



OCCUPATIONAL HEALTH

Monthly Newsletter January 2005



◆ 2005 NASA Occupational Health (OH)

Conference Update: Detailed [information](#) will be posted by February 1 on our website regarding the annual OH meeting in South Lake Tahoe. This includes detailed agenda, conference registration, hotel information, and other information about the Lake Tahoe area. *Hotel reservations should be made by May 12* to ensure you receive the government rate of \$80 plus taxes (\$96 total). The instructions for the 2005 OH Conference Poster Presentations have been disseminated this past month and are also [posted](#) on our website. We encourage all Center OH personnel to consider presenting a poster.

◆ Electronic Health Records System (EHRS)

Update: As the New Year kicks off, the EHRS project team continues to work on the details of functionality for the NASA system. The primary focus this month will be to address gaps in the Indian Health Service system to meet the Occupational Health functionality needed by NASA clinics. Among those items will be the development of automated interfaces to biomedical instrumentation, adaptation of the system to the NASA workflow, and documentation templates for medical questionnaires and physical evaluations. To achieve success, the EHRS project team will again be turning to its Task Force members to serve as an authoritative review mechanism. Other focused work this month includes the final technical review of system architecture with NASA officials in the Chief Information Office. When completed, the NASA EHRS will not only provide a solution to localized application hosting with central IT support, but it will serve as a true example of the One NASA mission.

◆ **Healthier NASA Update:** Dr. Boan's ViTS presentation on Obesity and Treatment Options was held on Jan 19, 2005. A copy of this presentation is available through our [office](#).



◆ **Dietary Guidelines for Americans 2005:** The final [draft of the Dietary Guidelines](#) for Americans 2005 was released last week. It will be the building block for a revised food guide pyramid to be released in a month or two. The new guidelines provide a much more specific plan of action. They call for more fruits and vegetables, whole grains rather than white or refined, and most importantly they limit intake of unhealthy fats, salt and added sugar. They urge Americans to exercise at least 30 minutes a day and to consume only as many calories as they need. Here are the [key recommendations](#) from the guideline.

◆ **The Practical Guide: Identification, Evaluation, and Treatment of Overweight and Obesity in Adults:** This [Guide](#) was developed cooperatively by the North

American Association for the Study of Obesity (NAASO) and the National Heart, Lung, and Blood Institute (NHLBI). It is based on the Clinical Guidelines and the Evidence Report developed by the NHLBI Expert Panel and released in June 1998. The goal of the guide is to provide the tools you need to effectively manage your overweight and obese adult patients.

◆ **Vaccine Shortages:** A Public Health Grand Rounds Satellite Broadcast entitled "Vaccine Shortages: Protecting the Public's Health amid Strategic and Ethical Concerns" was aired on Friday, January 28, from 2-3PM ET. If you were not able to view the live broadcast and would like a copy of the video, please contact [Stephanie Odom](#) at 321-867-9185.

◆ **Recognizing a New Certified Laser Safety Officer (CLSO):** Jamie Gurney, Health Physics employee at NASA's Kennedy Space Center (KSC), has received certification by the Board of Laser Safety. She joins the ranks of other NASA CLSOs: Kim Merritt, Rod Nickell, and Randy Scott. Congratulations to Jamie Gurney on her recent accomplishment!

◆ NASA Health Physics Meeting Announcement:

The Office of the Chief Health and Medical Officer is planning a special meeting for all environmental health professionals with ionizing or nonionizing radiation safety job responsibilities June 6-10, 2005, at the [DoubleTree Oceanfront Hotel](#), in Cocoa Beach, FL near KSC. The agenda will include ionizing and non-ionizing radiation safety training, technical tours, and discussions concerning individual Center and Agency-wide policies and issues. This will be a great opportunity for the NASA Health Physics community to come together and receive quality training and share information and experiences. Look for more detailed information in upcoming newsletters and on our website.



◆ 2005 Safety Directors/OH Managers Meeting:



This meeting will be held February 28, through March 3, 2005, at the [DoubleTree Oceanfront Hotel](#) in Cocoa Beach, FL. This meeting brings together NASA managers from all NASA sites in both Occupational

Health and Safety, and the event is an important forum for the exchange of information, ideas, and current agency initiatives. [Hotel information and registration](#) for the meeting is on the OH website. Each individual guest must make their own hotel reservations by calling the hotel's number 321-783-9222, and ask for the NSD Group Rate, no later than **Monday, February 7, 2005**. The agenda will soon be posted.

◆ NASA OH Center Review Calendar:

- February 7 – 11 – Johnson Space Center

◆ Upcoming Occupational Health ViTS:

- Fitness ViTS – February 9, 11:30-12:30 PM EST
- EH Monthly ViTS – February 16, 11:00-12:00 PM EST

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