

NASA Occupational Health Health Promotion and Wellness Committee

Michoud Assembly Facility
Employee-Centered Health & Wellness
March 8, 2007

L

Health and Wellness at MAF

- Where we've been . . .
- Where we are now . . .
- Where we're going . . .

- Challenges
- Actions
- Planning/development

L

Where we've been . . .

- Workforce Challenges Post-Hurricanes '05
 - Evacuation injuries, emotional trauma, grief
 - New cases of hypertension
 - Uncontrolled hypertension and diabetes
 - Increased personal injuries affecting work performance
 - Increased personal illness/absence (URI, etc.)
 - Increased leaves of absence (personal & medical)
 - Longer commutes → sleep issues
 - Lack of childcare resources in community

Where we've been . . .

- Workforce Challenges Post-Hurricanes '05
 - Limited medical resources in community
 - Increased symptoms of stress/anxiety/depression
 - Increased marital/relationship distress
 - Increased MRE's use → weight gain

Where we've been . . .

- Actions Post-Hurricanes '05
 - Immediate follow-up from CISM Team
 - Coordination of immunizations and emergency medical treatment for ride-out crew and initial recovery crews
 - Follow-up of injury
 - Interim prescriptions from Med. Dir.
 - Medical referrals within evacuation areas
 - Locating community resources
 - Clinic re-open with increased awareness of post-hurricane related issues



Where we've been . . .

- Actions Post-Hurricanes '05
 - EAP & CISM Team phone availability, on-site services and interventions
 - Leader Training
 - Wide range of CISM interventions available/implemented for returning workforce
 - Letters to homes re: coping, anniversary reactions, hurricane season
 - Peer Support Critical Incident Seminars (NASA contracted trauma expert)



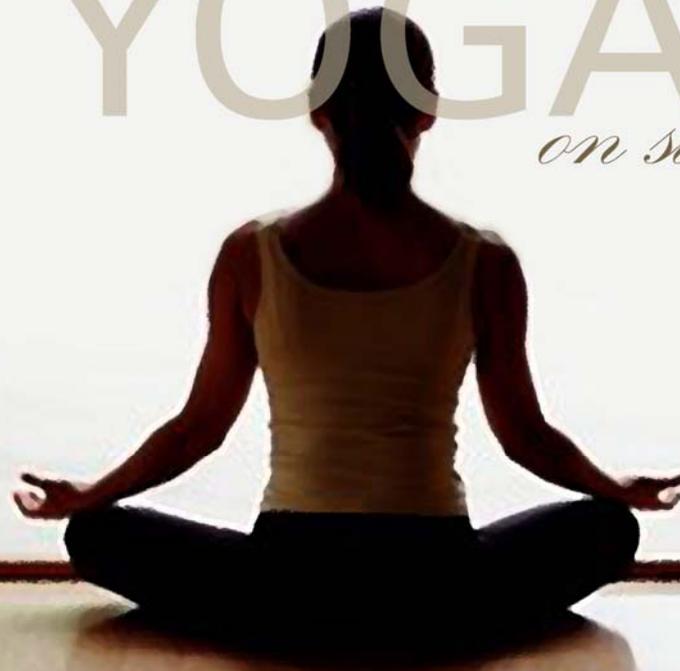
Where we've been . . .

- Actions Post-Hurricane 8/05
 - Leadership Team training on sleep (NASA JPL) and resilience
 - Tips on coping in electronic newsletters
 - Moving Forward Discussion Groups
 - topic focused and open; peer support
 - Flu Shots / Health & Wellness survey
 - Onsite Jazzercise and Yoga classes (each 2x weekly)
 - Weight Watchers at Work program



YOGA

on site



*a way to stretch • center your body
calm your soul*

Join us Tuesdays 4 PM & Thursdays 4:30 PM
Bldg. 351 East Cafeteria • No cost, no excuses.

Wear comfortable clothes. Bring a mat or towel for the floor.

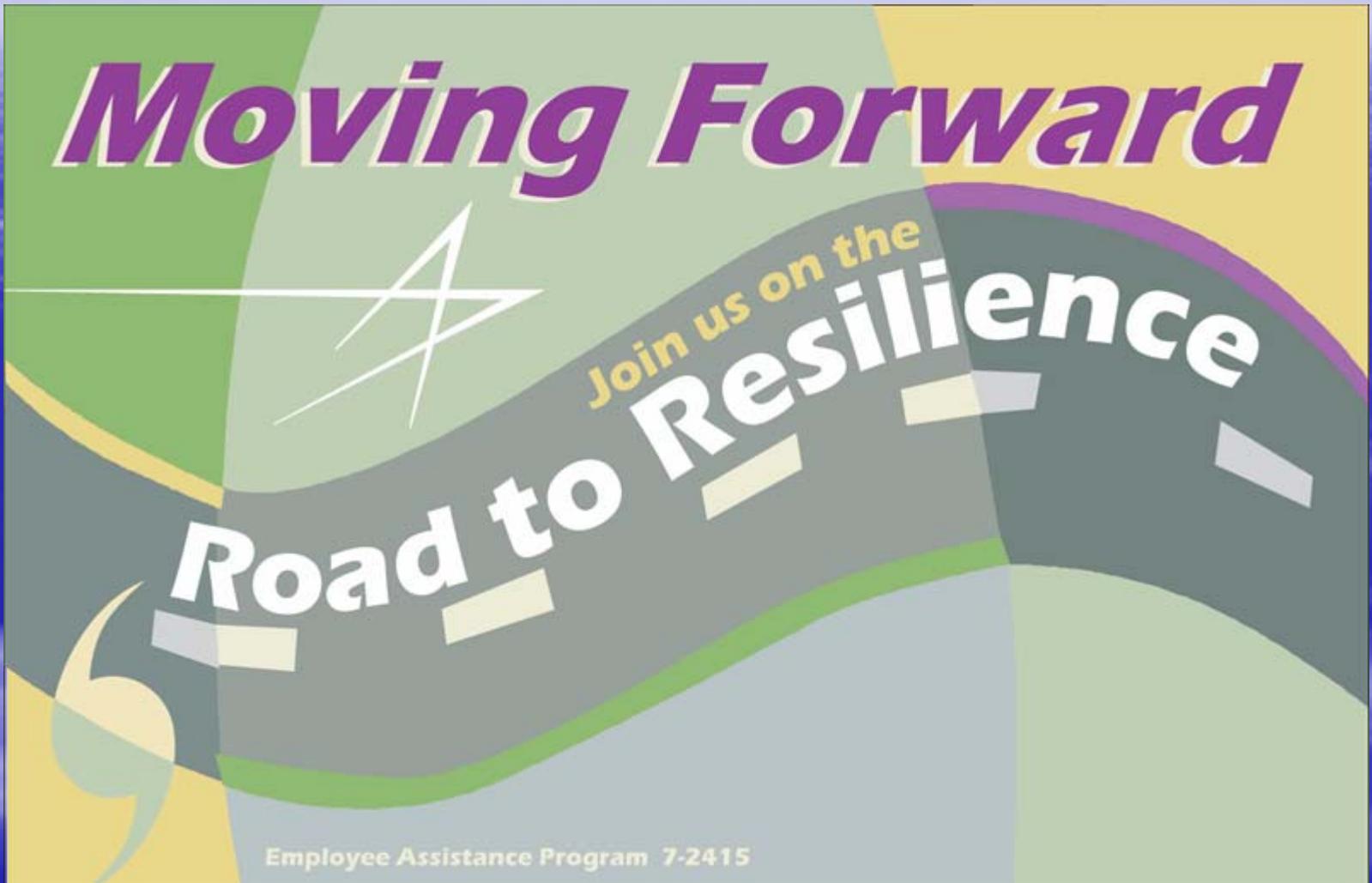
One hour of stretching and relaxation, adaptable for all levels.

For more information e-mail Lisa Blaum or call her at ext. 7-4746.

LOCKHEED MARTIN



Moving Forward



Join us on the
Road to Resilience

Employee Assistance Program 7-2415

Where we are now . . .

■ Challenges

- New and uncontrolled cases of hypertension, diabetes & high chol./trig. have leveled off but continue to be a concern
- Increased stress eating/fast food → weight gain, higher cholesterol/triglyceride levels during certification exams
- Increased alcohol, OTC and prescription medications use/abuse
- Increased depression, especially in male population



Where we are now . . .

- Challenges

- Increased cases of adolescent dependents and young adults with depression/substance abuse/suicidal thoughts/completion

- *Increased volume of:*

- *pre-hire physicals (local and out of city/state coordination)*

- *new hire certification exams*

- ↳ *coordination with Human Resources*

Where we are now . . .

- Actions

- Continuation of programs

- More focus on health management counseling during exams/clinic visits

- higher cardiovascular risk, co-morbidity with diabetes, etc.

- transfer of EMT staff from Security to Health Services

Where we are now . . .

■ Actions

– Currently in development:

- colon cancer program
- sleep seminar
- onsite chair massage availability (employee fee)
- onsite personal trainer availability (employee fee)
- revitalizing Michoud Recreation Association
- development of process to evaluate effectiveness

– LM Corporate Initiatives

- Smoking Policy (ban in LM workplaces)
- Tobacco Cessation Program



Where we're going . . .

- Anticipated challenges
 - smoking policy changes
 - long-term effects of increases in stress, hypertension, cholesterol/glucose/triglycerides possibly resulting in such illnesses as renal disease, diabetes, heart disease, chronic depression/anxiety, etc.
 - resiliency fatigue
 - potential continued frequency of LOA's , day-away cases, walk-ins due to these diseases

Where we're going . . .

- Actions

- Continuation of current programs that prove to be effective
- Implementation of programs in development
- Exploring:
 - “Men’s Health Issues” programs
 - Birthday card program
 - reminder of health exams with age appropriate guidelines

Where we're going . . .

- Actions

- Future LM Corporate programs:

- Fitness Center reimbursement
 - Nutrition program
 - Vacation emphasis
 - Clinic restructuring
 - Personal health assessment program

Summary

- Faced and met physical and mental health challenges of a post-disaster workforce
- Endured multiple staffing changes
- Strive to see each challenge as a new adventure
- Observing and anticipating future challenges
- Planning in order to meet current and future challenges with innovative solutions
- Look forward to a brighter, healthier future for workforce