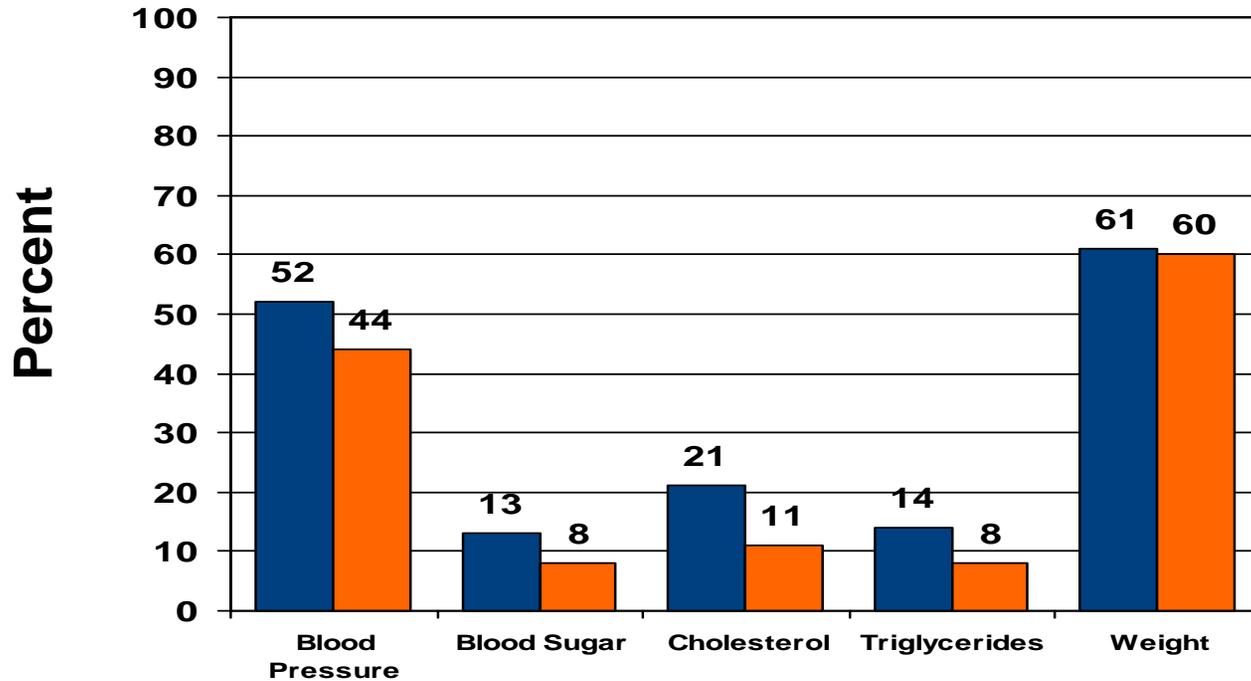


# Risk Stratification

## Book-of-Business Comparison

<b>Risk Level</b>	<b>2007</b>	<b>2007 B of B</b>
<b>Low (0 or 1 risk factor)</b>	<b>4%</b>	<b>5%</b>
<b>Moderate (2-4 risk factors)</b>	<b>50%</b>	<b>53%</b>
<b>High (5-7 risk factors)</b>	<b>42%</b>	<b>39%</b>
<b>Very High (8 or more risk factors)</b>	<b>4%</b>	<b>2%</b>

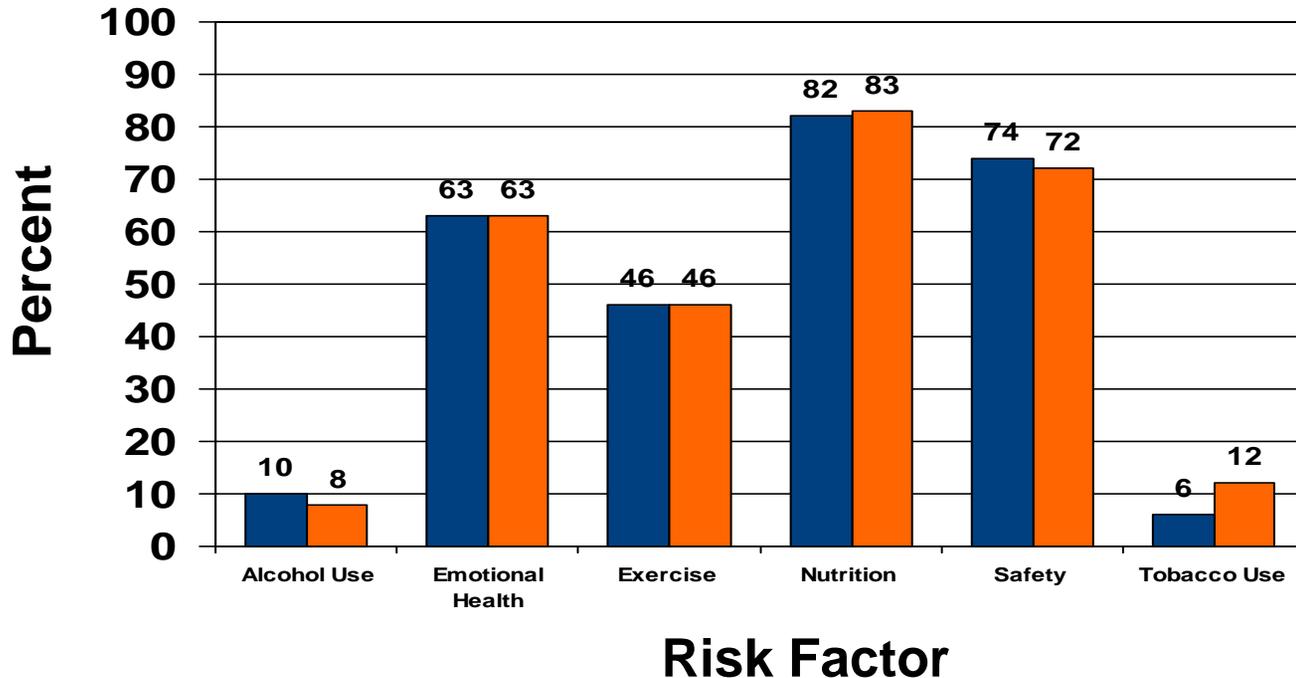
# Medical Risk Factors – Total Population



**NASA exceeded benchmark for all medical risk factors.**

**■ NASA 01/29/2007 – 5/29/2007      ■ Mayo Clinic Book of Business**

# Lifestyle Risk Factors – Total Population



**NASA consistent with benchmark, except lower prevalence for tobacco use.**

 NASA 01/29/2007 – 5/29/2007

 Mayo Clinic Book of Business

# Identifying the Opportunities

<b>Risk Most Ready to Change</b>	<b>2007</b>
<b>Exercise</b>	<b>15%</b>
<b>Weight</b>	<b>13%</b>
<b>Nutrition</b>	<b>13%</b>
<b>Stress</b>	<b>3%</b>

# **HRA Custom Questions**

**Have you ever utilized any of the services of a NASA Occupational Health Clinic such as flu vaccination, allergy shots, health maintenance exams, or consulting with a health care provider?**

	<b>2007</b>	<b>%</b>
<b>Yes</b>	<b>1057</b>	<b>88%</b>
<b>No</b>	<b>121</b>	<b>10%</b>
<b>N/A</b>	<b>20</b>	<b>2%</b>

# Have you ever utilized the NASA sponsored Employee Assistance Program services?

	<b>2007</b>	<b>%</b>
<b>Yes</b>	<b>290</b>	<b>24%</b>
<b>No</b>	<b>873</b>	<b>73%</b>
<b>N/A</b>	<b>35</b>	<b>3%</b>

# Have you ever utilized one of the onsite fitness facilities, either at your own Center or while on TDY (Temporary Duty)?

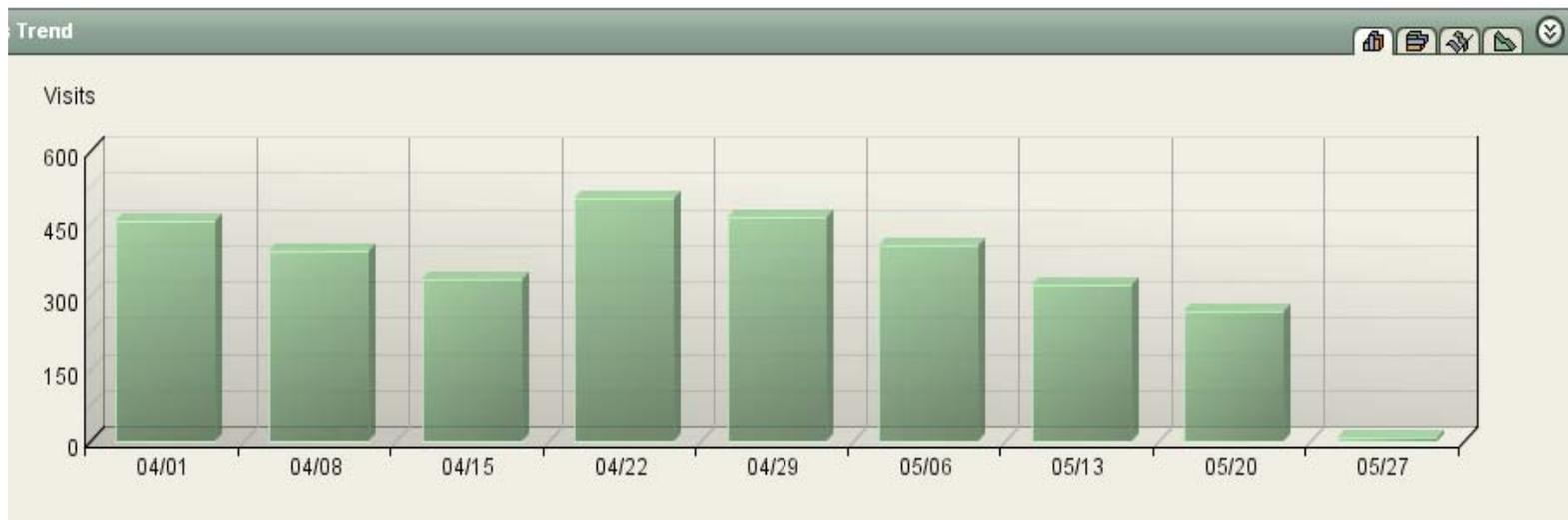
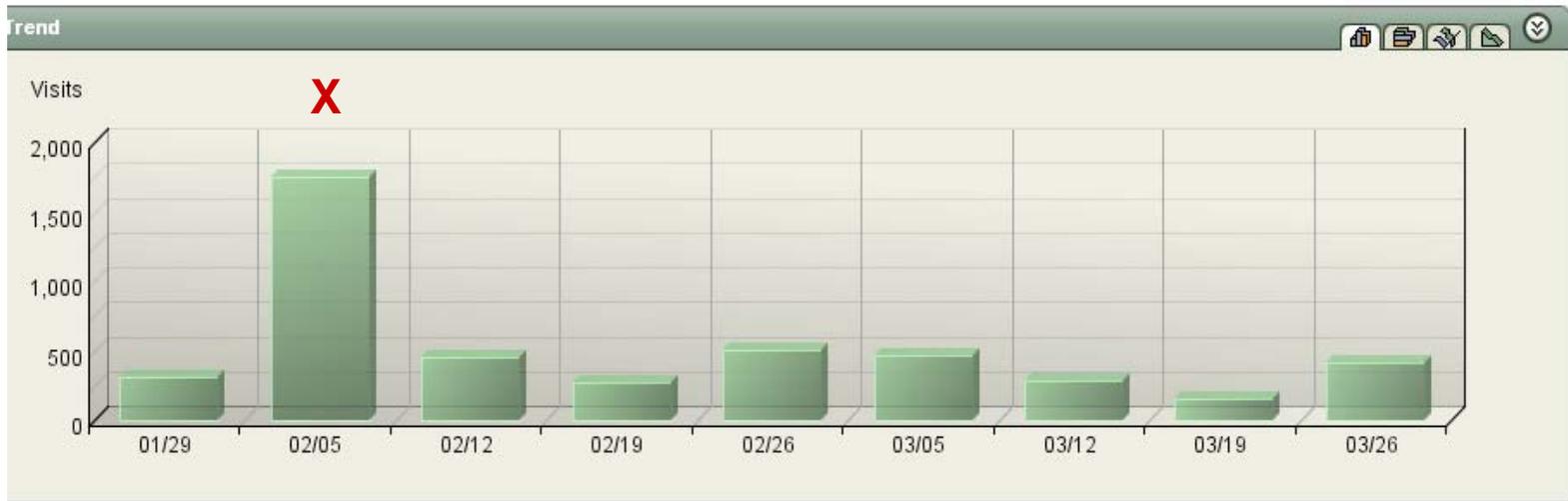
	<b>2007</b>	<b>%</b>
<b>Yes</b>	<b>831</b>	<b>69%</b>
<b>No</b>	<b>350</b>	<b>29%</b>
<b>N/A</b>	<b>22</b>	<b>2%</b>

# Overall have you found the Mayo Clinic HRA and the Web site useful tools in understanding your health risks?

	<b>2007</b>	<b>%</b>
<b>Yes</b>	<b>824</b>	<b>69%</b>
<b>No</b>	<b>39</b>	<b>3%</b>
<b>N/A</b>	<b>335</b>	<b>28%</b>

# **Communications Review**

# Communications Review



# Site Security

- Secure Socket Layer (SSL) is used for encrypted transfer of data for registration, password changes, personal data, and all Health Risk Assessment data.
- Mayo uses intrusion detection, firewall, and system level logging. In addition, portal infrastructure is subject to periodic and random vulnerability scans.
- If the portal is not used for 20 minutes, the session will be timed out and require the user to log in again to continue use of the portal.

# **Opportunities & Recommendations**

# Opportunities & Recommendations

- Increase HRA participation – share this data with Centers to promote action
- Continue to engage an overall communication strategy
- Focus on priority risks most ready to change for your intervention strategy
  - Exercise, weight, nutrition, and stress
- Promote e-Health resources to increase utilization of existing visitors from 1.6 to Mayo benchmark of 2.65
  - Nutrition content/tools and Healthy Weight Program
  - My Stress Solution program and stress content/tools
  - Walk to Wellness program and exercise content/tools

# NASA Engagement Calendar

## Quarterly Program Awareness Campaigns

Intervention Strategy

Fitness

Stress

Weight

Promote HRA



HRA Campaign

Walk to Wellness



Fitness for Everybody



My Stress Solution



<b>Jun</b>	<b>Jul</b>	<b>Aug</b>	<b>Sep</b>	<b>Oct</b>	<b>Nov</b>	<b>Dec</b>	<b>Jan</b>	<b>Feb</b>	<b>Mar</b>	<b>Apr</b>	<b>May</b>
<b>'07</b>	<b>'08</b>	<b>'08</b>	<b>'08</b>	<b>'08</b>	<b>'08</b>						

# Looking Ahead

## 1. Short-Term Strategy

- Focus on HRA participation
- WLQ analysis report in August
- Develop intervention strategy for 2007

## 2. Long-Term Strategy

- Document lessons learned for 2008 campaign
- Develop 2008 HRA and site engagement strategy



# Discussion

