

December 6, 2011

Sponsored by

Office of Chief Health and Medical Officer

Health Promotion and Wellness ViTS

Agenda

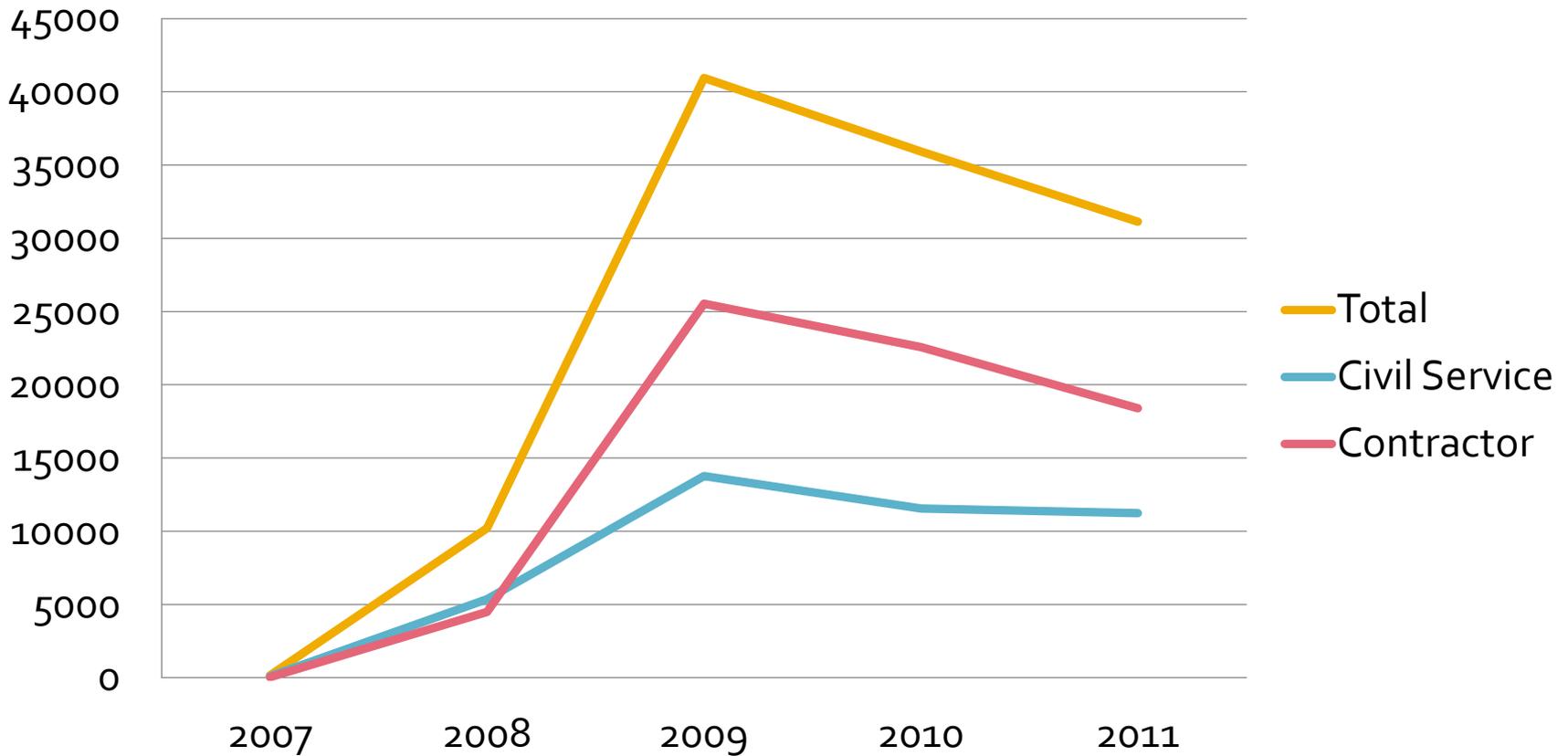
- *EmbodyHealth* Portal Engagement
 - Health Assessment
 - Walk to Wellness
 - My Fitness Solution/My Weight Solution
- Healthy People 2020 Leading Health Indicators:
<http://www.healthypeople.gov/2020/LHI/default.aspx>
- HP Goals for 2012
- Announcements

EmbodyHealth Portal Engagement

Portal Usage, Health Assessment and Campaign Summaries

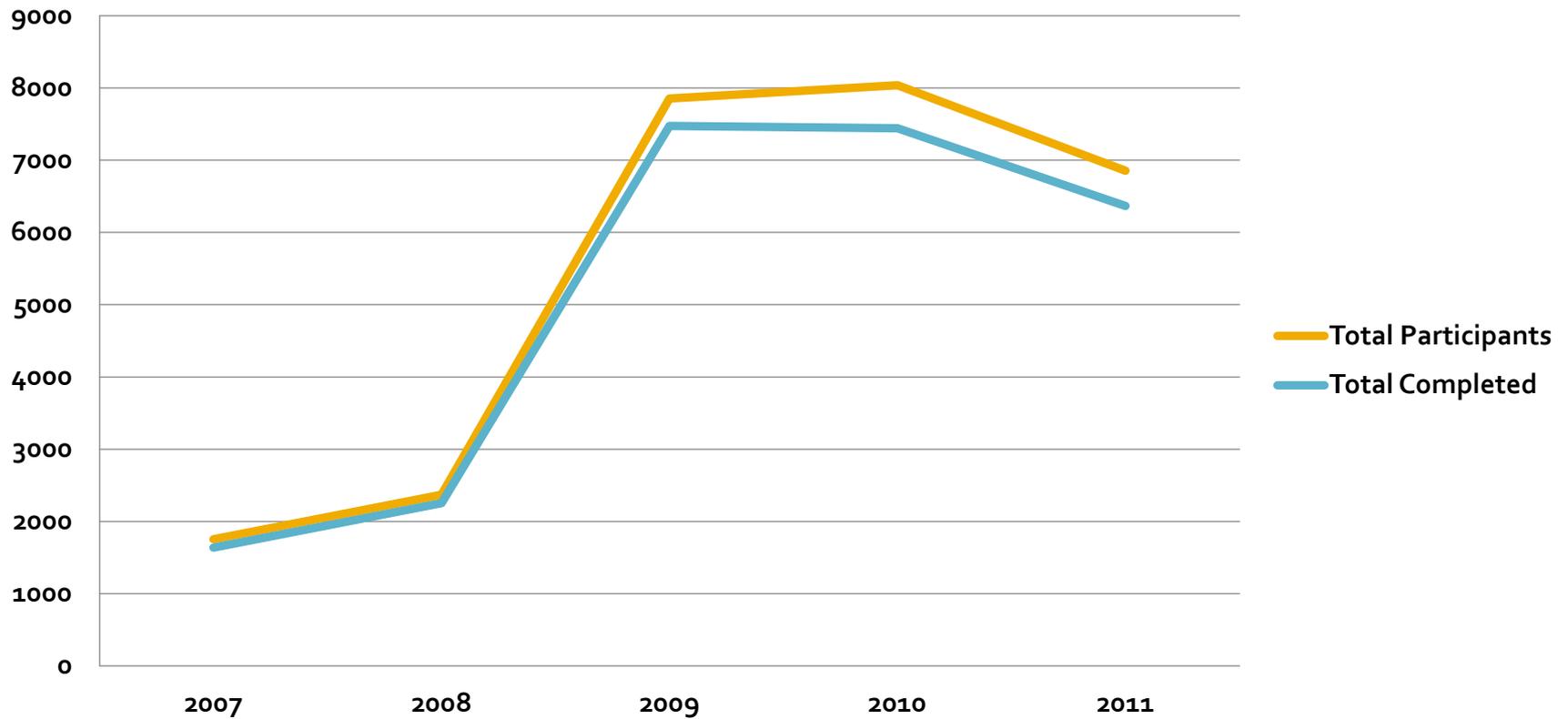
Portal Engagement

EmbodyHealth Portal Engagement



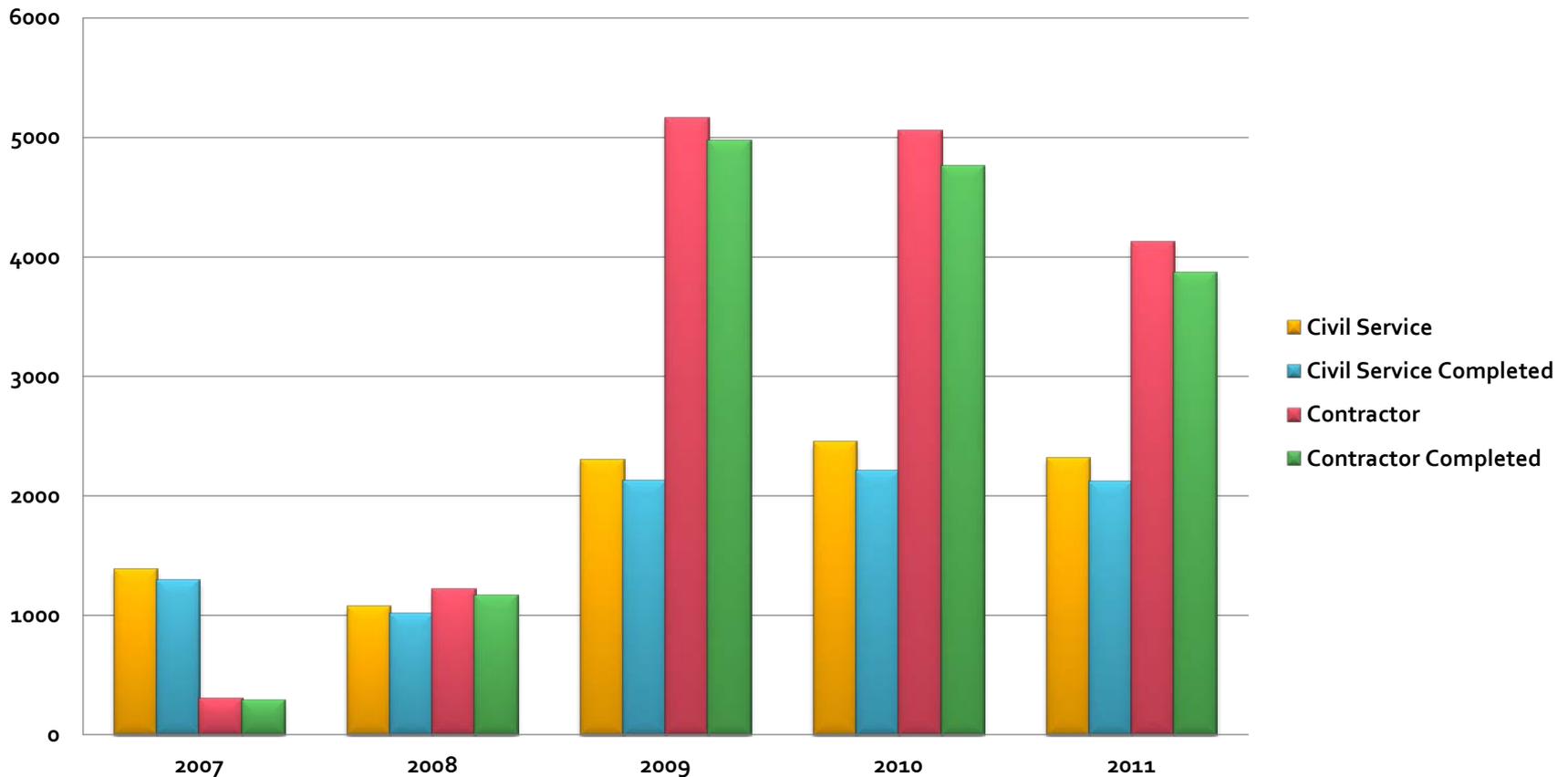
Health Assessment

Health Assessment Participation
2007-2011



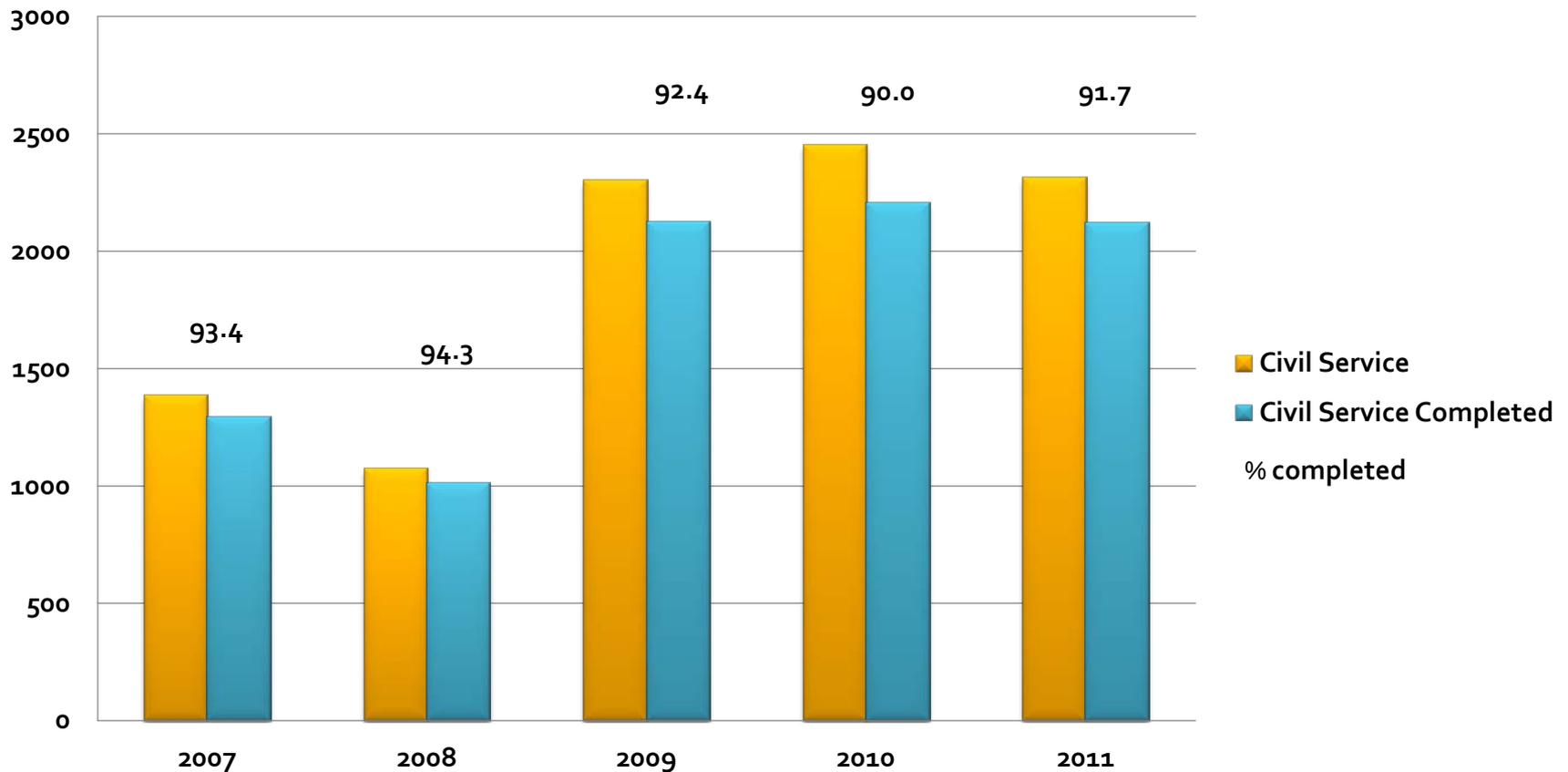
Health Assessment

Health Assessment: Civil Service & Contractor



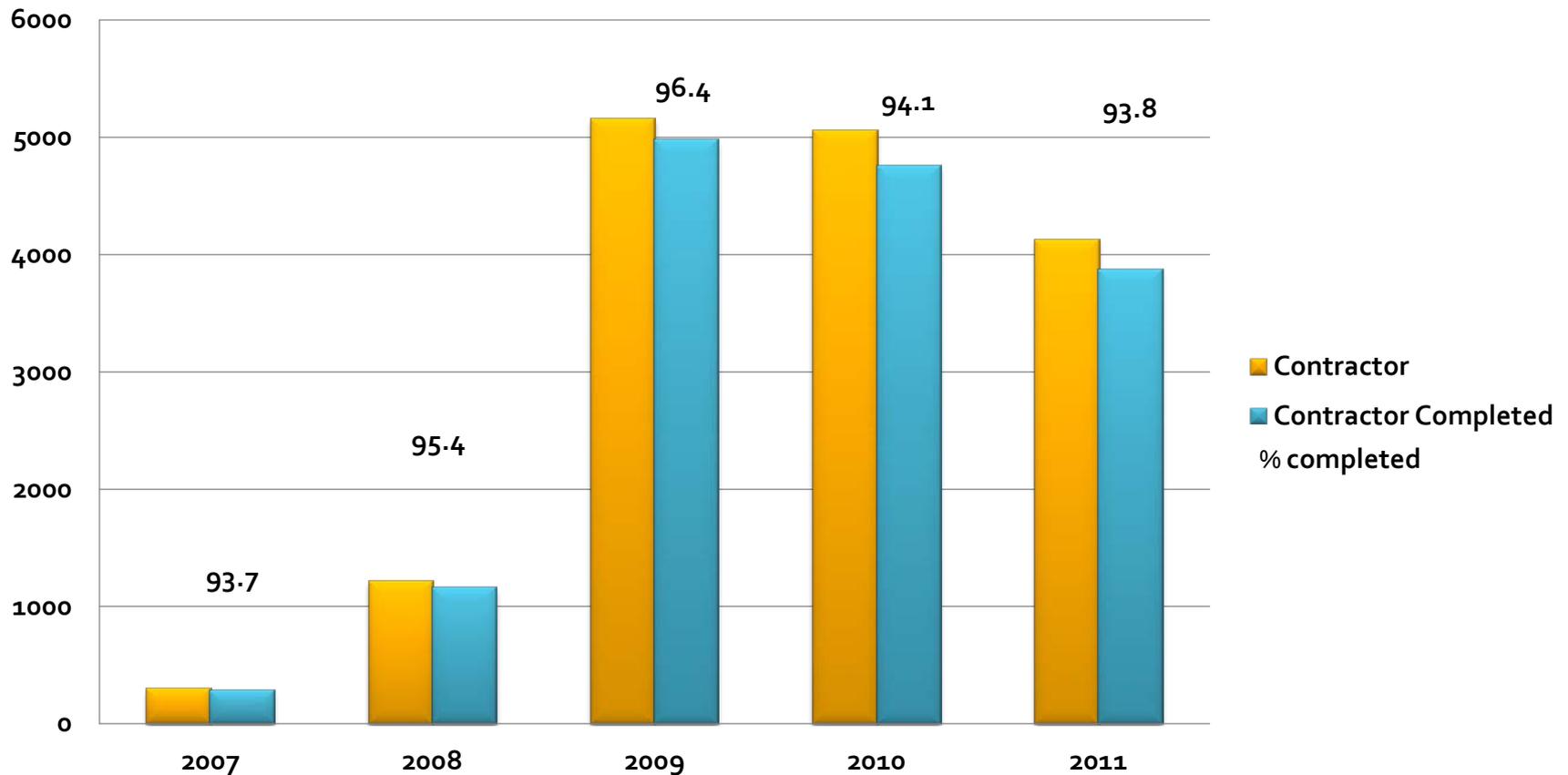
Health Assessment

Civil Service Participation



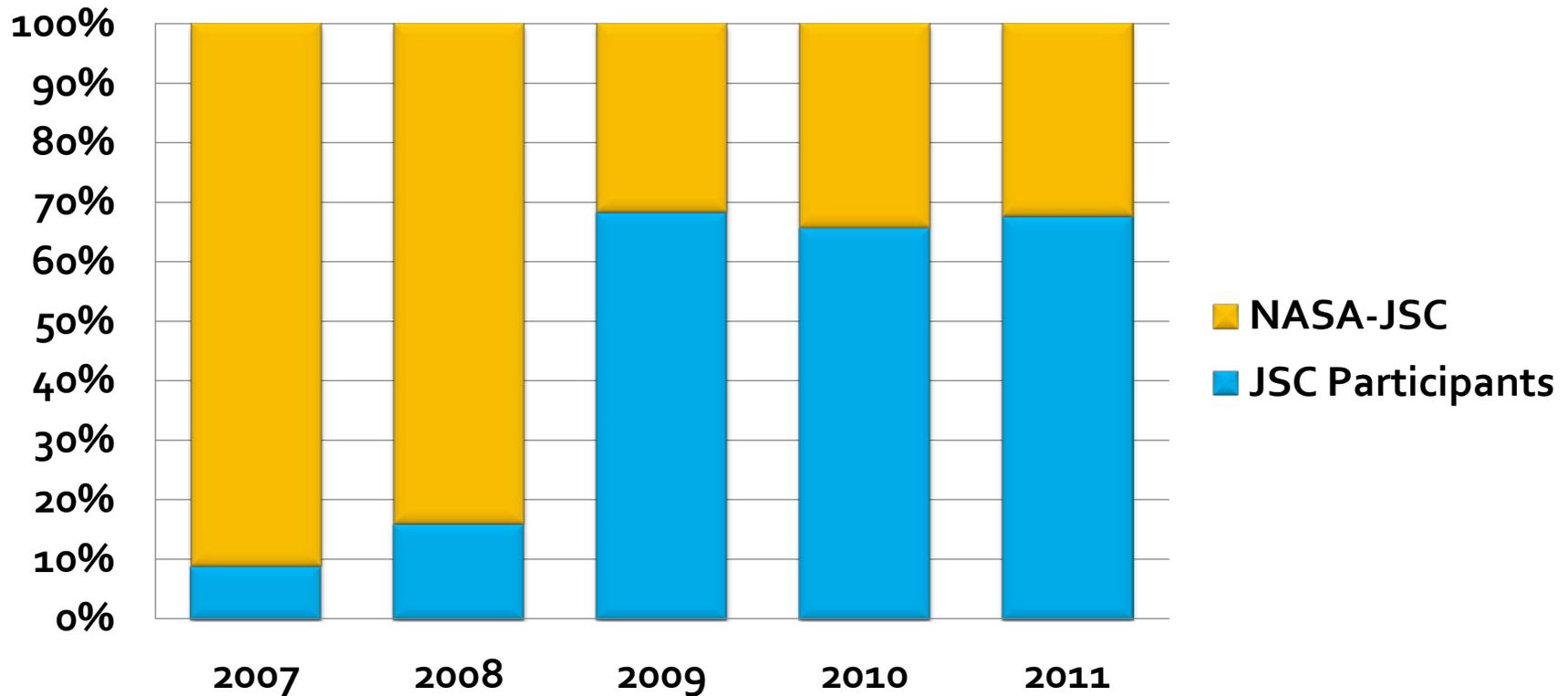
Health Assessment

Contractor Participation



Health Assessment

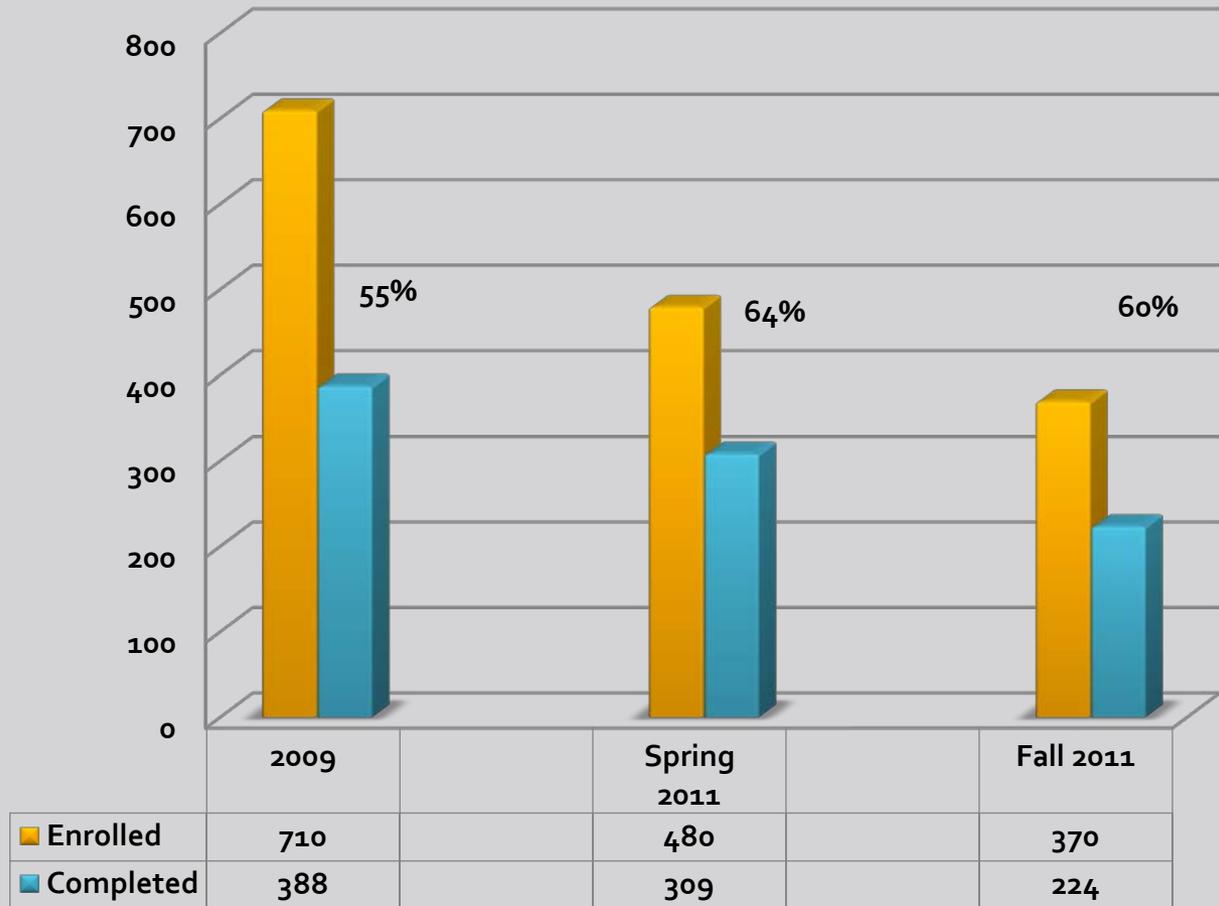
Health Assessment: Percent Contribution JSC vs All Other Centers



Walk to Wellness Background

WTW first offered as a campaign in Fall 2009. WTW was cancelled in lieu of the President's Challenge in 2010. (My Fitness solution was offered Spring 2010.) WTW was offered twice in 2011. Percentage is those who completed campaign (achieved their goal) of those who enrolled (signed up).

Walk to Wellness (WTW) Campaigns

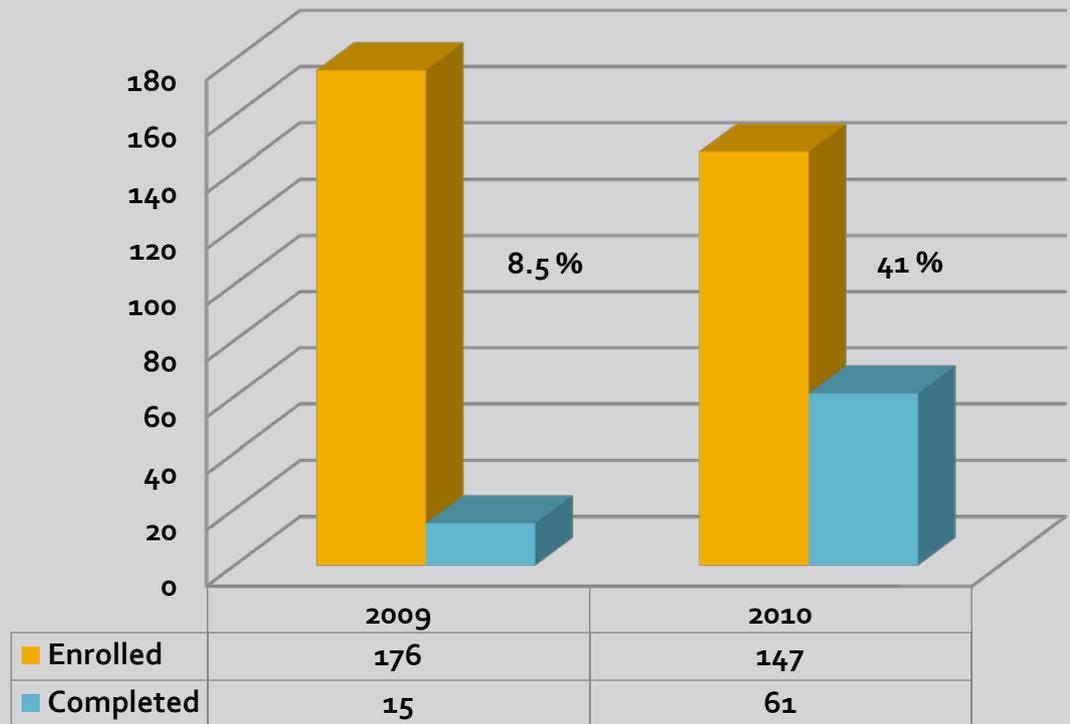


My Weight Solution(MWS)/My Fitness Solution Background (MFS)

MWS and MFS are available year round. In 2009 MWS was highlighted as a campaign. Only 15 (8.5%) documented their progress during the 6 week campaign. In 2010 MFS was highlighted as a campaign. There was a 41% completion rate during that 6 week campaign.

My Weight Solution

My Fitness Solution



Healthy People 2020

Leading Health Indicators

Healthy People 2020 Topics

- Access to Health Services
- Clinical Preventive Services
- Environmental Quality
- Injury and Violence
- Maternal, Infant, and Child Health
- Mental Health
- Nutrition, Physical Activity, and Obesity
- Oral Health
- Reproductive and Sexual Health
- Social Determinants
- Substance Abuse
- Tobacco

Healthy People 2020

Occupational Health Links

- Clinical Preventive Services
 - Adults who receive a colorectal cancer screening based on the most recent guidelines (C-16)
 - Adults with hypertension whose blood pressure is under control (HDS-12)
 - Adult diabetic population with an A1c value greater than 9 percent (D-5.1)
- Injury and Violence
 - Fatal injuries (IVP-1.1)

Healthy People 2020

Occupational Health Links

- Nutrition, Physical Activity, and Obesity
 - Adults who meet current Federal physical activity guidelines for aerobic physical activity and muscle-strengthening activity (PA-2.4)
 - Adults who are obese (NWS-9)
 - Total vegetable intake for persons aged 2 years and older (NWS-15.1)
- Tobacco
 - Adults who are current cigarette smokers (TU-1.1)

2011 Health Promotion Goals

A Look Back

2011 HPW Action Plan

- Improve areas on OPM *WellCheck* Survey scoring < 3.0
 - Health Education
 - Maximize outreach especially to NASA Civil Service employees
 - Increase *EmbodyHealth* web portal engagement
 - Participate in two Agency-wide campaigns
 - Supportive Social and Physical Environment
 - Collaborate with other departments

2011 HPW Action Plan

- Improve areas on OPM *WellCheck* Survey scoring < 3.0
 - Screening
 - Offer at least two types of screening
 - Increase Mayo clinic *EmbodyHealth* Health Assessment completion by 10%

2012 Health Promotion Goals

- Develop action plan January 2012
 - Two campaigns in 2012?
- Incorporate information from OPM *WellCheck* results when available
- Emphasize communication with employees
 - Center advertisement of
 - Health Assessment
 - Health Promotion activities

Announcements

- 2012 Health Assessment
- No results of OPM *WellCheck* assessment
- Publication Changes
 - No 2012 HealthierYou Calendar
 - No *EmbodyHealth* Newsletters
 - *Work and Family Life* Newsletter
- Travel Medicine Support

Announcements

- Upcoming HPW ViTS
 - March 6, 2012
 - Mayo Clinic WLQ results
 - 2012 HPW Action Plan
 - June 5, 2012
 - September 4, 2012

Questions?