

# Agency Occupational Health Update - 2011

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**2011 Annual Occupational Health Meeting**

***“Portals to the Future: People, Partnerships, and Prevention”***  
**July 11-15, 2011**

**Albuquerque, New Mexico**

**Cathy Angotti, RD**  
**Director, Occupational Health**  
**Office of the Chief Health and Medical Officer**

# Notable Events Since 2010 Meeting

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- **Agency Electronic Health Records System (EHRS)**
  - Rolled out the first 2 sites: February 4 (Stennis Space Center) and June 17, 2011 (Langley Research Center)
  - NASA is first Agency without healthcare in its Mission to implement an EHRS
  - OCHMO hired a physician medical IT specialist to ensure project success and to be on-site for each roll-out
  - A new records management plan (RMP) for medical and industrial hygiene, including an associated records retention schedule, has been developed and is undergoing final approval at Agency level
- **Budget Reductions**
  - Potential impacts to ChemWatch, HealthierYou Calendar and Mayo Newsletter

# **Notable Events Since 2010 Meeting** (cont'd)

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- **Mayo Embody Health Portal**
  - NASA Strategic Communications approved a second global announcement for 2011 HRA
- **OPM WellCheck Survey - Update**
  - Lucy Polk, Head of OPM Work Life Programs, participated in June HPW ViTS/Webinar from NASA Headquarters
- **2011 Annual Occupational Health Meeting**
  - Site and meeting theme approved
- **Agency OH Director supported Headquarters Annual Health Fair featuring information on nutrition labeling and food safety**
- **OH Director continued support as participating member of 2011 National Don't Fry Day planning committee**

# Notable Events Since 2010 Meeting (cont'd)

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- **OCHMO Services Contracts Renewals/Recompetes**
  - Medical Evacuation contract (February 2011)
  - After-Hours EAP services (July 2011)
- **Occupational Health Reviews**
  - Formalized plans to use website-based SAARIS for recording findings. Began using SAARIS in May 2011 for GRC OH review
  - Linda Cooper, long-time NASA industrial hygiene expert consultant, formally joins OH triennial review team
  - Temporarily abbreviated via Center self-reviews during FY 2011 to ensure full team engagement during initial EHRS deployments

# 2010-2011 OH Events Summary

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- **Occupational Health Reviews Completed:**
  - Dryden Flight Research Center (October 2010)
  - Kennedy Space Flight Center (August 2010)
  - Glenn Research Center (SAARIS trial-May 2011)
  - *Stennis Space Center currently completing self-audit*
- **Continue to Support Safety IFOs**
- **Continue as a Participating Member in Safety OEPs**
- **Continue to Review and Concur on Safety MIB Reports Involving Personal Injury or Illness**
- **Continued Staffing Shortages: temporary services of detailee from CFO's office concluded at end of one year**

# 2010-2011 OH Events Summary (cont'd)

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- **Completed 5th year of Mayo Clinic's Embody Health web portal and Health Risk Assessment**
  - Good complement for EHRs
  - Eligibility includes federal employee family members, contractors, and contractor family members
  - Contractor participation exceeds civil service participation
  - Mayo Newsletter is identified as a potential target of continuing budget shortfalls

# 2011 Health, Wellness and Prevention Initiatives

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**The Pyramid is Out—The Plate is in**



## BALANCING CALORIES

- Enjoy your food, but eat less.
- Avoid oversized portions.

## FOODS TO INCREASE

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

## FOODS TO REDUCE

- Compare sodium in foods like soup, bread, and frozen meals — and choose the foods with lower numbers.
- Drink water instead of sugary drinks.

# 2011 Health, Wellness and Prevention Initiatives

## New Approach to Smoking Cessation

Beginning September 2012, FDA will require larger, more prominent cigarette health warnings on all cigarette packaging and advertisements in the United States. These warnings mark the first change in cigarette warnings in more than 25 years--a significant advancement in communicating the dangers of smoking.



# 2011 Health, Wellness and Prevention Initiatives

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## Sunscreen Protection

- June 14, 2011 the U.S. Food and Drug Administration (FDA) announced new requirements for sunscreens currently sold over-the-counter (OTC) (i.e. non-prescription).
- Requirements support the Agency's ongoing efforts to ensure that sunscreens meet modern-day standards for safety and effectiveness.
- Changes to sunscreen products will help consumers decide how to buy and use sunscreen, and allow them to more effectively protect themselves from sun-induced damage.
- The Final Rule will take effect by the summer of 2012, but consumers may begin to see changes to sunscreen labels before the effective date.

# 2011 Health, Wellness and Prevention Initiatives

## Sunscreen Protection (cont'd)

- Sunscreen products that meet modern standards for effectiveness may be labeled with new information to help consumers find products that, when used with other sun protection measures, reduce the risk of skin cancer and early skin aging, as well as help prevent sunburn.
- Requirements are part of effort to ensure sunscreens meet modern-day standards for safety and efficacy and are based on the latest science available. They will also reduce confusion about sunscreen.



| <b>Drug Facts</b>  |                |
|--|----------------|
| <b>Active Ingredients</b>  | <b>Purpose</b> |
| Azobenzene 3%<br>Homosalate 10%<br>Octyl methoxycinnamate 7.5%   | Sunscreen      |
| <b>Uses</b>  |                |
| • helps prevent sunburn<br>• if used as directed with other sun protection measures (see <i>Directions</i> ), decreases the risk of skin cancer and early skin aging caused by the sun   |                |
| <b>Warnings</b>  |                |
| For external use only  |                |
| Do not use on damaged or broken skin   |                |
| When using this product keep out of eyes. Rinse with water to remove.  |                |
| Stop use and ask a doctor if rash occurs   |                |
| Keep out of reach of children. If product is swallowed, get medical help or contact a Poison Control Center right away.  |                |
| <b>Directions</b>  |                |
| • apply liberally 15 minutes before sun exposure   |                |
| • reapply: <ul style="list-style-type: none"><li>• after 40 minutes of swimming or sweating</li><li>• immediately after towel drying</li><li>• at least every 2 hours</li></ul>  |                |
| • <b>Sun Protection Measures.</b> Spending time in the sun increases your risk of skin cancer and early skin aging. To decrease this risk, regularly use a sunscreen with a broad spectrum SPF of 15 or higher and other sun protection measures including: <ul style="list-style-type: none"><li>• limit time in the sun, especially from 10 a.m. – 2 p.m.</li><li>• wear long-sleeve shirts, pants, hats, and sunglasses</li><li>• children under 6 months: Ask a doctor</li></ul> |                |
| <b>Inactive ingredients</b>  |                |
| aloe extract, barium sulfate, benzyl alcohol, carbomer, dimethicone, disodium EDTA, jojoba oil, methylparaben, octadecene/MA copolymer, polyglyceryl-3 distearate, pnenethyl alcohol, propylparaben, sorbitan isostearate, sorbitol, stearic acid, tocopherol (vitamin E), triethanolamine, water  |                |
| <b>Other information</b>   |                |
| • protect this product from excessive heat and direct sun  |                |
| <b>Questions or comments?</b>  |                |
| Call toll free 1-800-XXXX-XXXX   |                |

# Mayo Health Risk Assessment (HRA) Enhancements

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- MAYO HRA enhancements effective November 30, 2010: continued improvements building upon the August 2010 redesign
  - Improved NASA branding opportunity
  - Additional features to help users manage their health
  - More personalization opportunities in “My Health”

# Current Stats from Embody Health Dashboard

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## From 2007 - Present

- # Registered: 18,824
- # of Visits: 149,816
- # of Health Assessments: 23,967
- Respondent Gender Distribution: 51% male; 49% female
- HRA Completion Age 40-49 Category = Highest at 29%
- 18-22% of all visits were in January
- Least amount of visits were in December
- 64% self-reported health status as being “excellent” or “very good”

# Current Stats from Embody Health Dashboard

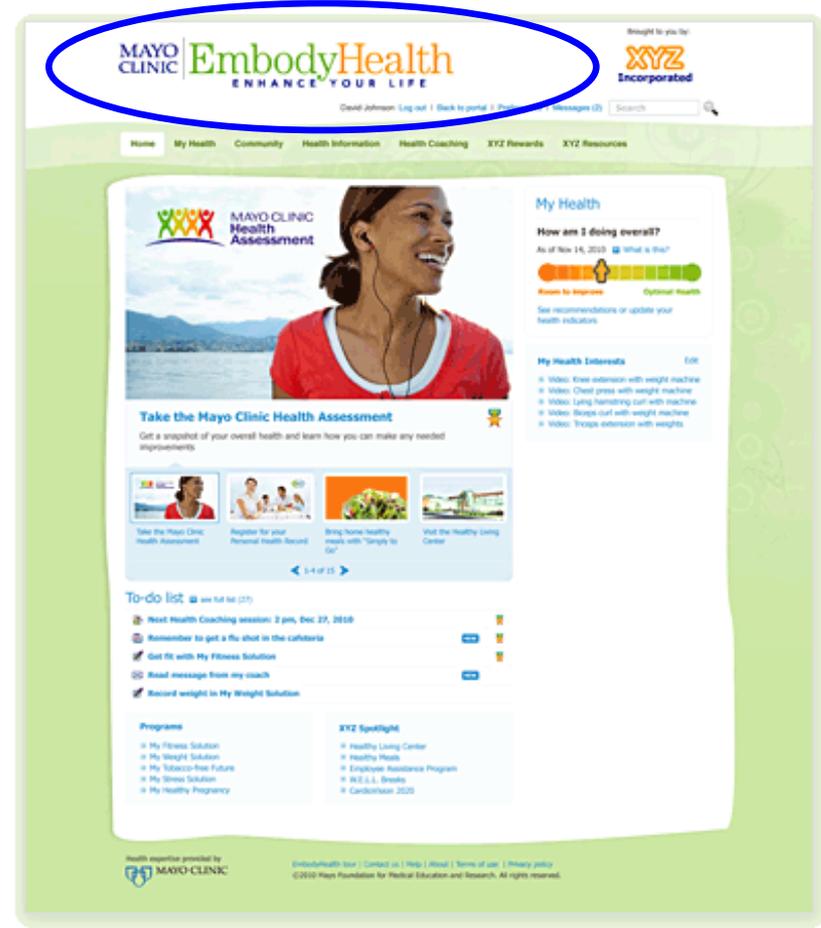
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## Calendar Year 2010

- # Registered: 4,115
- # of Visits: 50,696
- # of Health Assessments: 7,440
- Respondent Gender Distribution: 53% male; 47% female
- HRA Completion Age 40-49 Category = Highest at 26%
- 22% of all visits were in January
- Least amount of visits were in December
- 64% self-reported health status as being “excellent” or “very good”

# Improved Branding Opportunity

- Increased space for more prominent wellness branding
- Option available to increase the custom primary logo size
- Enhanced size is double the previous size (650 x 100)



# My Health - Print Option

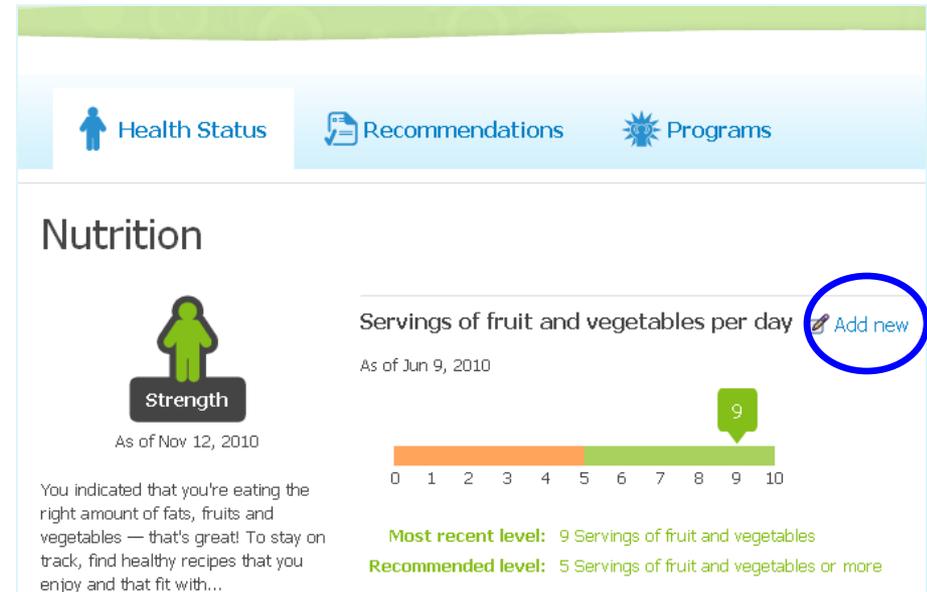
- View, print or save options added to the **My Health** section
- Users may print full summary report including information from **My Health** and the 11 risk areas
- Users able to share report with their private physician

The screenshot displays the 'My Health' dashboard interface. At the top, there are navigation tabs for 'My Health', 'Health Status', 'Recommendations', and 'Programs'. The main content area is divided into several sections:

- Overview:** A sidebar menu with a blue arrow pointing right, listing categories: Strengths (with an upward arrow icon), Risks (with a downward arrow icon), and Conditions.
- Strengths:** A list of items including Alcohol Use, Blood Sugar, Nutrition, Tobacco Use, Triglycerides, and Weight.
- Risks:** A list of items including Blood Pressure, Emotional Health, and Exercise.
- Summary:** A section titled 'How am I doing overall?' with a sub-header 'As of Oct 13, 2010' and a 'What is this?' link. It features a progress bar with a person icon, ranging from 'Room to improve' (orange) to 'Optimal health' (green).
- Recommendations:** A section titled 'Recommendations' with a sub-header 'Based on your latest strengths and risks, here is a list of recommendations for you to consider, listed in order of importance.' It contains a numbered list:
  - 1 Get in motion.
  - 2 Address your stress.
  - 3 Keep eating plenty of fruits and vegetables.
  - 4 Maintain your healthy weight.A button labeled 'See detailed recommendations' is located below the list.
- Print Option:** A blue circle highlights a button labeled 'View, print or save report' with a printer icon. Below it, text reads: 'Download full "My Health" summary in PDF format.'

# “Add new” Feature

- Users able to update health indicators in the Health Status section
- “Add new” feature available for behavioral risk areas:
  - Nutrition
  - Exercise
  - Weight
  - Emotional health



# “Add new” Feature (cont’d)

- Users first enter updated information, then “click” on save
- Risks and strengths are then recalculated

The screenshot shows a web form titled "Nutrition Add new" with a "Close" button in the top right corner. The form contains several input fields and a "Save" button. The first field is a date input with the value "11/12/2010" and a calendar icon, with a placeholder "(mm/dd/yyyy)". The second field is a dropdown menu with the label "How many servings of fruit do you eat during a typical day?" and a "(see examples)" link. The third field is another dropdown menu with the label "How many servings of vegetables do you eat during a typical day?" and a "(see examples)" link. The fourth field is a dropdown menu with the label "Select the option that best describes the amount of fat in your diet, based on the food choices you usually make." and a "(see examples)" link. At the bottom right, there are two buttons: "Cancel" and "Save".

Nutrition [Add new](#) Close ✕

Enter a date:    
(mm/dd/yyyy)

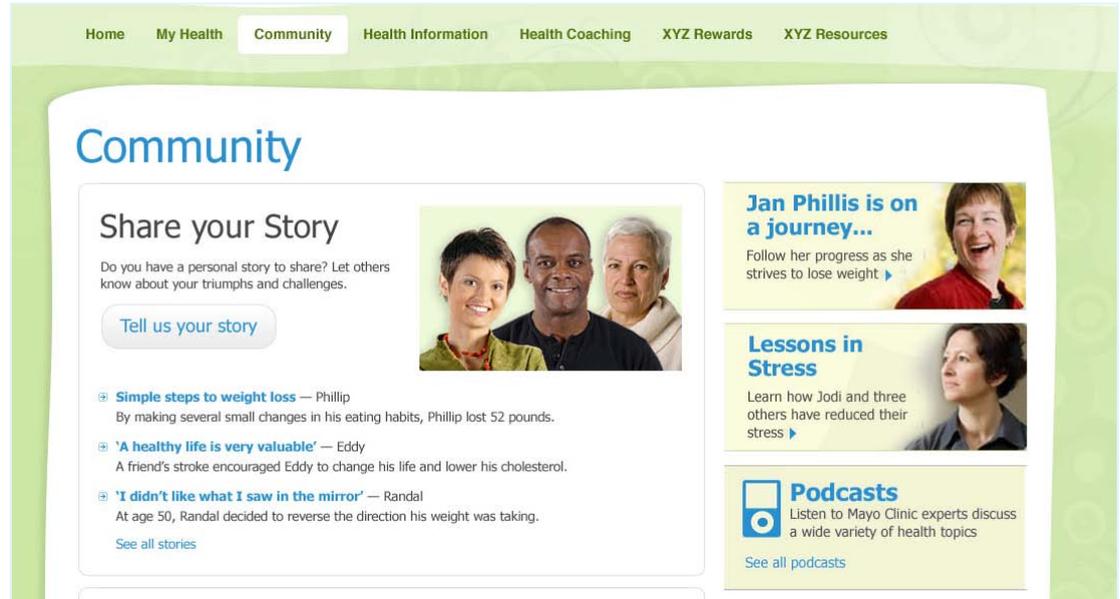
How many servings of fruit do you eat during a typical day?  
[\(see examples\)](#)

How many servings of vegetables do you eat during a typical day?  
[\(see examples\)](#)

Select the option that best describes the amount of fat in your diet, based on the food choices you usually make.  
[\(see examples\)](#)

# 2011 Personal Story Series

- Living with a condition, 2011 Personal Share Your Story series
- Added to the Community section



The screenshot displays the 'Community' section of a website. At the top, a navigation bar includes links for Home, My Health, Community (which is highlighted), Health Information, Health Coaching, XYZ Rewards, and XYZ Resources. The main heading is 'Community'. Below this, there is a 'Share your Story' section with a sub-heading 'Do you have a personal story to share? Let others know about your triumphs and challenges.' and a button labeled 'Tell us your story'. To the right of this section is a photo of three people. Below the 'Share your Story' section, there are three featured stories, each with a small icon and a title:

- Simple steps to weight loss** — Phillip  
By making several small changes in his eating habits, Phillip lost 52 pounds.
- 'A healthy life is very valuable'** — Eddy  
A friend's stroke encouraged Eddy to change his life and lower his cholesterol.
- 'I didn't like what I saw in the mirror'** — Randal  
At age 50, Randal decided to reverse the direction his weight was taking.  
[See all stories](#)

On the right side of the page, there are three additional featured content blocks:

- Jan Phillis is on a journey...**  
Follow her progress as she strives to lose weight [▶](#)
- Lessons in Stress**  
Learn how Jodi and three others have reduced their stress [▶](#)
- Podcasts**  
Listen to Mayo Clinic experts discuss a wide variety of health topics  
[See all podcasts](#)

# FY 2011 Accomplishments

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- Rolled out EHRS at the Stennis Space Center and the Langley Research Center
- Agency OH successfully passed Statement of Assurance Quality Review Checklist with outside surveyors
- Decision made to switch to SAARIS in future occupational health audits. Began using SAARIS in May 2011 during GRC OH review.

# WellCheck Assessment Results

## Worksite Wellness Program Elements

(Weighted)

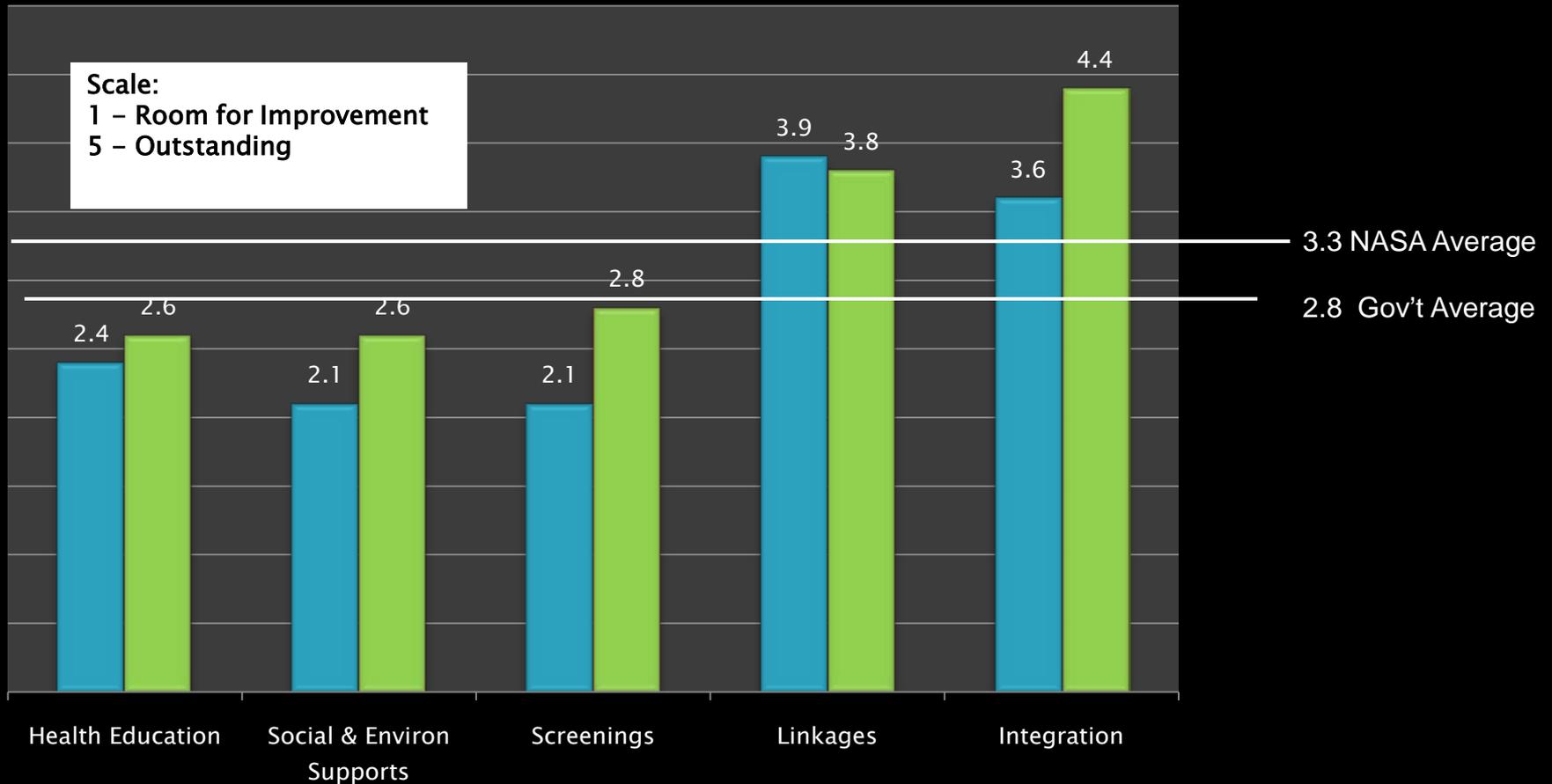
■ Government-wide

■ NASA

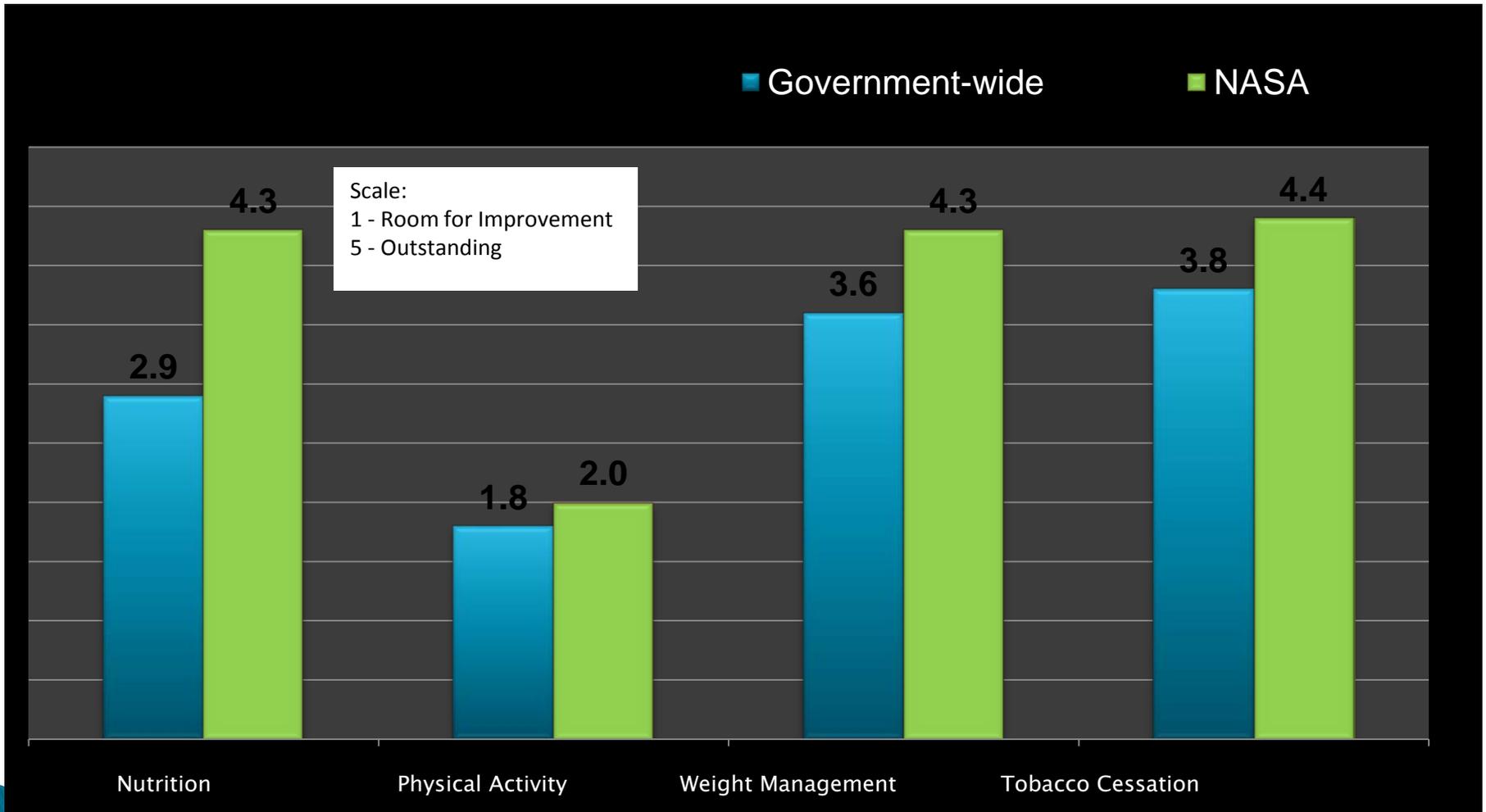
Scale:

1 - Room for Improvement

5 - Outstanding



# WellCheck Assessment Results (cont'd)



# Travelers Sleep Tight

Take Precautions So  
The Bed Bugs Don't Bite!

Prepared by Linda Cooper, NASA Office of the Chief Health and Medical Officer.  
Presented at OSMA's 2011 Annual Safety Directors and Health Managers Meeting



# The Bed Bug Issue



Gary Alpert, Harvard University,  
Bugwood.org

- ▶ **Bed bugs have been found in:**
  - 5-star hotels and resorts
  - Shopping centers
  - Movie theatres
  - Apartments
  - Federal office buildings
- ▶ **Rapidly emerging public health issue potentially impacting:**
  - Domestic and International Business Travel
  - Personal Travel
- ▶ **According to the CDC, frequent travelers who share sleeping areas where others have previously been are at an increased risk**

**There is a global resurgence in the population of bed bugs**

# What are Bed Bugs?



Gary Alpert, Harvard University, Bugwood.org

- ▶ **Blood sucking, external parasites**
- ▶ **Feed exclusively on sleeping humans and animals**
- ▶ **Nocturnal, hide during the day**
- ▶ **Can remain hidden for months without food or water**
- ▶ **Wingless and cannot jump, but do move rapidly**

**Large enough to be seen with the naked eye**

# Health Effects

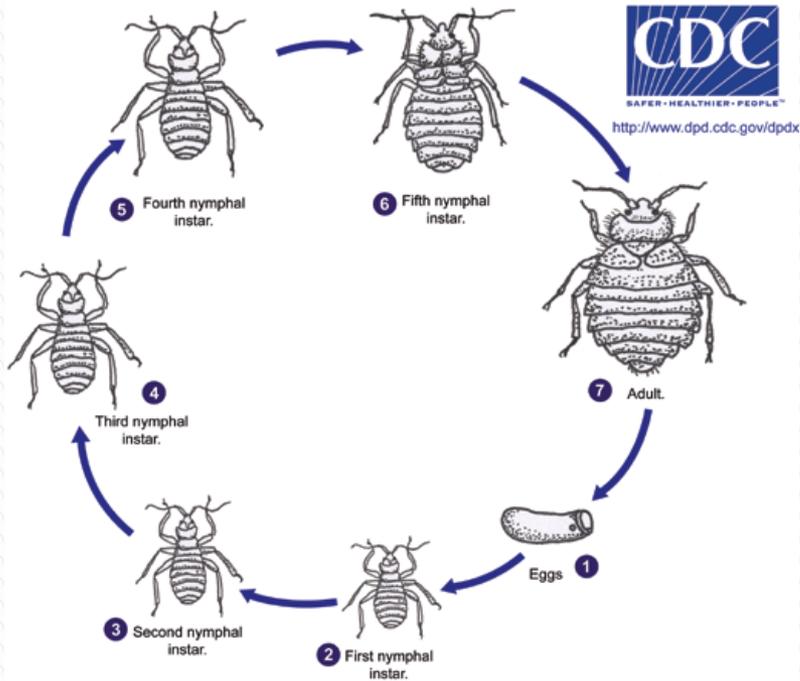


<http://www.maine.gov/agriculture/pesticides/gotpests/bugs/bedbugs.htm>

- ▶ **May trigger asthma**
- ▶ **Mild to severe allergic reactions can occur from the bites**
- ▶ **Bites can lead to secondary infections of the skin (e.g., impetigo)**
- ▶ **Infestations often lead to:**
  - **Anxiety**
  - **Insomnia**

**Bed bugs not known to transmit disease**

# Bed Bug Life Cycle



<http://www.dpd.cdc.gov/dpdx/HTML/Bedbugs.htm>

## ▶ Seven stages:

- Egg
- Nymph
- Adult

## ▶ Range in size from 1-7 millimeters depending upon stage:

- 1 millimeter (poppy seed)
- 7 millimeters (apple seed)

## ▶ Shed skins as they grow

**With an infestation, any or all stages may be present**

# Identifying a Bed Bug



## ▶ Shape:

- Flat
- Oval

## ▶ Color:

- Rusty-red-colored when fed
- Translucent when unfed for a long period of time

## ▶ Deposit fecal spots after feeding:

- Digested blood
- Bluish-black in color



Large enough to be seen with the naked eye

# Traveler Precautions

- ▶ **Travel with duffle bag style luggage**
  - Less hiding places for bed bugs
  - Washable
- ▶ **When checking into a hotel room inspect:**
  - The linens
  - Mattress, box springs seams and puckers
  - Behind the headboard
  - In the seams of upholstered furniture
- ▶ **Look for:**
  - Living or dead bed bugs
  - Small bloodstains from crushed insects
  - Dark spots (feces)
  - Shed skins



<http://www.extension.umn.edu/distribution/housingandclothing/M1196.html>

**Being proactive can reduce your risk**

# Traveler Precautions

- ▶ **If evidence of bed bugs is found:**
  - Request another room:
    - Not directly adjacent to the infested room
    - Not directly above or below the infested room
- ▶ **Inspect the new room too**
- ▶ **Avoid placing belongings on the:**
  - Bed
  - Upholstered furniture
  - Floor
- ▶ **Use the luggage stand**
  - Inspect it first



**Protect your personal belongings: Avoid placing near bed bug “hot spots”**

# Traveler Precautions



- ▶ **When packing to check out:**
  - Inspect seams and crevices of luggage
  - Inspect each clothing item as it is repacked
- ▶ **Upon return home:**
  - Immediately place all packed clothes (even those not worn) in the dryer
    - Use the highest setting suitable for the type of fabric (30 minutes on high; longer for lower temperatures)
  - Inspect luggage again for bed bugs
  - Vacuum luggage or wash as appropriate
- ▶ **Plastic encasements can be bought to protect your luggage if desired**

**The dryer is your best defense against bed bugs**

# Future Outlook

- ▶ **The hotel industry is:**
  - Taking this problem very seriously
  - Improving at managing the bed bug epidemic
- ▶ **Discussions during the February 2011 Bed Bug Summit consolidated efforts to be taken in:**
  - Research
  - Education
  - Prevention
  - Control

See CDC and EPA websites for more information

<http://www.epa.gov/pesticides/bedbugs>

<http://www.cdc.gov/parasites/bedbugs>

# Vectors for Bacteria?

- Recent report in *Emerging Infectious Diseases* reported recovery of methicillin-resistant *Staphylococcus aureus* (MRSA) and vancomycin-resistant *enterococcus faecium* (VRE) from bedbugs in Vancouver, British Columbia
- Growth in bedbugs could be responsible for the increase in resistant bacteria, especially in inner cities in North America
- Bedbugs compromise skin integrity and may serve to amplify MRSA infections
- Further studies are needed to characterize the association between the bacteria and bedbugs

**Bedbugs may act as vectors for transmission of drug-resistant bacteria**

# Bedbug-sniffing Dogs

- Canines being trained to detect bedbugs
- 40 dogs trained in the past year by Forensics and Scientific Investigations, a private company in Alabama
- Comparatively, during same year only 6 dogs trained to detect explosives and 10 to detect narcotics

**Increase in demand of trained dogs alludes to the seriousness of the problem**

# Future of the EHRS

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- The OCHMO EHRS budget is limited
- Data format directives could present short-term difficulties with compliance and/or funding
- Notice of Proposed Rulemaking for changes to HIPAA Privacy Rule
- Proposed S.108 “Information Technologies Investment management Act of 2011” could either be a challenge or an opportunity

I still believe there **IS** light at the end of the  
EHRS tunnel



# Agency Occupational Health Update

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*Questions?*