

PROPOSAL TO IMPLEMENT AN AGENCY OCCUPATIONAL HEALTH EDUCATION TEAM

PURPOSE:

Health education promotes healthy behaviors, prevents or minimizes illness, and enables the employee to be involved in decisions about their health. The purpose of implementing an Agency Occupational Health Education Team is to improve employee health by promoting healthy behavior, assessing health education programs, establishing goals, determining educational needs, and evaluating the program for overall effectiveness and improvement. The proposed team approach would allow for improved communications on existing programs and resources agency-wide and the development of future programs for Agency investment. The team would be composed of representatives from as many centers capable of participating and would serve to provide direction and standardization of the employee health education program throughout the NASA centers. Our goal is to supplement and enhance health education programs already in existence at each center. The result will maximize individual center involvement through an interdisciplinary approach, minimize repetition, decrease costs associated with creating a health education program, and create a standardization of health education programs while still retaining individuality throughout the centers.

PLANNING AND STRATEGY:

- Establish an agency-wide team composed of center representatives (where resources exist) to oversee and provide standardization of the health education program throughout the NASA centers.
- Develop policies and procedures as a health education team.
- Formulate health education goals and objectives that are measurable and definable.
- Identify target population.
- Assess center-based health education programs and activities by a needs-assessment to include current and future programs and reassess annually.
- Prioritize educational needs and coordinate with other community and national programs.
- Provide educational materials and determine best approaches for distribution to the workforce (web, newsletter, etc.)
- Identify and develop evaluation strategies.

IMPLEMENTATION:

- Identify agency-wide team participants.
- Identify materials and programs needed as comprised by questionnaires and a needs-assessment.
- Develop schedule for program development, procurement, and distribution of educational materials.
- Approve funding for materials and programs.

- Obtain items and materials to meet objectives.
- Present information and programs to target population.

EVALUATION:

- Evaluate programs and materials and make suggestions and/or changes as appropriate.
- Evaluate goals and objectives as determined by the Agency Occupational Health Education Team.

NASA HEALTH PROMOTION AND WELLNESS GOALS

Improve employee health by promoting healthy behaviors and minimizing employee illness through preventative programs.

Minimize costs associated with creating a health education program by standardizing employee health education programs throughout the NASA centers and increasing communications between centers on existing programs.

NASA HEALTH PROMOTION AND WELLNESS OBJECTIVES

Establish an agency health education team composed of representatives from as many centers capable of participating to oversee and provide standardization of programs and materials.

Develop annual health education and wellness promotions and coordinate with National Health Observances and community resources.

Identify health and wellness programs desired by employees through a needs assessment annually.

Assess health education and wellness programs annually in each center to include current and future programs.

Design standardized metrics fore each health education and wellness promotion to evaluate employee health and overall effectiveness of the program.