



OCCUPATIONAL HEALTH

Monthly Newsletter December 2008

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◆ **The EHRS Project Update:** The [EHRS Project](#) continues with base table development for all Medical and Industrial Hygiene modules. We expect to load the tables into the Medgate test site over the next 2 weeks allowing initial testing and final configuration efforts to begin. The IT Security Plan is near completion and work continues to establish our initial demographic data feeds for all NASA badged employees. The initial rollout is scheduled for Stennis Space Center in February. The next EHRS Task Force ViTS is scheduled for Dec. 3rd at 11:30 AM EST.



◆ **Mayo Clinic EmbodyHealth:**

2,107 total Health Assessments completed year to date:
 1,006 Civil Service Employees
 1,136 Contract Employees
 72 Other, Spouse, Children

Please continue to promote the [EmbodimentHealth webportal](#) and its accompanying Health Assessment. The site is accessible to spouses and children over the age of eighteen. Please access the Report Suite to keep track of your Center's engagement data and health profile. If you are having any issues, please contact [Mae Hafizi](#).



◆ **Walk to Wellness:** The Campaign ended on November 17th. We will receive aggregate data from Mayo Clinic within the next two weeks. Thank you for marketing the Campaign, it helped increase Health Assessment completion rate.

◆ **2009 HealthierYou Calendars Arrive:** The [2009 HealthierYou Calendars](#) should be at your Center. Get one now! Please complete the [online evaluation](#) and encourage the employees to do the same.



◆ **Mark Your Calendar for the Upcoming 2009 NASA OH Meeting:** The 2009 NASA OH Meeting will be held in San Antonio, TX July 13-17, at the [Hotel Contessa](#), located along the famed [San Antonio Riverwalk](#).

Continuing education opportunities will continue to be made available to conference attendees. Be sure to check the NASA Occupational Health [website](#) as updates and information will follow in the months to come.



◆ **NASA VPP Activity:** The [OSHA Voluntary Protection Programs](#) (VPP) promotes effective worksite-based safety and health. In VPP, management, labor, and OSHA establish cooperative relationships at workplaces and implemented a comprehensive safety and health management system. Approval into VPP is OSHA's official recognition of the outstanding

efforts of employers and employees who have achieved exemplary occupational safety and health. NASA Centers have been active in OSHA's VPP for over 10 years now, with NASA [Langley](#) being the first federal worksite allowed into the program back in 1998. Since that time NASA and contractor organizations from Langley, Kennedy, Ames, Johnson, White Sands, and Goddard's IV&V Facility have entered the program. Currently NASA Stennis and a number of SSC contractors are pursuing VPP. In addition to maintaining a list of [Industrial Hygienists \(IHs\) and Health Physicists \(HPs\)](#) that have supported VPP programs the OH Website also has a list of [Special Government Employees](#) (SGEs) that support the OSHA VPP program.



◆ **Recognizing a New Certified Industrial Hygienist (CIH):** In late October a Kennedy Space Center Industrial Hygienist successfully completed the [CIH exam](#). Congratulations to *Darren Burkett* from KSC on this noteworthy professional accomplishment.



◆ **Health Tips During Hard Economic Times:** People generally adapt well over time to life changing situations and stressful conditions such as death of a loved one, loss of a job, major illness, or a *serious strain on the local, national, and global economy* that affects their lives and livelihood - as being experienced in the recent weeks. For more information on this topic go to the latest edition of the [HealthierYou Newsletter](#).

◆ **Coping with Holiday Stress and Depression:** Implement the following tips to prevent stress and depression during the holiday season:

- Acknowledge your feelings.
- Seek support from family and friends.
- Accept when plans change.
- Set family differences aside.
- Stick to a budget.
- Plan ahead to stay organized.
- Learn to say no!
- Make time for yourself.
- Set realistic resolutions.
- Maintain healthy habits; overindulgences add stress.
- Forget about perfection, it's not realistic.
- Seek professional help if you need it.



◆ **NASA OH Center Review Calendar:**

- January 26 - 29 Jet Propulsion Laboratory

◆ **Upcoming Occupational Health ViTS:**

- Fitness – December 2, 3:00-4:30 PM EST
- EHRS Task Force – December 3, 11:30-12:30 PM EST
- Environmental Health – December 10, 11:00-12:00 PM EST
- Health Promotion – December 11, 11:00-12:00 PM EST

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Send information, comments or questions to:

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

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