



OCCUPATIONAL HEALTH

Monthly Newsletter September 2004



Healthier NASA Campaign:

The "Healthier NASA" campaign aims to promote a workforce that can take greater responsibility for their personal health through physical activity, nutrition, preventive screenings, and healthy lifestyle choices. The

campaign is comprised of many components (e.g., a 15 month health calendar due out by the end of October, Mayo Clinic booklet of 50 head to toe health tips, a set of healthy recipe cards to include exercise tips and tips to stop stress induced over eating, and subscription to HealthQuest Newsletter are planned.) Look for these and other "Healthier NASA" promotion activities and news at your Occupational Health Facility. For more information please contact [Mae Hafizi](#).

◆ **Occupational Health Online Resources:** All of us use a variety of resources and tools to perform our various OH functions everyday. Online information is some of the easiest for us access and utilize. The three current online products the Agency office has provided for your use are: 1) [Tomes Plus System](#) - an extensive collection of proprietary and licensed databases providing chemical, hazard and medical information for more than 100,000 chemicals, 2) [Regslink System](#) - provides immediate access to a comprehensive collection of U.S. federal and state regulations, and 3) [Chemwatch](#) - provides detailed information about chemical hazards in easy to understand format. All three have unique User IDs and passwords to gain access. If you need this access information please contact [Bart Geyer](#).

◆ **"Huff and Puff" at Michoud Assembly Facility (MAF):** *Lighten up Louisiana* is a five month competition (August 30, 2004 - January 31, 2005) that encourages Louisianans to develop healthy activity and eating habits. Louisianans are encouraged to form teams of two to ten people and then go the distance! The top ten teams officially will receive a special recognition party at the Governor's Mansion.

Team competition will recognize achievement in two areas: 1) weight loss due to healthy, appropriate diet and physical activity and 2) accumulated activity in the form of miles. MAF's Clinic staff has named their Team "Huff and Puff". Center by Center, we are gaining a Healthier NASA.

◆ NASA Safety and Health Stand-Down Days:

During the last week of October, at least four of the NASA Centers will be participating in a Stand-Down day dedicated to safety and health. This is an excellent opportunity to promote your Center's Occupational Health Program, and educate Center personnel on what the OH programs have to offer. Arranging for informational booths, speakers, and handout materials to be more OH related is a great way to increase the visibility of your OH program. At KSC, based on feedback from previous years, there will be a greater emphasis on health in 2004.

◆ Electronic Health Records System (EHRS)

Update: Due to recent adverse weather in Florida, the EHRS Task Force ViTS scheduled in September was postponed and has been re-scheduled for November 2, 1:30-3:00 PM EST. The focus of the Task Force will be the completion of a workflow process to be delivered to Dr. Williams' office for approval. The approved process will be applied to the development of the EHRS application. As a follow-up to work on Agency-level human resource (HR) demographics, a pilot program has been put in to motion at KSC to demonstrate the feasibility of collecting workplace information centrally for contractors and civil servants. A successful demonstration of this capability at the Center level is anticipated to influence the Agency-level process for HR information collection. Other projects ongoing this month include the development of a rules-based algorithm for applying the physical exam matrix to the EHRS concept. This will allow elements of the medical surveillance/job certification examination to be selected without redundancy based upon the job requirements of the employee.

◆ Are You Thinking About Taking the Certified Industrial Hygienist (CIH) Exam?

In an effort to increase the number of CIHs across NASA sites and improve the overall competency, the Agency OH Office continues to work towards sponsoring a CIH Preparatory Course in the spring of 2005. The [Rocky Mountain Center for Occupational and Environmental Health](#) in Salt Lake City, Utah, is the likely choice for hosting the course. If you are interested in attending this course, and have not already, please contact [Bart Geyer](#).

◆ Agency Review Team Visits Dryden and Ames:

The Agency team had a productive trip to California even though they were forced to leave earlier than scheduled due to Hurricane Frances. We would like to thank Dr. Gregg Bendrick/DFRC and Dr. Phil Scarpa/KSC for assisting us on the Ames and Dryden Occupational Health Program Reviews. Below is a photo of the core Agency team members at Dryden in front of the SR-71.



◆ NASA OH Center Review Calendar:

- November 15 – 18 – White Sands Test Facility

◆ Upcoming Occupational Health ViTS:

- International Health Education Series ViTS
October 1, 11:00-1:00 PM EST
- EH Monthly ViTS – October 4, 2:00-3:00 PM EST
- International Health Education Series ViTS
October 16, 11:00-1:00 PM EST
- EAP ViTS – October 25, 3:00-4:00 PM EST

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