

National Aeronautics and Space Administration  
Office of the Administrator  
Washington, DC 20546-0001



February 9, 2011

Vice Admiral Joseph W. Dyer, USN (Ret.)  
Chairman  
Aerospace Safety Advisory Panel  
National Aeronautics and Space Administration  
Washington, DC 20546

*Joe*  
Dear Admiral Dyer:

Enclosed is NASA's response to Recommendation 2010-04-01 from the 2010 Fourth Quarterly Meeting of the Aerospace Safety Advisory Panel (ASAP). Please do not hesitate to contact me if the ASAP would like further background on the information provided in the enclosure.

I look forward to receiving continued advice from the ASAP that results from your important fact-finding and quarterly meetings.

Sincerely,

*Charles F. Bolden, Jr.*  
*CF Bolden, Jr.*

Charles F. Bolden, Jr.  
Administrator

Enclosure

**ASAP Tracking Number 2010-04-01**  
**Workforce Wellness**

**Finding**

Over several mishap reporting reviews, the Panel has seen a preponderance of ergonomic-related injuries. A number of steps are being taken to improve ergonomic and human factors. Another effective countermeasure is the wellness of the workforce. To some extent, the ASAP has discussed ways of improving wellness. There are opportunities for encouraging workers to participate in an exercise regimen.

**Recommendation**

NASA should consider the alternatives that are available within the legal and personnel system and examine the best efficiencies to encourage a regular exercise regimen among the workforce.

**Rationale**

Exercise has been shown to be a positive factor in health and wellness. Wellness of the workforce can be an effective countermeasure to ergonomic-related injuries. Industry has found that exercise incentives can pay for themselves.

**NASA Response**

NASA agrees with this ASAP recommendation and rationale. NASA Occupational Health has started a specific fitness program as part of the larger overall "Healthier NASA" program. This program is aimed exclusively at getting our workforce moving as another way of improving overall health and preventing chronic disease. The program is entitled the "Walk to Wellness" campaign and is championed and tracked by our Health Promotion Committee which meets quarterly and has a designated representative from each Center. This effort will, in part, address ASAP 2010-04-01.

Additionally, NASA's wellness efforts have been benchmarked by the Office of Personnel Management and the Office of Management and Budget in the development of their "Wellness Works" campaign. NASA is in the planning stages to enhance our wellness program, leveraging the emphasis currently placed on wellness in the Federal Government at large. The Office of the Chief Health and Medical Officer is coordinating with the Office of Human Capital Management and the Office of the General Counsel to explore ways to emphasize the need for exercise and to facilitate time for exercise in the workforce. The rollout of our electronic health records system in February of 2011 should allow us to more accurately track health outcome metrics related to our fitness efforts in the coming years and to facilitate correlation with ergonomic-related injury rates.

Enclosure