



◆ The [HealthierYou 2007 Campaign Components](#):



The campaign elements for HealthierYou 2007 are listed on the [Health Promotions webpage](#). They include the calendar, Mayo Clinic's EmbodyHealth Newsletter, Annual Influenza Vaccination Drive, Women's and Men's Health in an Aging Workforce and the HealthierFeds

Physical Activity Campaign. This year, the [calendar](#) includes an At-Work Health Awareness Journal that can be completed in paper form or online. In the latter choice, one portion of the Journal would still have to be done in paper format. [Calendar evaluation](#) is only available online. Please complete an evaluation survey and encourage others to do the same.



◆ 2007 NASA Safety Directors / Occupational Health Managers Meeting:

The dates and location for the 2007 NASA Safety Directors / Occupational Health Managers Meeting have been set, it will be February 27 – March 1 at the [Cocoa Beach Doubletree](#). The meeting theme is **Return on Investment**, the meeting is designed to present the status of Agency safety and occupational health programs and address current topics and emphasis areas of health and safety. The Conference page for this meeting is now open for [registration](#). Each individual guest must make their own [reservation](#) by calling the hotel's toll-free number 1-800-552-3224, and ask for the NSD Group Rate, no later than Friday, January 13, 2006, in order to guarantee the conference rate of \$119.

◆ **EHRS Update:** The Agency's EHRS Project continues to benefit from the federal sector's expectation of interoperability when health information is managed. The EHRS Project is advancing with "proof of concept" activity and is finalizing details regarding this evaluation experience. This significant testing phase of the EHRS Project will serve to characterize the project's operational reality as well as provide substantial training opportunity. Stay tuned, as there are occasions for stakeholders to participate. Finally, please visit the [EHRS webpage](#) to learn more about the EHRS Project.



 **Don't Let the Flu Ruin Your Holidays!**
National Influenza Vaccination Week: November 27 – December 3

◆ **Healthy Holidays:** This week is national influenza vaccination week. It is a great time to visit your clinic and receive your annual flu shot. Your effort to receive a flu shot could help ensure you have a healthy holidays. This is also the time of the year that many people put on extra weight, to avoid this holiday weight gain, balance the calories you consume with

the calories you burn. Physical activity and moderate food choices will help. The tips below are gifts you can give yourself and your family to maintain a healthy lifestyle. Visit the CDC website to learn about [holidays the healthy way](#).

◆ **NIOSH Topic Pages:** NIOSH [Topic Pages](#) are great sources of information on the most common Occupational Health issues. In the last few months NIOSH has added pages on three issues relevant to the NASA Workforces, [glutaraldehyde](#), [bicycle saddles and reproductive health](#), and most recently [chlorine](#).

◆ Ames Welcomes back new Radiation Safety Officer (RSO):



On November 27, former Ames RSO, Patrick Muldoon, CHP, returned to work at NASA's Ames Research Center. Patrick returns to Ames most recently from Stanford University, he had left Ames in March of 2005. Welcome back Patrick!

◆ Online OH Web Directory Needs Your Help!

The Agency OH Office tries to keep an accurate online directory of all 400+ OH staff members from across the Agency. We would like to ask all of you, especially those of you who have had changes in your organization and or contact information, to go to the [directory page](#), review your contact information and submit online any changes, if the entry is not accurate.



◆ **OH Training Needs Survey Closes:** The FY 2007 annual OH training needs survey came to a close on Friday, November 10. The survey covered three OH disciplines; Occupational Medicine, Health Physics and Industrial Hygiene and was open for input for over two weeks in late October and early November. In FY 2007 total responses among the three surveyed disciplines totaled 116, with input being given from all 14 primary NASA sites. The information obtained from the survey will be used to help plan and schedule various OH courses. In upcoming months the Agency OH Office will be coordinating with Centers to sponsor OH training courses as we have in the past.



◆ NASA OH Center Review Calendar:

- January 22 - 25 – Jet Propulsion Laboratory

◆ Upcoming Occupational Health ViTs:

- Health Promotion – December 7, 11:00-12:30 PM EDT
- Environmental Health – December 13, 11:00 -12:00 PM EDT
- Health Physics – December 19, 3:00-4:00 PM EDT
- Workers' Compensation – December 20, 11:30-12:30 PM EDT

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Find OH Monthly on the Internet at www.ohp.nasa.gov/newsletter/current.pdf