

# NASA HPW ViTS/Webinar

June 7, 2011

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# Agenda

- Program Updates Mae Hafizi
  - 2011 Annual OH Meeting
  - The HealthierYou Summer Season Campaign
  - Mayo Clinic EmbodyHealth/WTW
  - Program Evaluation
- Presentation Ms. Polk, OPM
  - Program Evaluation: WellCheck

# 2011 OH MTG

## Portals to the Future: People, Partnerships, and Prevention

- ABQ, NM
- July 11-15
- Three PDCs, Monday 11 July
  - Health Coaching
  - MCEH and Center Presentation
- Webinar

[www.ohp.nasa.gov](http://www.ohp.nasa.gov)

# Summer Season Campaign 2011

- Skin Cancer Prevention
  - Don't Fry Day, May 27<sup>th</sup>
  - Don't Fry Day Flyer
- Heat-related Syndromes
  - Heat Stress Flyer
- Click it or Ticket
  - Statistical information

PREVENTION

# Mayo Clinic EmbodyHealth

- Portal Enhancement since August 2010
  - Ability to update 10 areas of health risk
    - HRA completed once annually
  - Beginning August 1, 2011, support IE Versions 7 or higher, Firefox and Safari 3.0 or higher.
- WTW Campaign
  - 5/4 to 5/31, meet goal
  - 6/1 to 6/15, data entry only
  - Three incentives per participating Centers
    - Center specific incentive reports (Pending)
  - Agency wide outcome report (Pending)

# Mayo Clinic EmbodyHealth

- Global announcement
  - Released May 31
  - Yielded over 500 new registrations
- Historical Data: Jan 1, 2007 - Jun 2, 2011
  - 79,909 Visitors
  - 24,735 repeat Visitors

# Program Evaluation: NASA HPW

- Undergone two Program evaluations
  - HERO: Overall program evaluation
  - WellCheck: Evaluation of program elements and their implementation
- Purpose
  - Compare program against standards through a systematic review
    - Improves program and associated policies

# Program Eval: Question Classification

- Questions of Value
  - Merit: Quality
  - Worth: Cost effectiveness
  - Significance/Impact: Importance

Did we meet the expected outcome?
- Questions of Facts
  - Assessment of operations and procedures

How did we get there?

# Program Eval: Question Types

- Is the program delivering the right services?
- How do you know what is the right service?
- How do you identify the outcome of the services?
- Are there alternatives that would be better?
- Are there unintended consequences?

# Program Eval: Methodology

- Survey
- Analysis of data/report
- Interviews
- Observations
- Focus groups

# Program Eval: Avoid Shortfalls

- Remain flexible
- Account for politics and conflicts
- Account for unexpected consequences
- Allow for complex interactions
- Allow for evolution of program and the people working it

# Program Eval: HERO

- Health Enhancement Research Organization
- Best Practice Scorecard for employee health management
- Standards jointly identified by HERO and Mercer
  1. Strategic Planning
  2. Leadership Engagement
  3. Program Level Management \*
  4. Programs\*
  5. Engagement Methods
  6. Measurement and Evaluation

# NASA HERO Results 2011

- Strength
  - Programs
- Recommendations
  - Multi-year strategic plan
  - An Integration plan
  - A strategy to link health-related programs
  - An Engagement strategy
  - A comprehensive measurement and evaluation plan

# Program Eval: WellCheck 2010

- Standard

1. Integration of worksite wellness into the organizational structure (vertical)
2. Supportive Social and Physical Environment (mesh)
3. Linkage with related Programs (horizontal)
4. Health Education
5. Screening Programs

# WellCheck NASA 2010

- Basic questions
  - Which programs/services are offered and % participation
- Five NASA Centers as sample reps
  - KSC, JSC, LRC, ARC, GSFC
- HPW discussed results in Dec
- Developed Agency Implementation Plan

# NASA WellCheck Results 2010

Program Service	Score
Health Education: Overall	2.8
Health Education: Nutrition	4.3
Health Education: Physical Activity	2.0
Supportive Social and Physical Environment	2.5
Screening	2.8
Linkage - Horizontal	3.8
Integration - Vertical	4.8

SUMMARY - 2011 NASA HPW ACTION PLAN

Agency Action	Center Action
Health Education	
<input checked="" type="checkbox"/> 1,000 Mayo Clinic EmbodyHealth printed newsletter per month. <input checked="" type="checkbox"/> Offer 1500 incentives to NASA Federal employees. <input type="checkbox"/> Send two Agency wide announcements through NASA Inc.	<input type="checkbox"/> Assess distribution to maximize outreach <input type="checkbox"/> Concentrate outreach efforts on NASA civil service employees and increase their participation by 10% at each Center in the areas of: <input type="checkbox"/> EmbodyHealth web portal Registration & <input type="checkbox"/> Health Assessment completion.
<input checked="" type="checkbox"/> Distribute 20,000 copies of the HealthierYou Calendar.	<input type="checkbox"/> Increase health calendar reader evaluation and feedback by 10% (last year we had 68 evaluations).
<input type="checkbox"/> Expand HPW Team membership <input checked="" type="checkbox"/> Include Agency level WorkLife representative <input checked="" type="checkbox"/> Include Agency level Facilities/Cafeteria rep	<input type="checkbox"/> Invite Center food service representatives and other NASA OH program representatives such as Federal Workers Comp. Staff to the HPW Team.
<input type="checkbox"/> Hold two Agency wide Campaigns <input checked="" type="checkbox"/> Walk to Wellness, August 2011 <input checked="" type="checkbox"/> My Fitness Solution utilizing, March 2011	<input type="checkbox"/> Actively promote and participate in the two Agency wide Campaigns: <input type="checkbox"/> Walk To Wellness (WTW) <input type="checkbox"/> Campaign TBD
<input checked="" type="checkbox"/> With proper documentation, identify Health Education areas of focus across the Agency by Center OH personnel.	Concentrate on the following topics for health education: <input type="checkbox"/> Obesity, overweight, nutrition <input type="checkbox"/> Physical activity <input type="checkbox"/> Food safety <input type="checkbox"/> Tobacco cessation <input type="checkbox"/> Motor vehicle safety
Supportive Social and Physical Environment	
<input type="checkbox"/> Collaborate with other departments in creating a supportive environment by providing their expertise in developing projects in areas of work/life balance.	<input type="checkbox"/> Collaborate with other departments to create a supportive environment as appropriate. For example, in one Center one HPW team member participated in setting up a policy to address the needs of lactating mothers. <input type="checkbox"/> Increase influenza vaccinations in the NASA Federal employee population to 40% (currently at 33%). <input type="checkbox"/> Prioritize influenza vaccination to the high risk occupations.
Screening	
<input checked="" type="checkbox"/> Renew contract with Mayo Clinic for the use of their complete e-health package, EmbodyHealth and its accompanying Health Assessment.	<input type="checkbox"/> Offer at least two types of screenings. <input type="checkbox"/> Screenings can be in-person or online using the EmbodyHealth website. <input type="checkbox"/> Screening must include documented follow- up counseling. <input type="checkbox"/> Increase Mayo Clinic EmbodyHealth Health Assessment completion by 10%, it is considered a screening.