



2010  
Healthier  
You



# HealthierYou 2010 Calendar

## Introduction

The NASA Office of the Chief Health and Medical Officer (OCHMO) presents its sixth annual health calendar with the publication of the HealthierYou 2010.

This year's calendar will address the issues of coping with transition and managing chronic illnesses by focusing on our innate abilities to adapt. Also included are several discussion points on nutrition as a major component of healthy living and disease prevention and management. We have focused on nutrition because the top three leading causes of death in the United States (cardiovascular disease, stroke, and cancer) are lifestyle related (stress, physical activity, nutrition, etc.)

The end of 2008 and early 2009 were exceptionally difficult times for the Nation due to many economic and international challenges. Similarly, the Agency experienced extended periods of uncertainty and transition. But we remained grounded by focusing on NASA's mission of exploration and discovery. We continued our contributions to science and technology on Earth and expanded our knowledge about the solar system and the Universe.

The year 2010 may very well be the end of an era. The NASA Space Shuttle Program, the fourth Launch Program for the Agency, is scheduled to retire. Projects Mercury, Gemini, Apollo, and the Shuttle have become part of the American History, and so has the Agency's workforce who have contributed selflessly to each and every mission and milestone.

The Space Shuttle is a marvelous machine and likely represents a summit of human engineering, ingenuity, and smart adaptation. Scientists, engineers, technicians, and support staff have continuously refined the mechanical and technical machinery of the Shuttle to address issues that have chronically challenged the fleet. The same sense of determination, focus, and relentless optimism can help individuals manage chronic conditions of the body and mind. Coupled with ever improving scientific discoveries, we can live healthier and more productive lives while managing chronic health conditions.

To present these ideas succinctly we developed the following interrelated segments:

- **Two feature articles** focus on Coping With Chronic Illness and Public Health Policy and Your Health.
- **Monthly Topic** is a presentation of a health related issue and relevant resources.

- **Countdown to a HealthierYou** is an exercise in active learning. We have started the year with **1,120** minutes on your Personal Health Clock. By the year's end, if you have reached zero on the countdown clock, you have launched a HealthierYou.

- **Family Health Activity** presents a collection of family exercises. We have started the year with **405** minutes on your Family Health Clock. By the year's end, if the family unit has reached zero on the countdown clock, a HealthierFamily has been launched.
- **Translation** is the exercise of applying the shuttle workforce's sense of resilience, innovative problem solving, and optimism into your blueprint for disease management and healthful living.

Due to space limitations on the printed calendar, the segments titled **Countdown to a HealthierYou**, **Family Health Activity**, and **Translation** are described in detail on our website at [www.ohp.nasa.gov](http://www.ohp.nasa.gov). The extra effort to pursue these activities and related resources enhance your year's health achievements.

All the listed URLs will take you to the Home page of the organization. Because web pages and articles are constantly moved and relabeled, we felt this would mitigate confusion.

### MOON PHASES

2010 phases of the Moon are based on the Universal Time with these symbols:  
New moon ● First quarter ● Full moon ● Last quarter ●

[www.usno.navy.mil](http://www.usno.navy.mil)

### CALENDAR EVALUATION

An interactive PDF of the calendar and the calendar evaluation are available on our website or you may call us directly, [www.ohp.nasa.gov/healthcalendar](http://www.ohp.nasa.gov/healthcalendar), (321) 867-3646.

**GRAPHICS**  
Abacus Technology Corporation

**CONTENT**  
Dynamac Corporation

### EDITORS

- Medical: Saralyn Mark, MD; Arnold Christopher, MD; Wyckliffe Hoffler, MD
- Nutrition: Nancy Miller, RD, LD
- Aerospace: Kenneth Cohen, PhD

# Feature Article: Coping with Chronic Illness

## Resources

- “Living a Healthy Life with Chronic Conditions”, 3rd Edition. Originally based on a 5-year study conducted at Stanford University.
- “A Husband, A Wife, & An Illness: Living Life Beyond Chronic Illness” by Dr. William July and Jamey Lacy July Mayo Clinic Health Letter. 1998 Sep;16(9):4-5.
- Lessons in Living with Chronic Illness [www.wellspouse.org](http://www.wellspouse.org)
- <http://aces autoimmune.tripod.com>

Most people are familiar with the definition of a chronic illness as one that presents itself gradually, persists indefinitely, and rarely has a cure. Examples are asthma, diabetes, heart disease, and arthritis. Sometimes, one chronic illness can increase the risk of developing another one. Such a relationship exists between diabetes and heart disease or hypertension and chronic kidney disease.

An acute illness, like an upper respiratory infection, begins suddenly and has a detectable cause. Since by definition an acute illness is usually treatable, the affected individual often returns to their baseline state of health and functionality.

Chronic illnesses may have an unpredictable course because so many factors are in play including family history and genetics, lifestyle, and the environment. An individual with a chronic illness can have acute episodes where management of symptoms requires intense medical attention.

To live well with a chronic illness you must define a new normal, “... create your own normal, within the boundaries of the disease’s limitations.” You and your family must restore a sense of control and optimism by understanding the condition, and becoming a skilled self-manager on a continuous basis. These are some helpful strategies:

1. Understand the illness.
2. Evaluate new treatment options.
3. Maintain a personal health record.
4. Keep a journal to identify patterns of symptom manifestation – severity, triggers - and management.
5. Develop a social network of family and friends.
6. Consider joining a support group - in person or online.
7. Understand the emotional highs and lows.
8. Learn techniques to deal with problems such as frustration, fatigue, pain, and isolation.
9. Make the necessary lifestyle adjustments.
10. Communicate effectively with everyone - family, friends, and health professionals.

The section titled **Translation** is an exercise in applying the Shuttle workforce’s sense of resilience, innovative problem solving, commitment, optimism, focus, and responsibility into your blueprint for disease management and healthful living. The Shuttle workforce has a template for process control and management which includes continuous assessment, decision making, and evaluation of their every step. We hope that lessons learned from their experience will better equip you to deal with life’s challenges.

***When we are no longer able to change a situation, we are challenged to change ourselves.***

—Victor Frankl

## Employee Health Resources

To meet the overall objective of keeping the NASA workforce healthy and productive OCHMO is pleased to announce the return of the **Mayo Clinic EmbodyHealth** in 2010.

NASA chose Mayo Clinic because their services and products are industry recognized and respected, and apply to the health and lifestyles of the NASA employees.

The **Mayo Clinic EmbodyHealth** web portal, [www.nasahealthieryou.com](http://www.nasahealthieryou.com), offers a wealth of information such as:

- A Health Assessment to help you determine your risks and strengths and to provide a Plan of Action for optimal health and productivity,
- A Health Monitor including many self-assessment tools,
- Diseases and Conditions from A-Z which details specifics of many, and
- Six on-line life style modification programs.

To gain access to the web portal [www.nasahealthiernasa.com](http://www.nasahealthiernasa.com) use the following unique identifier, **healthiernasa**, one word - not case sensitive.

With any questions please contact:  
Mae Hafizi, [homeyra.hafizi-1@nasa.gov](mailto:homeyra.hafizi-1@nasa.gov), at (321) 867-3646  
Gail Bantugan, [gail.a.bantugan@nasa.gov](mailto:gail.a.bantugan@nasa.gov), at (321) 867-3164.



Space Shuttle Discovery, atop the mobile launcher platform, moves to the crawler-transporter through the doors of the VAB on its way to Launch pad 39A.



# JANUARY • 2010

## GLAUCOMA

Glaucoma is a group of eye diseases which slowly destroy the optic nerve; mainly, due to increased pressure inside the eye.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>DECEMBER 2009</b> S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	<b>FEBRUARY</b> S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28  <b>Cervical Health Awareness Month</b> <b>National Glaucoma Awareness Month</b>	<b>1</b>  <b>New Year's Day</b> (Federal Holiday)	<b>2</b>  <b>Countdown to a Healthier You –</b> <b>T minus 1,060 minutes</b>	<b>3</b>  <b>4</b>  <b>5</b>  <b>6</b>  <b>7</b>  <b>8</b>	<b>9</b>  <b>10</b>  <b>11</b>  <b>12</b>  <b>13</b>  <b>14</b>  <b>15</b>  <b>16</b>  <b>17</b>  <b>18</b>  <b>19</b>  <b>20</b>  <b>21</b>  <b>22</b>  <b>23</b>  <b>24</b>  <b>25</b>  <b>26</b>  <b>27</b>  <b>28</b>  <b>29</b>  <b>30</b>  <b>31</b>	<b>30 minutes:</b> Complete the <i>Mayo Clinic Embodiment Health Scavenger Hunt</i> ; details included in the calendar centerfold. Online copy and the answer key is on <a href="http://www.ohp.nasa.gov">www.ohp.nasa.gov</a> .  AND  <b>30 minutes:</b> Complete the <i>Mayo Clinic Embodiment Health Assessment</i> on <a href="http://www.nasahealthieryou.com">www.nasahealthieryou.com</a> .  <b>Family Health Activity –</b> <b>T minus 345 minutes</b>  <b>60 minutes:</b> Observe the MLK Jr. Day by supporting a local charity.  <b>Translation: Foreign Object Debris</b>

Glaucoma is a group of eye diseases which slowly destroy the optic nerve; mainly, due to increased pressure inside the eye.

Most cases are managed by medication, surgery, or a combination treatment.

Glaucoma can cause a number of vision problems such as loss of contrast sensitivity, light sensitivity, and problems with glare.

Early diagnosis is crucial. Read about prevention and living with glaucoma at [www.glaucoma.org](http://www.glaucoma.org) and [www.mayoclinic.com](http://www.mayoclinic.com).

**Countdown to a Healthier You –**  
**T minus 1,060 minutes**

**30 minutes:** Complete the *Mayo Clinic Embodiment Health Scavenger Hunt*; details included in the calendar centerfold. Online copy and the answer key is on [www.ohp.nasa.gov](http://www.ohp.nasa.gov).

AND

**30 minutes:** Complete the *Mayo Clinic Embodiment Health Assessment* on [www.nasahealthieryou.com](http://www.nasahealthieryou.com).

**Family Health Activity –**  
**T minus 345 minutes**

**60 minutes:** Observe the MLK Jr. Day by supporting a local charity.

**For Guidance in the Countdown Activities, Translation, and the Online Evaluation Visit: [www.ohp.nasa.gov/healthcalendar](http://www.ohp.nasa.gov/healthcalendar)**

Launch a HealthierYou by taking the Mayo Clinic Health Assessment: [www.nasahealthieryou.com](http://www.nasahealthieryou.com)  
Read more and complete the calendar evaluation: [www.ohp.nasa.gov/healthcalendar](http://www.ohp.nasa.gov/healthcalendar)



Space Shuttle Atlantis, STS-115. "Atlantis in Fog" - The fog on Launch Pad 39B is pierced by lights on vehicles and the service structures as the Shuttle approaches. Atlantis left the Vehicle Assembly Building (VAB) at 1:05 a.m. and arrived at the pad nearly 8 hours later.



# FEBRUARY • 2010

## LEADING HEALTH INDICATORS

Leading Health Indicators (LHI) help us understand the many factors that effect and contribute to the overall health of individuals, communities, and the Nation.

LHIs are affected by many factors such as lifestyle choices, healthcare systems, and economic and social conditions.

Realizing improvements in LHIs requires personal accountability and effective public and private sector programs and health policies.

We have listed five of the LHIs as identified by the Healthy People 2010. Can you list the other five?

1. Physical Activity
2. Mental Health
3. Injury and Violence
4. Tobacco Use
5. Environmental Quality
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

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

## Count down to a Healthier You – T minus 220 minutes Work Hard for Your Heart

840 minutes: Participate in one of the six lifestyle modification programs available on *Mayo Clinic EmbodyHealth*. They are interactive and time-limited.

AND/OR

**40 minutes:** Sign up for the *Mayo Clinic EmbodyHealth* Weekly E-newsletter and read one article each week.

**Family Activity –**  
**T minus 325 minutes**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	
7	8	9	10	11	12	13
14	15	16	17	18	19	20
						Ash Wednesday
Valentine's Day (Federal Holiday)	22	23	24	25	26	27
28	○					

**JANUARY**

S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7	1	2	3	4	5	6	
3	4	5	6	7	8	9	10	11	12	13	14	15	
10	11	12	13	14	15	16	17	18	19	20	21	22	
17	18	19	20	21	22	23	24	25	26	27	28	29	
24	25	26	27	28	29	30	31						

**MARCH**

S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7	1	2	3	4	5	6	
8	9	10	11	12	13	14	15	16	17	18	19	20	
15	16	17	18	19	20	21	22	23	24	25	26	27	
22	23	24	25	26	27	28	29	30	31				

**Heart Health Month - Work Hard for Your Heart**

**Wise Health Consumer Month**

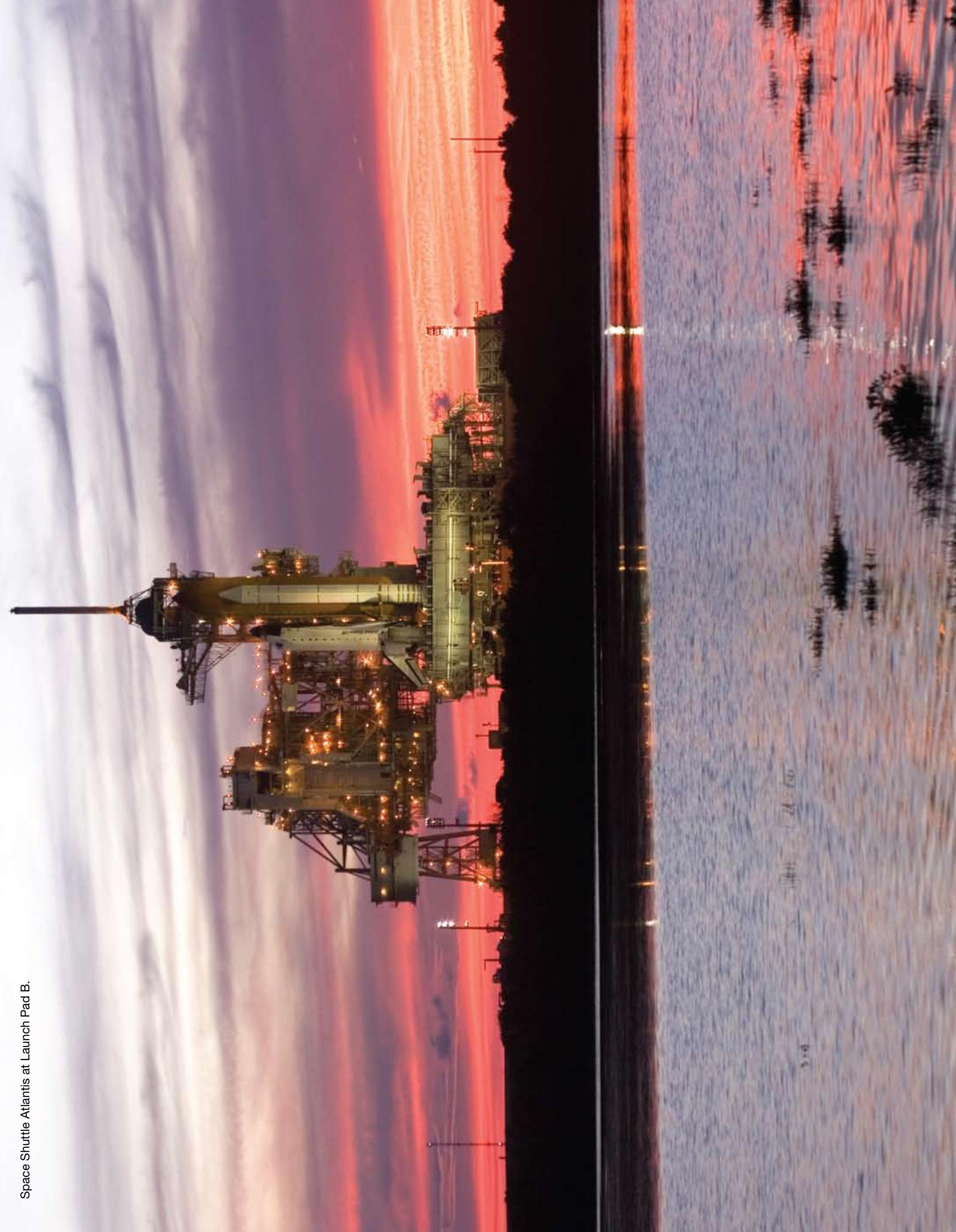
**Family Activity –**  
**T minus 325 minutes**

**20 minutes:** Do you know when to trust a website? Do your children know how to trust a website?

**20 minutes:** Launch a HealthierYou by taking the Mayo Clinic Health Assessment: [www.nasahealthieryou.com](http://www.nasahealthieryou.com)

**Read more and complete the calendar evaluation:** [www.ohp.nasa.gov/healthcalendar](http://www.ohp.nasa.gov/healthcalendar)

**Translation:** **Health Indicators**



Space Shuttle Atlantis at Launch Pad B.



# MARCH • 2010

## HEALTHY LIVING WITH CHRONIC DISEASES

Innovative interventions in the management of chronic illnesses have shown improvements in care delivery, overall cost, and patient outcomes.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	
7	8	9	10	11	12	13
14	15	● 16	17	18	19	20
					25	26
				23	● 24	27
				21	22	
					29	30
					28	○ 31

Disease management is one such intervention and has proven effective.

Patients report better symptom management, fewer visits to the doctor, and improved self confidence. Patients feel less disadvantaged by the illness.

Am J Prev Med 2002;22(4S)  
[www.thecommunityguide.org](http://www.thecommunityguide.org)  
[www.ohp.nasa.gov](http://www.ohp.nasa.gov)

**Countdown to a HealthierYou-T minus 200 minutes**

**20 minutes:** What are the three layers of prevention? After understanding the three layers, think about what they mean to your health.

**Family Health Activity-T minus 315 minutes**

**10 minutes:** Hold a family discussion on the following topic: When is World Water Day and what does it signify?

**APRIL**  
S M T W T F S  
1 2 3 4 5 6  
7 8 9 10 11 12 13  
14 15 16 17 18 19 20  
21 22 23 24 25 26 27  
28

**American Red Cross Month**

**National Colorectal Cancer Awareness Month**

**FEBRUARY**  
S M T W T F S  
1 2 3 4 5 6  
7 8 9 10 11 12 13  
14 15 16 17 18 19 20  
21 22 23 24 25 26 27  
28

**For Guidance in the Countdown Activities, Translation, and the Online Evaluation Visit:  
[www.ohp.nasa.gov/healthcalendar](http://www.ohp.nasa.gov/healthcalendar)**

**Translation: Innovative Changes**

Launch a HealthierYou by taking the Mayo Clinic Health Assessment: [www.nasahealthieryou.com](http://www.nasahealthieryou.com)  
Read more and complete the calendar evaluation: [www.ohp.nasa.gov/healthcalendar](http://www.ohp.nasa.gov/healthcalendar)



Space Shuttle Atlantis launches as billowing clouds of smoke and steam roll away from the launch pad.



# APRIL • 2010

## WHY IS COUNSELING IMPORTANT?

Counseling provides an objective, professional point of view to problems we can't resolve alone.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>MARCH</b>	<b>MAY</b>					
S M T W T F S	S M T W T F S					
1 2 3 4 5 6	7 8 9 10 11 12 13	2 3 4 5 6 7 8				
14 15 16 17 18 19 20	9 10 11 12 13 14 15					
21 22 23 24 25 26 27	16 17 18 19 20 21 22					
28 29 30 31	23 24 25 26 27 28 29					
Easter	30 31					
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	

It helps us deal with problems from our past as part of our normal development.

It increases self-esteem and develops healthier family relationships.

It teaches coping and behavioral skills that we can apply throughout our lives.

Do you know who your center EAP provider is? \_\_\_\_\_

[www.ohp.nasa.gov](http://www.ohp.nasa.gov)  
[www.usm.maine.edu](http://www.usm.maine.edu)  
[www.counseling.org](http://www.counseling.org)  
[www.apa.org](http://www.apa.org)

**Countdown to a HealthierYou-**  
**T minus 180 minutes**

**20 minutes:** A screening exam is an example of Secondary Prevention. Are you due for a screening exam?

**Family Health Activity –**  
**T minus 295 minutes**

**20 minutes:** National Day of Hope is April 1, read more about it.

Administrative Professionals' Day

**For Guidance in the Countdown Activities, Translation, and the Online Evaluation Visit:**  
[www.ohp.nasa.gov/healthcalendar](http://www.ohp.nasa.gov/healthcalendar)

Launch a HealthierYou by taking the Mayo Clinic Health Assessment: [www.nasahealthieryou.com](http://www.nasahealthieryou.com)  
Read more and complete the calendar evaluation: [www.ohp.nasa.gov/healthcalendar](http://www.ohp.nasa.gov/healthcalendar)

**Translation: Lessons Learned**



Space Shuttle Endeavour, mounted atop its modified Boeing 747 carrier aircraft, flies over California's Mojave Desert on its way back to NASA's Kennedy Space Center in Florida.



# MAY • 2010

## HEALTH LITERACY IS NOT SIMPLY THE ABILITY TO READ...

It is the ability of an individual to obtain, process, comprehend, and act on basic health information and instructions.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY							
APRIL		JUNE											
S	M	T	W	T	F	S	S	M	T	W	T	F	S
4	5	6	7	8	9	10	6	7	8	9	10	11	12
11	12	13	14	15	16	17	13	14	15	16	17	18	19
18	19	20	21	22	23	24	20	21	22	23	24	25	26
25	26	27	28	29	30		27	28	29	30			
<b>Better Sleep Month</b>													
<b>National High Blood Pressure Education Month</b>													

1													
2	3	4	5	6	7	8	9	10	11	12	13	14	15
16	17	18	19	20	21	22	23	24	25	26	27	28	29
30	Memorial Day (Federal Holiday)	31											

**Countdown to a Healthier You – T minus 150 minutes**

**30 minutes:** May 9 - 15, 2010 is Women's Health Week. To Stay Healthy at Any Age visit Your Checklist for Health.

**Family Health Activity – T minus 275 minutes**

**20 minutes:** What set of skills do you think is necessary to understand and possibly negotiate a complex health care decision?

OR

**20 minutes:** Help an older family member understand why they are at risk of falling and how to lower their risk.

**For Guidance in the Countdown Activities, Translation, and the Online Evaluation Visit: [www.ohp.nasa.gov/healthcalendar](http://www.ohp.nasa.gov/healthcalendar)**

After the launch of Space Shuttle Atlantis, drifting smoke plumes from the launch swirl above the Vehicle Assembly Building (VAB).





# JUNE • 2010

## HEALTHY HOUSING

"The connection between health and dwelling is one of the most important that exists." Florence Nightingale

People spend approximately 50% of every day inside their homes making the housing environment a major influence on their well-being.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>MAY</b>						
S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S
2 3 4 5 6 7 8	1 2 3 4 5 6 7	8 9 10 11 12 13 14	15 16 17 18 19 20 21	22 23 24 25 26 27 28	29 30 31	
23 24 25 26 27 28 29	30 31					
<b>JULY</b>						
1	2	3	4	5	6	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
Father's Day	28	29	30	31		

Health is linked to the physical structure of the housing unit, the neighborhood, and the housing community.

The fundamental needs of humans as they relate to housing include: a) physiologic, b) psychologic, c) protection against disease, d) protection against injury, e) protection against fire and electrical shock, and f) protection against toxic and explosive gases.

[www.cdc.gov](http://www.cdc.gov)

**Countdown to a HealthierYou –**  
**T minus 120 minutes**

**30 minutes:** June 14 – 20, 2010 is Men's Health Week. To Stay Healthy at Any Age visit Your Checklist for Health.

**Family Health Activity –**  
**T minus 245 minutes**

**30 minutes:** June is Home Safety Month so create your own home safety checklist.

**Home Safety Month**  
**National Great Outdoors Month**

**For Guidance in the Countdown Activities, Translation, and the Online Evaluation Visit:**  
**[www.ohp.nasa.gov/healthcalendar](http://www.ohp.nasa.gov/healthcalendar)**

**Translation: Indoor Air Quality**

Launch a HealthierYou by taking the Mayo Clinic Health Assessment: [www.nasahealthieryou.com](http://www.nasahealthieryou.com)  
Read more and complete the calendar evaluation: [www.ohp.nasa.gov/healthcalendar](http://www.ohp.nasa.gov/healthcalendar)

# AMERICA'S SPACE



COLUMBIA

CHALLENGER

DISCOVERY

Come celebrate America's Space Shuttle Program with this digitally created representation.

In this print, nearly 200 individual digital images have been combined to accurately portray the three shuttles standing together at the Kennedy Space Center.

Originally created in 2003 shortly after the Columbia Accident, the space shuttle fleet po...

To contact the artist, please email Michael Fried at [mfried@shuttlesource.com](mailto:mfried@shuttlesource.com).

# THE SHUTTLE FLEET



[www.shuttlesource.com](http://www.shuttlesource.com)

ATLANTIS

ENDEAVOUR

of all five space shuttles, lined up together with the American Flag as a backdrop.

ray each orbiter. Nowhere else will you find this fictitious representation of all five space

oster comes to represent the pride and enthusiasm for America's Space Shuttle Program.



In the foreground, STS-125 Atlantis readies for the Hubble repair mission while STS-126 Endeavour (background) awaits as a rescue spacecraft.



# JULY • 2010

## DIETARY SUPPLEMENTS: FOOD OR DRUG?

The Dietary Supplement Health and Education Act (DSHEA) of 1994 lists dietary supplements as a special category under "foods," not drugs.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JUNE		AUGUST				
S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31				
<b>4</b>	5	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>Independence Day Observed</b> (Federal Holiday)		<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>11</b>	●	<b>12</b>				
<b>18</b>	●	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>25</b>	●	<b>26</b>		<b>27</b>	<b>28</b>	<b>29</b>
					<b>30</b>	<b>31</b>

Drug manufacturers may claim their product will diagnose, cure, treat, or prevent a disease. Dietary supplements cannot legally make such claims.

Some dietary supplements may react adversely with your medications; become informed.

<http://ods.od.nih.gov>  
[www.fda.gov](http://www.fda.gov)

**Countdown to a HealthierYou –**  
**T minus 95 minutes**

**25 minutes:** Complete the two Nutrition quizzes in the calendar centerfold or visit  
[www.ohp.nasa.gov/healthcalendar](http://www.ohp.nasa.gov/healthcalendar)

**Family Health Activity –**  
**T minus 235 minutes**

**10 minutes:** Share two new facts that you have learned from the quizzes with your family.

**For Guidance in the Countdown Activities, Translation, and the Online Evaluation Visit:**  
[www.ohp.nasa.gov/healthcalendar](http://www.ohp.nasa.gov/healthcalendar)

**Translation:** Radiation Exposure

Launch a HealthierYou by taking the Mayo Clinic Health Assessment: [www.nasahealthieryou.com](http://www.nasahealthieryou.com)  
Read more and complete the calendar evaluation: [www.ohp.nasa.gov/healthcalendar](http://www.ohp.nasa.gov/healthcalendar)



Space Shuttle Atlantis rolls out to Launch Pad  
39A as a Great Blue Heron takes to flight.



# AUGUST • 2010

## ARE YOU CURRENT?

The National Immunization Awareness Month (NIM) is intended to increase awareness about immunizations across the life span.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
						First Day of Ramadan
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Most vaccines are given during the first five to six years of life. However, getting immunized is a lifelong, life-protecting community effort regardless of age, sex, race, ethnic background, or country of origin.

Boosters and other immunizations are recommended throughout life such as seasonal vaccinations or when traveling. Are you current?

[www.cdc.gov](http://www.cdc.gov)

**Count down to a Healthier You – T minus 85 minutes**

**10 minutes:** What are the top five things you can do to stay healthy? Do you see any similarities between these and the LHI as discussed in the month of February?

**Family Health Activity – T minus 220 minutes**

**15 minutes:** Are you and your family up-to-date with your immunizations?

OR

**15 minutes:** What is the purpose of the International Day of the World's Indigenous People, on August 9th?

JULY						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

**National Immunization Awareness Month**

SEPTEMBER						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

**For Guidance in the Countdown Activities, Translation, and the Online Evaluation Visit: [www.ohp.nasa.gov/healthcalendar](http://www.ohp.nasa.gov/healthcalendar)**

**Translation: Vaccinations**

Launch a HealthierYou by taking the Mayo Clinic Health Assessment: [www.nasahealthieryou.com](http://www.nasahealthieryou.com)  
Read more and complete the calendar evaluation: [www.ohp.nasa.gov/healthcalendar](http://www.ohp.nasa.gov/healthcalendar)



Space Shuttle Discovery backdropped by a blue and white Earth approaches the International Space Station (ISS).



# SEPTEMBER • 2010

## FOOD DESCRIPTORS

The FDA establishes standard definitions for food descriptors. The following are definitions of frequently encountered food labeling terms:

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 National Work and Family Month	2 National Cholesterol Education Awareness Month	3	4
5	6	7	8 ● 9	10	11	
		Labor Day (Federal Holiday)		Rosh Hashanah	Eid al Fitir	
12	13	14	15 ● 16	17	18	Yom Kippur
19	20	21	22 ● 23	24	25	Autumnal Equinox Autumn Begins
26	27	28	29	30	31	OCTOBER
						AUGUST
						S M T W T F S
						1 2 3 4 5 6 7
						8 9 10 11 12 13 14
						15 16 17 18 19 20 21
						22 23 24 25 26 27 28
						29 30 31

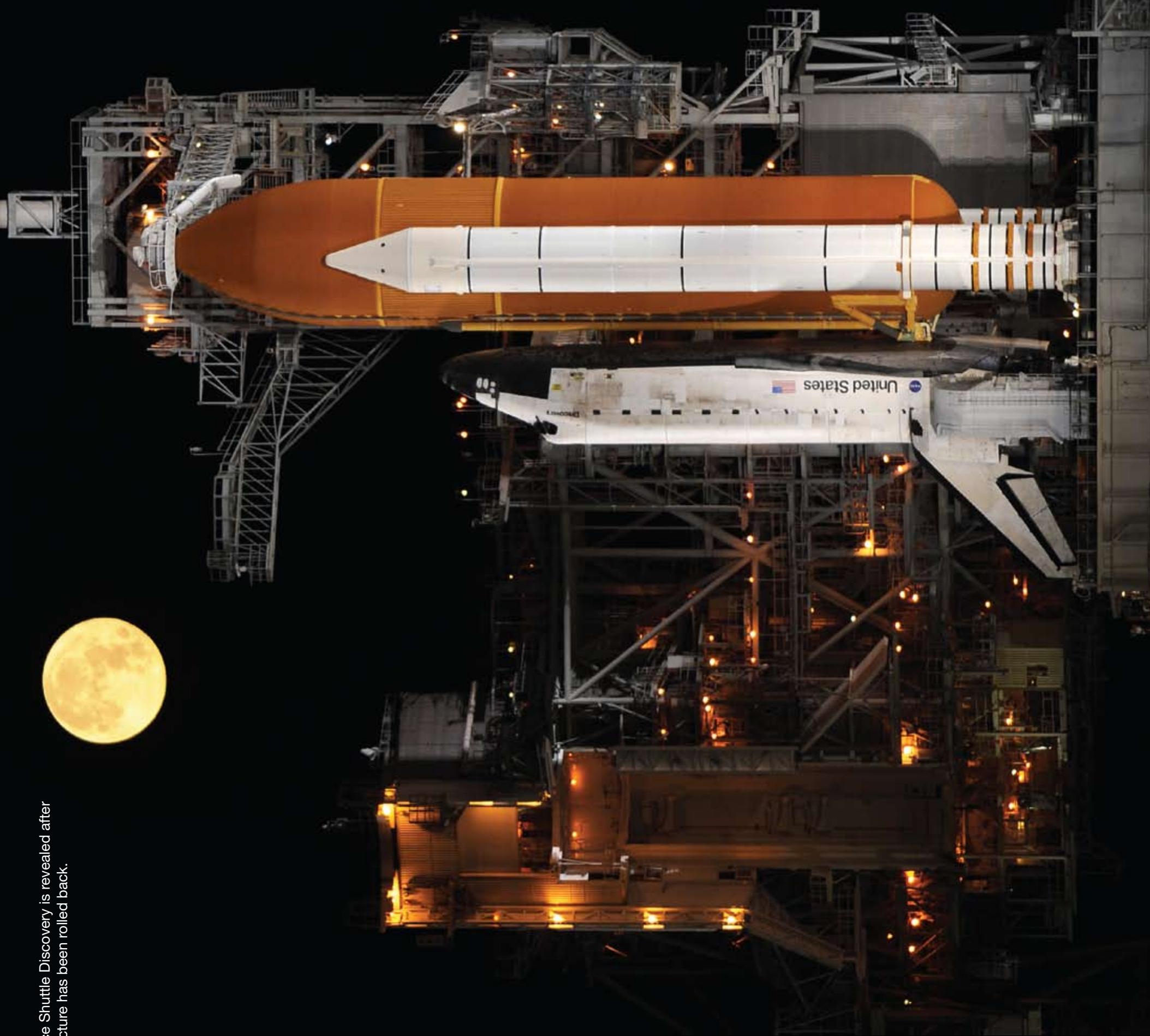
- Free: Trivial amounts of fat, saturated fat, sodium, sugar, cholesterol, or calories per serving.
- Low sodium: one serving has 140 milligrams of sodium or less.
- Low Calorie: Forty calories or less per serving.
- Low fat: one serving contains 3 grams of fat or less.
- Reduced: one serving has 25% less fat, saturated fat, sodium, sugar, cholesterol, or calories per serving than the regular version of the food.
- Light/lite: one serving has 50% less fat or one third fewer calories than the regular version of the food.

**Count down to a Healthier You – T minus 65 minutes**

**20 minutes:** What were the premises of the Nutrition Labeling and Education Act of 1990? How was the Act expanded in subsequent years?

**Family Health Activity – T minus 200 minutes**

**20 minutes:** With your family's participation, develop a healthy menu for the upcoming week in preparation for healthier school lunches and snacks. Consider the same when packing your lunch for work.



Under a full moon, Space Shuttle Discovery is revealed after the rotating service structure has been rolled back.



# OCTOBER • 2010

## DISABILITIES IN THE WORKPLACE

How we live together, ensuring that everyone has a fair chance in society, and the right to work remain a challenge for all of us.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SEPTEMBER	NOVEMBER					
S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30					
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<b>31</b>						

Title VII of the Civil Rights Act of 1964 prohibits employment discrimination based on race, color, religion, sex, or national origin.

Five subsequent Federal laws have passed that address very specific areas. Equal Employment Opportunity Commission enforces all six laws and provides for their oversight and coordination.

The contributions and skills of American workers with disabilities have long been recognized; the specific employment barriers that still need to be addressed are ongoing.

[www.eeoc.gov](http://www.eeoc.gov)  
[www.dol.gov](http://www.dol.gov)  
[www.equalityhumanrights.com](http://www.equalityhumanrights.com)

**Countdown to a Healthier You – T minus 50 minutes**

**15 minutes:** Are you medicine smart?  
**Family Health Activity – T minus 140 minutes**

**60 minutes:** Take part in Make A Difference Day on the fourth Saturday of every October.

**For Guidance in the Countdown Activities, Translation, and the Online Evaluation Visit: [www.ohp.nasa.gov/healthcalendar](http://www.ohp.nasa.gov/healthcalendar)**

**Translation: NASA in Your Life**

Launch a HealthierYou by taking the Mayo Clinic Health Assessment: [www.nasahealthieryou.com](http://www.nasahealthieryou.com)  
Read more and complete the calendar evaluation: [www.ohp.nasa.gov/healthcalendar](http://www.ohp.nasa.gov/healthcalendar)



Space Shuttle Atlantis launches.

## FAMILY HEALTH HISTORY

Many families have a history of one or more health conditions such as cancer, diabetes, or heart disease.

**Talk it up...** Talk to a relative with whom you feel comfortable to collect health information on close family members.

**Write it down...** Record your family's health problems and the age at which they began.

**Pass it on...** Share this information with other family members and your doctor.  
[www.vahc.org](http://www.vahc.org)  
<https://familyhistory.hhs.gov>

**Count down to a Healthier You – T minus 20 minutes**

**30 minutes:** Create your Family Health Portrait by using a web-based tool. What are your health strengths and risks?

**Family Health Activity – T minus 20 minutes**

**120 minutes:** Participate in the National Family History Day.

**For Guidance in the Countdown Activities, Translation, and the Online Evaluation Visit: [www.ohp.nasa.gov/healthcalendar](http://www.ohp.nasa.gov/healthcalendar)**

# NOVEMBER 2010



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
Election Day	9	10	11	12	13	14
Daylight Savings Ends	15	16	17	18	19	20
Veterans Day (Federal Holiday)	21	22	23	24	25	26
National Family Volunteer Day	28	29	30			
National Family Health History Day						
Thanksgiving Day (Federal Holiday)						

OCTOBER						
S	M	T	W	T	F	S
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

DECEMBER						
S	M	T	W	T	F	S
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
26	27	28	29	30	31	

Rollout of the Space Shuttle Discovery is slow-going  
due to the onset of lightning in the area.

*Your past is not your potential. In any hour  
you can choose to liberate the future.*

*—Marilyn Ferguson*



# DECEMBER • 2010

## RESILIENCE

In today's world, communication is instantaneous, capital flows globally, labor is mobile, markets are transparent, and competition is intense across the board.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>NOVEMBER</b>						
S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	<b>JANUARY 2011</b>	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31				
5 ● 6 7 8 Pearl Harbor Remembrance Day	1 2 3 4 Hanukkah	9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	14 ● 15 16 Winter Solstice Winter Begins	17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	21 ○ 22 23 24 25 26 27 28 29 30 31	<b>CONGRATULATIONS</b> <b>Your Countdown Clock is at T-0. You have launched a HealthierYou and a HealthierFamily.</b>
						<b>International AIDS Awareness Month</b>
						<b>Safe Toys and Gifts Month</b>
						<b>Translation: Resilience</b>

Companies, looking for ways to remain viable, productive, and resilient have had to fully embrace the principles of change management including continuous self-assessment.

Individuals, looking for ways to remain healthy, productive, and hardy should engage in a "personal" journey of change and continuous self-assessment by building resilience.

[www.apahelpcenter.org](http://www.apahelpcenter.org)  
[www.strategy-business.com](http://www.strategy-business.com)  
[www.boozallen.com](http://www.boozallen.com)

**Countdown to a HealthierYou – T minus 0 minutes**

**20 minutes:** What is time management and do you have the necessary skills?

**Family Health Activity – T minus 0 minutes**

**20 minutes:** Eco-driving Principles

Christmas Eve  
Christmas Day Observed  
(Federal Holiday)

Christmas Day

For Guidance in the Countdown Activities, Translation, and the Online Evaluation Visit: [www.ohp.nasa.gov/healthcalendar](http://www.ohp.nasa.gov/healthcalendar)

# Public Health Policy & Your Health: Workplace Automated External Defibrillators (AED)

We are introducing Public Health Policy & Your Health in this calendar because it will be the basis of our 2011 Healthier You calendar. We believe it is important for you, the NASA Workforce, to know and understand the many measures the Agency is taking to keep the workplace safe and the environment healthy. Once you know what these overarching policies are, you can study and learn about the many ways your Center is implementing them.

This year, we'll discuss Workplace Automated External Defibrillators (AED). In 2011's Healthier You Calendar, each month will be devoted to one public health policy topic with tailored exercises to get you on the path to discovering your Center's implementation plan.

## Introduction

Public Health Policies are aimed at improving the health care delivery system and mitigating public health risks in the U.S. Both the Federal and state governments promulgate health policies through appropriate legislation. In this article, we'll address NASA's response to the Public Access Defibrillation (PAD) legislature and test your knowledge about the Agency's Program.

## PAD Legislation

The PAD legislation encourages greater acquisition, deployment, and use of AED at work sites and in communities. The goal of PAD legislation is to reduce the number of deaths associated with sudden cardiac arrest.

In response to the PAD legislation, in May of 2000, a Presidential Memorandum was issued on placing AEDs in Federal buildings. The FDA developed the federal requirements for AEDs and the American Heart Association (AHA) provided guidance documents for worksite PAD Programs.

In May 2001, the Department of Health and Human Services (HHS) and the General Services Administration (GSA) provided more detailed guidelines for a PAD Program in Federal Facilities.

## Sudden Cardiac Arrest vs. Heart Attack

In sudden cardiac arrest the heart unexpectedly and abruptly stops beating. The cause is an unusually abnormal heart rhythm called ventricular fibrillation or Vfib.

In Vfib the heart muscle quivers ineffectively rather than beating strongly and deliberately to deliver oxygen to the heart muscle and the rest of the body. Sudden cardiac arrest leads to death if not treated immediately by utilizing an AED.

A heart attack may lead to a sudden cardiac arrest but they are not one and the same. In a heart attack the supply of oxygen to the heart muscle is blocked resulting in the experience of pressure or pain in the chest or elsewhere in the body such as the arm, the jaw, etc. With prolonged oxygen deprivation, the heart muscle eventually dies.

With a heart attack, symptom manifestation such as pain, indigestion, or shortness of breath is person and gender specific.

## AEDs Save Lives

Most AEDs are designed to be used by non-medical personnel who have been properly trained. An AED administers an electric shock to the heart through the chest wall. For each minute that passes without defibrillation, the person's chance of survival decreases by 7-10 percent.

## NASA's Implementation of Worksite AED Program

The Office of the Chief Health and Medical Officer (OCHMO) advocates the use of AEDs in conjunction with CPR and rapid entry into the community Emergency Medical System (EMS) at all NASA Centers and Facilities. The development and implementation of a Center-wide AED Program is a requirement for each NASA Center and Facility.

Integration of the AED Program with the local EMS enhances the emergency medical response capabilities at the Centers and facilitates transfer of care.

Generally speaking, each NASA Center/Facility identifies a knowledgeable individual as the Medical Director/Coordinator of their AED program. To assure maximal utilization of a worksite AED, the Director, in consultation with other staff members, designates the placement of all AEDs. Periodically, the number, type, and placement of AEDs are evaluated. Factors that influence the placement decision are the number of personnel in an area and the physical location relative to the EMS responders.

NASA Centers/Facilities allow trained and certified individuals to operate their AEDs. This training includes the Basic Life Support (BLS) course.

NASA Centers/Facilities have procedures in place to ensure proper storage, handling, use, inspection, and management of the AEDs.

## Resources

1. To understand and read about the associated Public Law read
  - a. Public Law 106-505, November 13, 2000, Public Health Improvement Act, Sections 401-404 – Cardiac Arrest Survival
  - b. Federal Register: May 23, 2001 (Volume 66, Number 100), [Pages 28495-28511], Guidelines for Public Access Defibrillation (PAD) Programs in Federal Facilities
2. To understand and read about your state's PAD legislature visit the National Conference of State Legislature [www.ncsl.org/programs/health/aed.htm](http://www.ncsl.org/programs/health/aed.htm)
3. American Heart [www.americanheart.org](http://www.americanheart.org)

# Image Gallery

We extend our appreciation to all the photographers and companies who graciously gave permission to use their photographs. All images are credited appropriately. The following is a brief description of each of the images. For details please refer to the appropriate website.



Space Shuttle Discovery, atop the mobile launcher platform moves to the crawler-transporter through the doors of the VAB on its way to Launch pad 39A. First motion was at 5:17 a.m. EDT on 01/14/2009.  
Credit: NASA [KSC-2009-1115](http://ksc.nasa.gov/search.cfm), <http://mediaarchive.ksc.nasa.gov/search.cfm>

Space Shuttle Atlantis, STS-115. "Atlantis in Fog" - The fog on Launch Pad 39B is pierced by lights on vehicles and the service structures as the Shuttle approaches. Atlantis left the Vehicle Assembly Building (VAB) at 1:05 a.m. and arrived at the pad nearly 8 hours later..  
Credit: Rod Ostoski [www.rodostoski.com](http://www.rodostoski.com)

Space Shuttle Atlantis, STS-115. *Atlantis at Sunset*. The return to the VAB was aborted when an updated weather forecast from the National Hurricane Center gave NASA the confidence to ride tropical storm Ernesto out at launch pad B.  
Credit: Rod Ostoski [www.rodostoski.com](http://www.rodostoski.com)

Space Shuttle Atlantis, STS-110 liftoff at 4:44:19 p.m. EDT on 04/08/2002, billowing clouds of smoke and steam roll away from the launch pad.  
Credit: NASA [KSC-02PP-0483](http://ksc.nasa.gov/search.cfm), <http://mediaarchive.ksc.nasa.gov/search.cfm>

Space Shuttle Endeavour, mounted atop its modified Boeing 747 carrier aircraft flies over California's Mojave Desert on its way back to NASA's Kennedy Space Center in Florida.  
Credit: NASA / Carla Thomas [www.nasa.gov/mission\\_pages/shuttle/shuttlemissions/sts126/multimedia/gallery/index.html](http://www.nasa.gov/mission_pages/shuttle/shuttlemissions/sts126/multimedia/gallery/index.html)

Space Shuttle Atlantis, STS-117 liftoff at 7:38:04 p.m. EDT, 06/08/2007, drifting smoke plumes from the launch swirl above the Vehicle Assembly Building (VAB).  
Credit: NASA [KSC-07PD-1431](http://ksc.nasa.gov/search.cfm), <http://mediaarchive.ksc.nasa.gov/search.cfm>

Space Shuttles Atlantis and Endeavour, STS-125 and STS-126. *Dual Shuttles in Blue*. An historic view of two space shuttles occupying both launch pads at dawn. In the foreground, STS-125 Atlantis readies for the Hubble repair mission while on Pad 39A STS-126 Endeavour (background) awaits as a rescue spacecraft on Pad 39B.  
Credit: Rod Ostoski [www.rodostoski.com](http://www.rodostoski.com)

Space Shuttle Atlantis, STS-117. *Birds of a Feather* prepare for launch as STS-117 rolls out to Pad 39A and a Great Blue Heron takes to flight.  
Credit: Rod Ostoski [www.rodostoski.com](http://www.rodostoski.com)

Space Shuttle Discovery, during STS-120, back-dropped by a blue and white Earth approaches the International Space Station (ISS) on 10/25/2007. The Harmony Node is visible in Discovery's cargo bay.  
Credit: NASA [ISS016-E-0006333](http://iss016-e-0006333), <http://spaceflight.nasa.gov/gallery/search.cgi>

Space Shuttle Discovery, STS-119. Under a full moon on Launch Pad 39A at NASA's Kennedy Space Center in Florida, space shuttle Discovery is revealed after the rotating service structure has been rolled back. The rollback is in preparation for Discovery's liftoff with a crew of seven.  
Credit: KSC-2009-2011 NASA / Bill Ingalls  
<http://mediaarchive.ksc.nasa.gov/detail.cfm?mediaid=40115>

Space Shuttle Atlantis, STS-74, 11/12/1995.  
Credit: NASA [KSC-95PC-1672](http://mediaarchive.ksc.nasa.gov/search.cfm), <http://mediaarchive.ksc.nasa.gov/search.cfm>

Space Shuttle Discovery, STS-128. Rollout of the Shuttle is slow-going due to the onset of lightning in the area of Launch Pad 39A at NASA's Kennedy Space Center in Florida.  
Credit: Justin Dernier, EPA <http://mediaarchive.ksc.nasa.gov/detail.cfm?mediaid=42554>

**Centerfold**  
America's Space Shuttle Fleet  
Credit: Mike Fried [www.shuttlesource.com](http://www.shuttlesource.com)

**Front Cover**  
Mercury, Gemini, Apollo, the Space Shuttle Atlantis, and beyond: Process Control Gets Us There.  
Credit: Tammi Belt, Todd Sims, Bryon Wiebold [www.CountdownOnline.tv](http://www.CountdownOnline.tv)

**Back Cover**  
*Proposed Color Scheme for the Shuttle by Clayton Pond.*

# Office of the Chief Health and Medical Officer

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