



OCCUPATIONAL HEALTH

Monthly Newsletter July 2004



◆ 2005 NASA Occupational Health Conference:

Next year's annual NASA Occupational Health Conference will be in South Lake Tahoe, Nevada at [Harvey's Resort and Casino](#), June 27 – July 1. Preparations have already started for next year's meeting. Make plans now to attend.

◆ Office of Health and Medical Systems

Reorganization Update: The Office of the Chief Health and Medical Officer (OCHMO), HQ was again recently reorganized from briefly being a stand-alone code (Z) back to being part of the administrator's staff. Though part of the "A" suite under the new transformation structure, the office composition remains the same. The three Divisions are Occupational Health, Aerospace and Extreme Environments Medicine, and Bioethics and Transition to Practice. The three division directors are Cathy Angotti, RD, LD, Des Lugg, MD, and David Liskowsky, PhD. Cathy is also the Deputy for Administration. The new organization has physically moved from its suite on the 7th floor to a larger suite on the 8th floor. Contact phone numbers remain the same. These are swiftly changing times within the Agency and the physical move is scheduled to be only temporary, for six months to one year. The Chief Health and Medical Officer (CHMO) is a staff role reporting to the Administrator through the Deputy Administrator, and serves as advisor to both the Administrator and the Deputy Administrator on health and medical issues to ensure the mental and physical health and well-being of the NASA workforce in all environments. The CHMO has the responsibility for providing independent oversight authority for health care delivery, assurance of professional competency, quality and consistency of health care services Agency wide, and for assuring the safe and ethical execution of research involving human and animal subjects.

◆ **Travelers Health:** Prolonged inactivity such as sitting during a long airplane flight puts travelers at increased risk for developing deep vein thrombosis (DVT). Clinical preparation of travelers must include an evaluation of individual risk factors and education on the prevention of this serious health issue. An update on DVT can be found on our [website](#).

◆ **New Healthier NASA Campaign:** On October 1, NASA will kick off its "Healthier NASA" campaign in conjunction with other Federal Agency programs aimed at educating employees on healthy living and best-treatment strategies. NASA's goal is to promote a workforce that can take greater responsibility for their personal health through physical activity, nutrition, preventive screenings, and healthy lifestyle choices. As part of the initial campaign, NASA will release a

15-month lifestyle calendar packed with insightful tips and links to valuable information, all focused around a specific health topic each month. Just in time for the holidays, look for the "Healthier by Choice" cookbook. Healthier by Choice was designed to make everyday meals both healthy and appetizing. Look for other "Healthier NASA" promotions and news at your Occupational Health Facility.

◆ Employers Tip Scales Of Weight Loss

Success: While obesity remains a serious health condition affecting millions of Americans and costing U.S. businesses \$13 billion annually in health care costs and productivity, a recent [study](#) commissioned by the American Association of Occupational Health Nurses Inc. (AAOHN) sheds new light on ways businesses can help employees shed pounds. An overview of this study will be presented at the September Health Promotion ViTS.



◆ The quarterly report from Nursing Spectrum showed a total of 117 courses taken online during the 2nd quarter of FY 2004 on a variety of health topics. This represents the highest utilization rate since this account was initiated in June 2000.

◆ Electronic Health Records System (EHRS)

Update: The EHRS project team continues to support RFP development this month. Other activities include follow up work on discrepancy items identified during last month's conference. Focus will be placed on continued development of standard workflow processes for all NASA OH facilities.

◆ EH ViTS Focusing on Hazard Communication:

MSDSs are in the news and gaining a high profile this year. OSHA, Congress, ANSI Z400.1, and international efforts through the Globally Harmonized System (GHS) are creating new guidelines, education materials, possible legislation, and future challenges for those who use MSDSs. On August 20 a speaker from OSHA and a speaker from a large chemical company will give their perspectives on these changes during an EH ViTS. New Chemwatch capabilities related to chemical management will also be discussed during this ViTS.

◆ NASA OH Center Review Calendar:

- August 24-27 – Ames Research Center
- August 30-September 2 – Dryden Flight Research Center

◆ Upcoming Occupational Health ViTS:

- EH Monthly ViTS – August 20, 2:00-3:15 PM EST
- Workers' Comp. ViTS – August 26, 2:00-3:00 PM EST
- EHRS Task Force ViTS – Sept. 7, 1:30-3:00 PM EST
- Health Physics ViTS – Sept. 7, 3:30-4:30 PM EST
- Health Promotion ViTS – Sept. 13, 1:00-2:30 PM EST

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Send information, comments or questions to:

◆ E-mail – Bart.Geyer-1@ksc.nasa.gov ◆ Telephone – 321-867-3473

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