

# WellCheck Survey Assessment & Implementation Plan

HPW ViTs

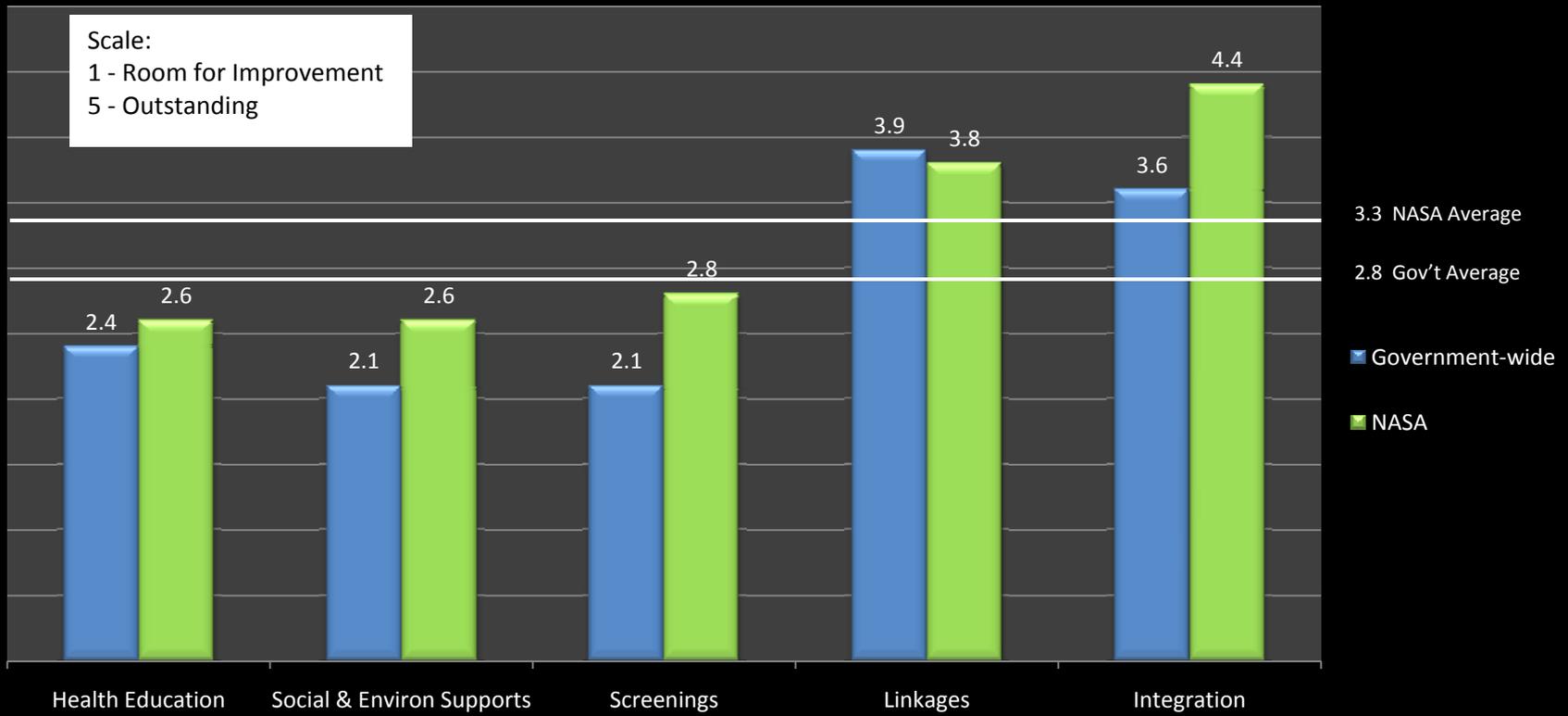
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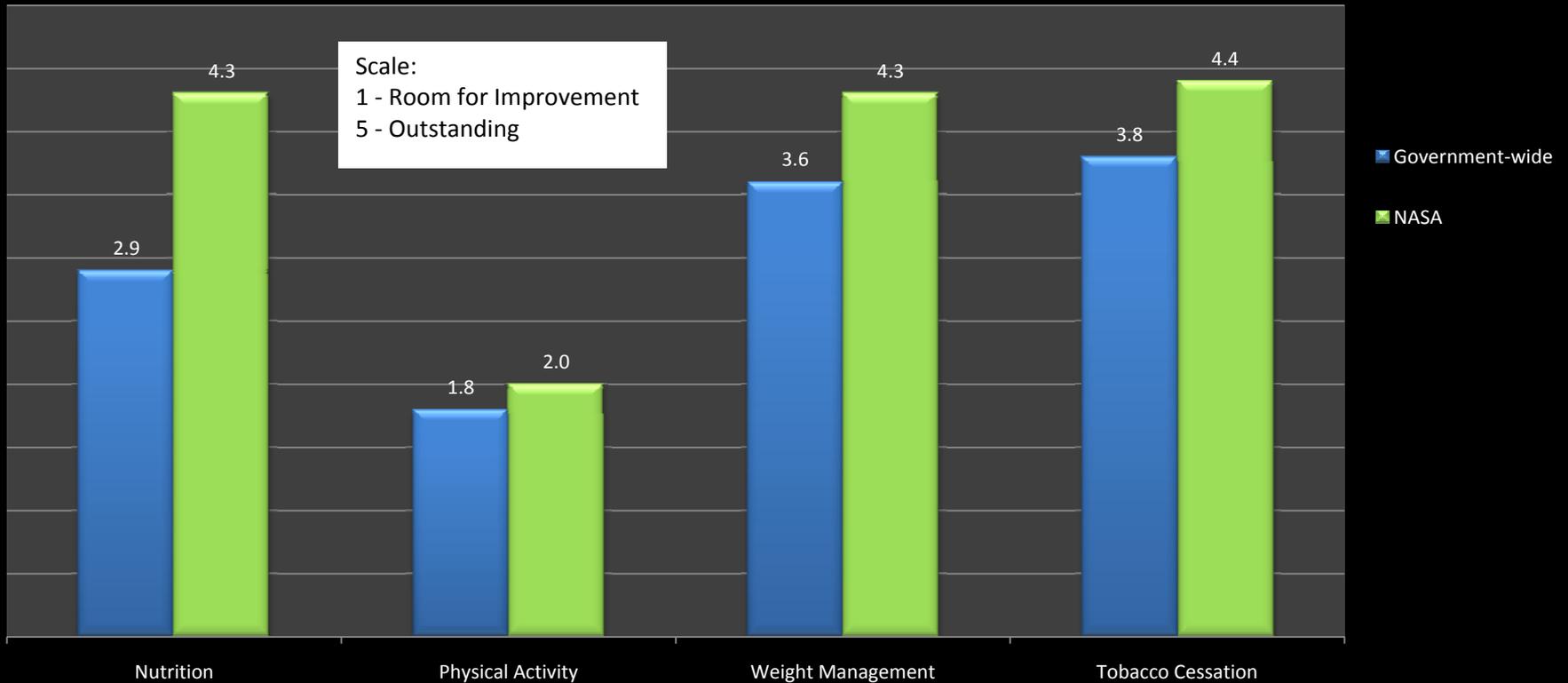
# WellCheck Assessment Results

## Worksite Wellness Program Elements (Weighted)



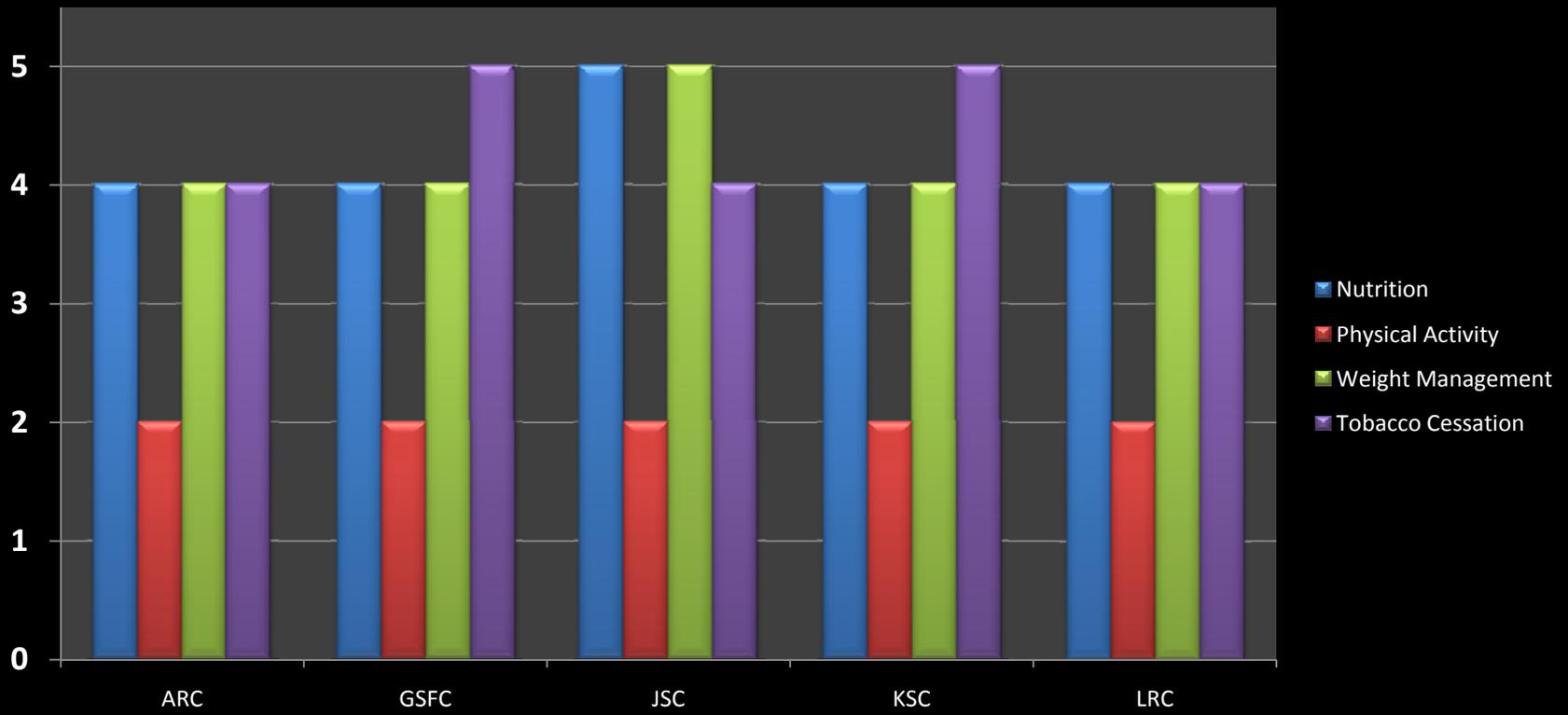
# WellCheck Assessment Results

## Health & Wellness Areas (Weighted)

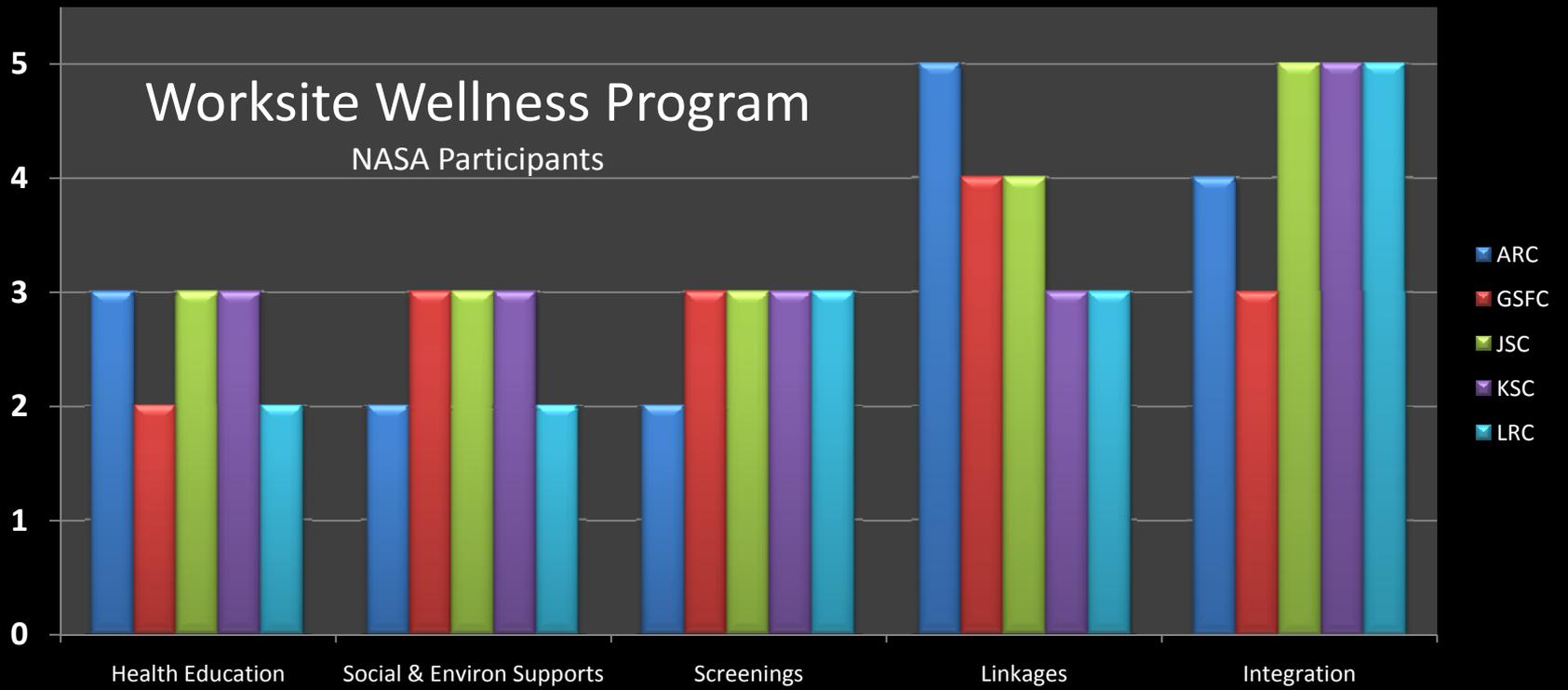


# WellCheck Assessment Results

Areas of Health and Wellness  
NASA Participants



# WellCheck Assessment Results



# 2011 NASA HPW Implementation Plan

- Submitted to OPM, September 2010
- NASA Considered elements < 3.0 as OFI
  - Health Education, overall
  - Health Education, Nutrition
  - Health Education, Physical Activity
  - Supportive Social and Physical Environment
  - Screenings
- Today – A Discussion of NASA's Plan and Center expectations

# NASA HPW Plan: Health Education

- Overall
  - 1,000 *EmbodyHealth* printed newsletters/month
  - Multi modal promotion of the *EmbodyHealth* portal
  - Promote portal's life stage specific content
    - Women's Health
    - Infants & Toddlers
    - Tweens & Teens
    - Healthy Aging
    - Men's Health
    - Children's Health
    - Pregnancy
    - End of Life
  - Goal: Increase employee participation by 10%.
  - Objectives:
    - Agency: 1500 (50% increase) incentives for NASA CS & two agency wide announcements via global emails
    - Centers: Communication Plan with particular attention To NASA CS

# NASA HPW Plan: Health Education

- 20,000 copies of *HealthierYou* Calendar
  - Goals: Increase reader evaluation by 10%
  - Objectives: ?
- Nutrition
  - Goal: Expand HPW membership to include
    - Center food service rep
    - Other NASA program reps, e.g., FWC POCs.
  - Promote *EmbodyHealth* portal content to employees and use the content in your own outreach
  - Cross utilization of Center products

# NASA HPW Plan: Health Education

- Physical Activity
  - Two Agency wide Campaigns using *EmbodyHealth* Programs
    - Walk to Wellness – Date?
    - My Fitness Solutions – Date?
  - Centers offer two additional campaigns/educational programs using *EmbodyHealth* modules and content.
    - My Weight Solutions
    - My Stress Solutions
    - Healthy Pregnancy
    - My Smoke free Future

# NASA HPW Plan: Supportive Social & Physical Environment

- Collaborate with other NASA Directorates/Offices
  - Tobacco free environments
  - Lactation support for the working mothers
  - Automated External Defibrillators/First Aid/CPR training
  - Ergonomics,
  - Health education, communicable diseases and hand washing
  - Health counseling with HME visits and surveillance exams.
- Increase influenza vaccinations in NASA CS employee population to 40% (currently at 33%)
  - Prioritize outreach to NASA CS and the high risk occupations
    - healthcare workers, first responders, emergency response staff, childcare workers, food service workers, security.

# NASA HPW Plan: Screening

- Offer at least two screenings/year.
- Methods: in-person or online followed, must include counseling
  - Mental Health such as Depression, stress, or substance abuse (EAP and Medical collaborate)
  - Blood Pressure
  - Diabetes
  - Mammography
  - Cholesterol
  - Osteoporosis Screening
- Health Risk Appraisal (OPM considers as screening)

# Closing Statements & Questions

- NASA Agency and JSC - HERO survey
- Centers concur with the implementation plan
- Questions