

## NASA HEALTH PROMOTION AND WELLNESS COMMITTEE

Minutes for: March 13, 2008

Attendance: "X" means present

ARC	<input type="checkbox"/>	HQ	<input checked="" type="checkbox"/>	DFRC	<input checked="" type="checkbox"/>
JPL	<input type="checkbox"/>	DYN	<input checked="" type="checkbox"/>	GSFC	<input checked="" type="checkbox"/>
JSC	<input checked="" type="checkbox"/>	KSC	<input checked="" type="checkbox"/>	MSFC	<input checked="" type="checkbox"/>
GRC	<input checked="" type="checkbox"/>	SSC	<input checked="" type="checkbox"/>	WFF	<input type="checkbox"/>
LRC	<input checked="" type="checkbox"/>	MAF	<input checked="" type="checkbox"/>	WSTF	<input checked="" type="checkbox"/>

### Welcome

Mae Hafizi

For your convenience, minutes are always color coded. Any thing in red requires your review, attention, and/or feedback.

Today's guest speakers are from the University of California, San Francisco:

- Susan Folkman, PhD, Professor of Medicine and the Director of the Osher Center for Integrative Medicine
- Steffanie Goodman, MPH, Manager, The Caregivers Project

### HPW Communication-

Mae Hafizi

Updates regarding Agency-directed health promotion and wellness activities, HealthierYou 2008 Campaign.

### Influenza vaccination Drive:

During the flu season 07-08 NASA Occupational Health vaccinated 20,226 employees:

- 7,294 NASA CS
- 12,225 Contactor
- 707 Other

These numbers roughly equate to 43% of the total Agency's CS workforce, 26% of the Contractor population, and 18% others.

During the flu season 06-07, our total was almost 19,000. And in flu season 05-06 you were able to vaccinate 15,000. It is easy to see how we have improved coverage just in the past three years.

- FY 2008 - 20,226 total : 43%, 26%, 18%
- FY 2007 - 18,929 total : 34%, 23%, 36%
- FY 2006 - 14,912 total : 31%, 23%, 21%

### Printed Health Education Material:

- 19,000 HealthierYou 2008 Calendars were printed and distributed; only 34 online evaluations have been completed. We are discussing ways and means of improving the response rate in the next year. We appreciated your ideas.

- The content of the 2009 HealthierYou Calendar is 75% completed. We are working on securing images that would compliment the theme of the calendar which includes a look at humans in relation to their environment.
- The Agency identified two health topics to receive heightened awareness this year, these were:
  - Melanoma
  - Coping with the stress of being a caregiver (CG)
    - Melanoma pamphlets were purchased from the NIH and mailed. The pdf of this pamphlet is on the NIH and ohp websites. **Furthermore, we have secured a dermatologist to speak at the annual conference in Baltimore.**
    - The CG pamphlet was developed and printed internally. The intent was to look at the effects of caregiving on the employees and the worksite. The pdf of this pamphlet is on the ohp website and of course today's ViTs is dedicate to this topic.
- We continue to purchase the monthly Mayo Clinic EmbodyHealth Newsletters to help with your out reach especially for those employees with limited access to the internet.

#### Mayo Clinic EmbodyHealth (EH) and the HRA 2008:

We are in year two of our collaboration with the Mayo Clinic. The 2008 Campaign was launched on Feb 20<sup>th</sup> and will last through Jan 30, 2009. This will help us through the holiday season which at times can be stressful. Nonetheless, the season does mark a point of change and resolution setting for some folks.

If you recall, in 2007 OCHMO sent a global email on the day of the launch Feb 4, 2007. This year however, it took longer to process the email but it is set for release today, 3/13/2008.

We can offer a small incentive to the first 1,000 employees who complete the HRA. This year's incentive is a thermos to keep liquids hot or cold. **We are aiming for a much larger participation and have set a goal of 4,500 completed HRAs. We ended our 2007 Campaign with 1,750 HRAs completed.**

**We have developed a website titled the NASA HRA Toolkit which includes the pdf of the two posters you have already received and a few other marketing tools and ideas.** [http://ohp.nasa.gov/disciplines/hpromo/mayo\\_toolkit/index.html](http://ohp.nasa.gov/disciplines/hpromo/mayo_toolkit/index.html)

We will continuously update the toolkit with new ideas that have worked for different sites and centers. For example, on posting is a pp presentation from

Stennis. Here is the story of what worked for them. **The key aspects of success for Stennis in 2007 were:**

- One person assumed the leadership role to meet with the employees and the employer groups. At Stennis, the leader was the Medical Director.
- The Occupational Health staff created a Team approach in presentation and promotion of the program.
- NASA and Contractor Managers were directly involved in the promotional activities.
- Additional incentives, even though small, made a difference.
- Managers and the Occupational Health staff recognized the employee groups/employers that showed a significant degree of participation. For example, one employer had 60 employees with 52 of the employees who completed the HRA, an 87% participation rate.

**Let me know what you are doing for out reach and marketing. I will gladly post your story on the NASA Toolkit for the Team to view. We can learn from one another.** Mayo Clinic has reviewed the Toolkit and has provided some good suggestions which I will implement. **Also, we are constructing a blog to help us stay in touch.**

**Kurt Hobbs from the Mayo Clinic will present the YTD 2008 HRA data at our next ViTS in June. He will also present the WLQ data from the 2007 campaign at the annual conference in Baltimore.** Just a reminder that the WLQ addresses the issues of health and productivity at work. Also a reminder that the annual conference is during the week of July 7<sup>th</sup> at the Radisson Plaza Lord Baltimore, Maryland.

#### Health Promotion and Wellness websites:

We are in the process of re-constructing our two Health Promotion websites. One is intended to serve the health promotion professionals such as yourselves, and the other, to serve the NASA employees at large. More information to come once the two sites are redesigned.

#### **The Caregivers Project**

Susan Folkman, PhD, Professor of Medicine, UCSF Medical Center and Director of the Osher Center for Integrative Medicine and Steffanie Goodman, MPH, Manager, The Caregivers Project

Today's agenda will focus on why caregiving(CG) matters, provides some insights into the lives of caregivers, and identifies four coping strategies for the caregivers to implement. The pp presentation is on the ohp website at <http://ohp.nasa.gov/disciplines/hpromo/hpwTeam/meetings/index.html>

Caregiving (CG) means multiple tasks at multiple levels and many of them happening simultaneously. CG can be divided into three categories of care: Informal, supportive, and Medical.

One out of every four Americans will be a caregiver for a family member. 20% quit work or make significant life changes, and 31% lose most or all of their family savings. Therefore, it behooves us to start addressing these challenges in a proactive manner.

CG is associated with morbidity, mortality, and economic strains. Cost of CG can be physical such as decline in immune function, mental such as increased depression and anxiety, and financial. Bottom-line, CG is a serious undertaking with serious consequences.

The Caregiver Project has produced a film titled The Caregivers with the intent to sensitize the professionals, the sick, and the caregiver population to each others' needs and perspectives of the experience. The film accompanies a manual and a discussion guide. All will be forwarded to the NASA Team and placed on the ohp website.

In studies with caregivers, the researchers have learned that in the midst of stress and hardship caregivers are able to maintain a positive wellbeing by utilizing the following four strategies:

- 1) Relinquishing untenable goals and substituting new goals that are both realistic and meaningful.
- 2) Infusing ordinary events with positive meanings.
- 3) Reflecting on growth in personal strengths and resources, seeing benefit in the experience.
- 4) Focusing on what really matters and re-ordering priorities accordingly.

#### **Future ViTs**

- Thursday 06/12/2008 11:00 AM - 12:00 PM
- Thursday 09/11/2008 11:00 AM - 12:00 PM
- Thursday 12/11/2008 11:00 AM - 12:00 PM

Meeting adjourned at 12:00 Noon.  
Respectfully submitted,

Mae Hafizi  
03/13/2008

