



OCCUPATIONAL HEALTH

Monthly Newsletter September 2003

◆ **NASA Safety Directors/Occupational Health COTR's Meeting:** This year's meeting is scheduled for March 1-5, 2004, and will be held at the Cocoa Beach Hilton in Cocoa Beach, FL. All NASA Safety Health and Medical COTRS are invited to attend. Additional meeting details will be in next month's newsletter.

◆ **NASA Medical Quality Assurance Program:** The Office of the Chief Health and Medical Officer has released the NASA Medical QA Program Desk Guide. The guide has been sent to all Medical Directors, Chief Nurses and Medical COTR's.

◆ **NASA Electronic Health Records (EHR) Project Status:** During the recent OH Conference in San Diego there were presentations and discussion on the NASA *Electronic Health Records* effort. The focus of this project currently is the review of commercial health management systems that may be suitable for NASA's needs. An agency wide task force with representatives from all centers is being assembled to support future efforts of EHR implementation. Future status reports will be provided in the newsletter.

◆ **Nursing Spectrum:** www.nursingspectrum.com/ Nursing spectrum's website and Online e-news are a great source of information to keep nurses informed of the emerging issues in the profession.

◆ **NIOSH IAQ Resource Page:** A new topic page on the National Institute for Occupational Safety and Health's (NIOSH) web site provides a focused, organized guide to resources that will help IHs and others to address concerns about work-related indoor environmental quality (IEQ). The topic page is found at <http://www.cdc.gov/niosh/topics/indoorenv/>

◆ **Nursing Certification Review Course Material:** The latest edition of the manual and accompanying CDs on the COHN Preparation Course were shipped to the centers in early September. If your center didn't receive these materials please contact Mae Hafizi in the OH Support Office.

◆ **The Food Pyramid:** According to the Associated Press the Agriculture Department plans to revise its food guide pyramid to include for the first time, consideration of people's age, gender, weight and the amount of exercise they get in helping to calculate their dietary needs. The guidelines are revised every five years, and new ones will be issued in 2005. The basic premise of the food pyramid will remain the same; total fat intake limited to just 30 percent of total caloric intake, saturated fat to less than 10 percent, cholesterol intake should be 300 milligrams or less and sodium intake should not exceed 2,400 milligrams. Eating trans fatty acids is discouraged, increased consumption of foods high in omega-3 fats, such as fish is encouraged. The department published its proposal

September 18, 2003, to collect opinions from the public and experts before making any changes.

◆ **NASA OH Support Office Epidemiologist:** Welcome to the newest member of the OH Support Office Team, *Duane Ratliff*, M.P.H. Duane is a graduate of Yale University and most recently was the Contract Lead for the KSC Biomedical Research Laboratory. Duane will serve as the Team's Occupational Health Epidemiologist as well as support the EHR project.

◆ **OH Educational Resources:** A video copy of Dr. Kenneth Cooper's presentation at KSC, dated August 21, 2003, is now available. His lecture was on the topic of fitness and health. If interested, please contact Mae Hafizi or Stephanie Odom at the OH Support Office. Also available, is Annette Haag's presentation on the emerging trends in the field of occupational health nursing and Frank Rutkowski's presentation on the emerging trends in the employee health management and education industry.

◆ **EH Certification Spotlight:** The Institute of Hazardous Materials Management (IHMM) was founded as a non-profit organization in 1984, and launched the *Certified Hazardous Materials Manager* (CHMM[®]) program in June of that year. Environmental programs are vital to our public health and safety and, within that field, the management of hazardous materials requires proven and unquestionable skill and competence. Quality control over the professionals involved in programs of national importance, and particularly of public safety, is best accomplished through certification. For additional information go to <http://www.ihmm.org/>

◆ **OH NASA Center Evaluation Calendar:**

- No regularly scheduled OH evaluations remaining in 2003.

◆ **Upcoming Occupational Health ViTS:**

-EH ViTS – Oct. 10th, 2:00-3:00 PM EST

-EAP ViTS – Oct. 22nd, 2:30-3:30 PM EST

-Fitness ViTS – Nov. 12th, 3:30-4:30 PM EST

-EH ViTS – Nov. 14th, 2:00-3:00 PM EST

-Health Promotion ViTS – Dec. 15th, 3:30-4:30 PM EST

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