



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

1) [2007 HealthierYou Calendars](#) were shipped to all Center POCs on October 23, 2006. In addition to health questions and activities, the calendar includes an at-work Health Awareness Journal which will be made available as a semi-interactive tool on the [Health Promotions Page](#). An email notice will be sent when posted. 2) Influenza Vaccination Drive is implemented and coordinated at the Center level during the Oct 2006-Feb 2007 time frame. 3) HealthierFeds 2007 as described below. 4) Women's and Men's Health specific educational material will be mailed closer to FY 2007, 3rd Quarter. 5) Mayo Clinic HealthQuest Newsletters will be distributed to all NASA clinics on a monthly basis.



## ◆HealthierFeds 2007 Physical Activity Challenge

The Office of Personnel Management (OPM) and the President's Council on Physical Fitness and Sports (PCPFS) are kicking off the [HealthierFeds Physical Activity Challenge](#) on January 22. The two-month Challenge goals are to inspire a physically active life style, achieve the highest participation possible, and build a spirit of camaraderie. As with the 2004 Challenge, NASA's OH office accepted the invitation to participate and submitted all 14 Center group names to OPM on October 12. Details about the Challenge will be disseminated among the NASA Health Promotion and Wellness

Committee members within the next week.

**The Challenge.**  
**It starts with you**

## ◆Smoking Cessation Pilot Project at MAF and SSC - Final Data:

At 6 months, our quit rate looked very positive at 52.6% compared to 34%, the quit rate for Mayo Clinic's corporate clients. At 12 month, our quit rate also looked positive at 29.4% compared to 28%. With NASA's very small sample size of 18 participants, these quit rates are great.

◆**EHR Update:** The EHR Project is profiting from considerable attention being aimed at health information and the federal sector's expectation of interoperability. OCHMO is enthusiastic about supporting the [Federal Health Architecture](#) (FHA) program in developing a use case for emergency response EHR, and is participating in ongoing activities to discover the role of EHR during emergency response activities. Two people recently joined the he EHR Project Team. Please join me in welcoming Nancy Eckhardt, RHIA, as the EHR Clinical Application Coordinator; and Dr. Saralyn Mark as the EHR Medical Consultant. Finally, as a reminder, the week of November 5th is American Health Information Management Association's [Health Information & Technology Week](#) and their theme this year is "Managing Information and Improving Care."

## ◆NASA's Drug Free Workplace Policy (DFWP)

**Changes:** NASA has revised the DFWP ([NPR 3792.1B](#)) to be consistent with Federal guidance. The new policy is effective October 1, 2006. A [summary](#) of the changes is on the website.

◆**President Extends SHARE:** President Bush on September 29, 2006 extended the [Safety, Health, and Return to Employment](#) (SHARE) initiative for three additional years. Beginning in 2004, SHARE was a three year program designed to reduce the number and severity of Federal employee accidents and illnesses, as well as decreasing the amount of time agencies took to file claims. Federal executive offices and agencies such as NASA are required to establish annual goals to focus attention in the most critical areas of a safety, health, and injury case management program. NASA had one of the best injury and illness rates within the Federal sector, and the first three years of SHARE has dramatically reduced those already low rates. Final numbers for the first three years of SHARE will be posted in the next newsletter.

## ◆OSHA Launches Webpage Making the Business Case for Safety and Health:

On October 5, OSHA launched a new topics page aimed at demonstrating that investment in workplace safety and health makes good business sense. [Making the Business Case for Safety and Health](#), a new Safety and Health Topic, is a product of several Alliances with OSHA. Information focuses on how a comprehensive health and safety program can help an employer save money and improve business.



## ◆Two NASA Center IHs Attend Future Leaders

**Institute:** Both Alan Rovira from Michoud and Diana Harrington from Ames were selected to attend the American Industrial Hygiene Association's (AIHA) [Future Leaders Institute](#) (FLI). AIHA launched FLI as a cornerstone of its efforts to develop early-career industrial hygiene professionals. Each year's graduates will learn how to think and act strategically, manage themselves, communicate more effectively, develop and manage effective teams, and integrate business processes into their work. This annual event took place on October 19-22 in Chicago, Illinois. Congratulations to Alan and Diana!

◆**2006 OH Conference Basic Disaster Life Support (BDLS) Certification Update:** If you attended the BDLS Course in Charleston, your certificate of completion will be sent to you in late November early December. According to the course providers, The Medical College of Georgia, the process takes about 4 months to complete.



## ◆NASA OH Center Review Calendar:

• October 31 - Nov 2 – White Sands Test Facility

◆**Upcoming Occupational Health ViTs:**

- Environmental Health – November 15, 11:00 -12:00 PM EDT
- Pandemic Flu – November 15, 2:30-3:00 PM EDT
- Health Promotion – December 7, 11:00-12:30 PM EDT

NASA OH Newsletter is published by the NASA OH Support Office

Send information, comments or questions to:

◆ E-mail – [Bart.Geyer-1@ksc.nasa.gov](mailto:Bart.Geyer-1@ksc.nasa.gov) ◆ Telephone – 321-867-3473

Find OH Monthly on the Internet at [www.ohp.nasa.gov/newsletter/current.pdf](http://www.ohp.nasa.gov/newsletter/current.pdf)