

**Table 1. Comparisons of Programs Across the Spectrum**

National Level Programs/Initiatives			Federal Initiative	NASA Initiative	Industry Initiative
National Strategy on Prevention	CDC's Winnable Health Battles	Healthy People 2020	OPM's Elements Comprehensive Worksite Wellness Program = WellCheck	NASA's Implementation Plan	HERO Best Practice Scorecard
<ol style="list-style-type: none"> <li>1. Prioritize prevention and wellness.</li> <li>2. Establish a cohesive federal response.</li> <li>3. Focus on preventing the leading causes of death, and the factors that underlie these causes.</li> <li>4. Prioritize high-impact interventions.</li> <li>5. Promote high-value preventive care practices.</li> <li>6. Promote health equity.</li> <li>7. Promote alignment between the public and private sectors.</li> <li>8. Ensure accountability</li> </ol>	Using proven, evidence based techniques to address each issue.	<p>Vision, Mission, and four Goals:</p> <p>Increase quality and quantity of life.</p> <p>Eliminate Health Disparities.</p> <p>Create supportive social and physical.</p> <p>Promote healthy development and behaviors across all life stages.</p>	<ol style="list-style-type: none"> <li>1. Integration of worksite wellness into the organizational structure</li> <li>2. Supportive Social and Physical Environment</li> </ol>	<ol style="list-style-type: none"> <li>1. Data driven employee Health and wellness programming.</li> <li>2. Targeted, population based programming for wellness.</li> <li>3. Integration and collaboration Among NASA programs and organizations.</li> <li>4. Program Maintenance in light of budgetary constraints.</li> </ol>	<b>Strategic planning</b>
The Surgeon General supports the National agenda and it has Whitehouse backing.	CDC's Director identified these topics and has committed Agency resources.	DHHS leads		OCHMO's charter for the HPW Team	<b>Leadership engagement</b>
		Implementation per objective MAP-IT	3. Linkage with related programs*	HPW members at the Center level	<b>Program level management</b>

National Level Programs/Initiatives			Federal Initiative	NASA Initiative	Industry Initiative
<ol style="list-style-type: none"> <li>1. Active Lifestyles</li> <li>2. Address Specific Populations' Needs to Eliminate Health Disparities</li> <li>3. Counter Alcohol/SAB</li> <li>4. Healthy Eating</li> <li>5. Healthy Physical and Social Environment</li> <li>6. High Impact, Quality Clinical Preventive Services</li> <li>7. Injury-Free Living</li> <li>8. Mental and Emotional Wellbeing</li> <li>9. Strong Public Health Infrastructure</li> <li>10. Tobacco-Free Living</li> </ol>	<ol style="list-style-type: none"> <li>1. HAI - Eliminating preventable infections, Healthcare Associated Infections.</li> <li>2. HIV – Reducing new HIV infections and elimination of health disparities.</li> <li>3. MVA- Reducing motor vehicle injuries through evidence-based interventions.</li> <li>4. Obesity &amp; overweight - Addressing the epidemic of obesity and overweight in the U.S., improving the public's health through promoting good nutrition, physical activity, and a safe food supply.</li> <li>5. Teen pregnancy - Prevention of teen pregnancies that contribute to poor health and negative social outcomes.</li> <li>6. Tobacco – Reducing death and disease caused by tobacco use and exposure to secondhand smoke.</li> </ol>	42 Objectives	<ol style="list-style-type: none"> <li>4. Health Education</li> <li>5. Screening programs</li> </ol>	<p>In the WellCheck Survey any areas that scored less than 3 was identified as an OFI, Opportunity for Improvement:</p> <ol style="list-style-type: none"> <li>1. Health Education - physical activity in particular,</li> <li>2. Supportive environment,</li> <li>3. Screenings.</li> </ol>	<p><b>Programs</b></p>
		MAP-IT	See Table 2		<b>Engagement methods</b>

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		Four fundamental Health measures:  General health status,  Health related quality of life,  Social determinants,  Disparities	See Table 2		<b>Measurement and evaluation</b>



OPM's Elements of a Comprehensive Worksite Wellness Program		WellnessWorks	Levels of Prevention
<b>Integration of Worksite Wellness into the Organizational Structure:</b> Support for healthy food choices – Cafeterias, Vending Machines, Microwaves/Refrigerators Environmental support for healthy living – Ergonomics programs, Occupational health and safety training, Lactation Room/Education/One on One Support Services, Tobacco free workplace, Hand washing programs, AED/CPR training	Yes/No If Yes, how, who, frequency		Primary
<b>Linkage with Related Benefits and other Programs:</b> Linkage between Wellness and related Benefits such as FEHP, FSA, EAP, Work/Life	Yes/No		
<b>Screening Programs:</b> Mental Health screenings Blood Pressure checks Diabetes Screening Substance Abuse Screening Mammography Stress Screening Cholesterol Screening Health Risk Appraisal	number of employees with access to the program/service, and, number of individual employees participating in the program/service (not a total number of visits by all employees with access), types of metrics tracked, and; costs	A Healthways Well-Being Assessment <sup>SM</sup> that goes beyond standard health risk assessments to include productivity and scientifically defined areas of well-being, in addition to physical health, mental health, and health behaviors;  Biometric testing, consisting of height and weight measurement and blood testing for cholesterol levels;	Secondary

