



Healthy Nurse, Healthy Nation

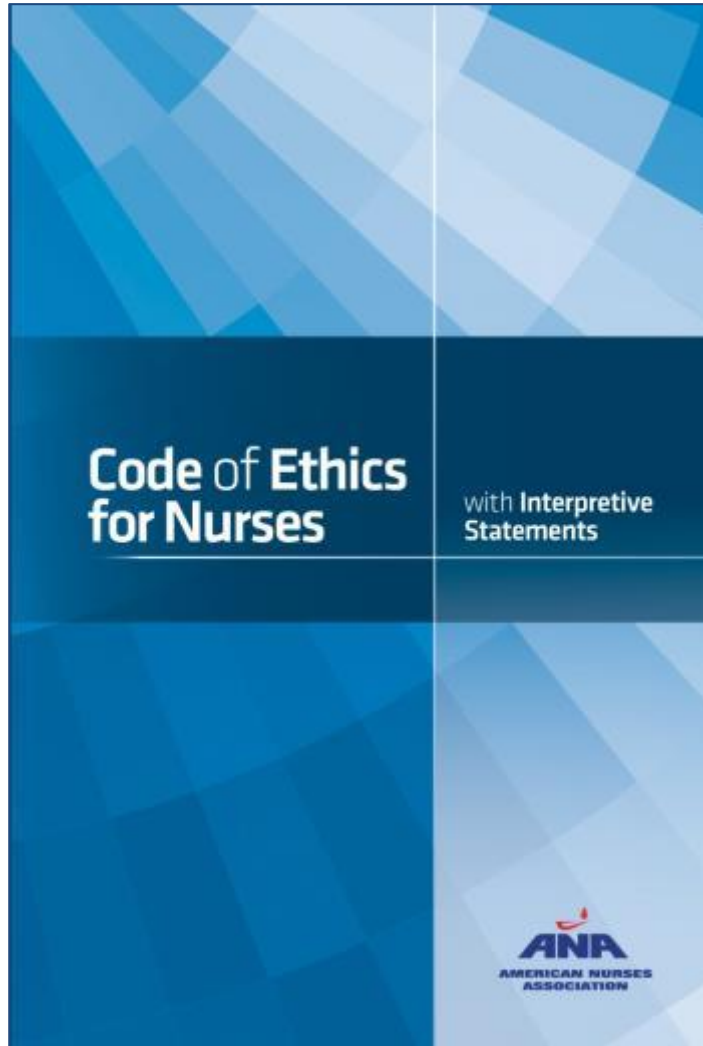
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ANA  ENTERPRISE



Learning Objectives

- Examine the **new data** on the status of nurse health, safety, and wellness
- Discuss data findings to explore their **relevance** to nurse educators and students and identify **solutions**
- Introduce HNHN and outline clear **calls to action**



“The nurse owes
the **SAME**
DUTIES
TO SELF as
others”

Nurses are Critical



HEALTHY NURSES



4M healthier Americans



More credible source of health information








Most trusted profession & health role models



More likely to educate & advocate

Our Nurses' Health is Suffering

	BMI	Sleep	Nutrition	Stress
NURSES	28	7.0 hours	14%	60%
Average American	26.6	7.8 hours	23%	29%

Body Mass Index: BMIs in the 25-29.9 range are classified as “overweight”
 Sleep: Number of hours of sleep in a 24-hour period
 Nutrition: % eating recommended servings of five fruits and vegetables daily
 Quality of Life: % reporting high levels of stress

The Healthy Nurse, Healthy Nation™ Survey

- Longitudinal research to improve nurse health
- 99 question electronic survey
- Modified from past ANA survey instruments
- Comparable to existing national data
- IRB-approved



THE GOOD NEWS:
Nurses are safer, report feeling more valued



NURSES REPORT:

- **Feeling stressed**
- **Unmanageable workloads**
- **Coming early, staying late**
- **Working through breaks**
- **Feeling obligated to work when sick and injured**

T

Students and Educators

Topic of Concern	Students	Educators	All
Stress	69%	82%	60%
Lifting/Repositioning	48%	21%	36%
Sharps Injuries	41%	17%	33%
Bullying	9%	22%	17%

Students: n= 1,968

Educators: n= 1,314

All: n=17,449

Students and Educators

Topic	Students	Educators	All
Access to Wellness Programs	42%	65%	60%
Participation in Programs	20%	43%	38%
Vigorous Exercise	32%	18%	22%

Students and Educators

Topic	Students	Educators	All
Fruit and Vegetables (5+)	6%	16%	14%
Texting & Driving	73%	54%	60%
Sleep (7+ hours)	63%	60%	58%

Top Active Diagnoses

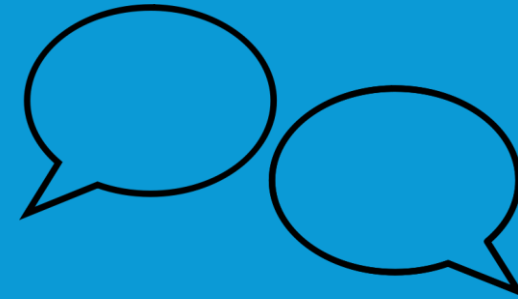
Students:

- Anxiety Disorder (26%)
- Depression (16%)
- Asthma (13%)

Educators:

- Hypertension (25%)
- Depression (17%)
- Low Back Pain (16%)

3 Minute Discussion



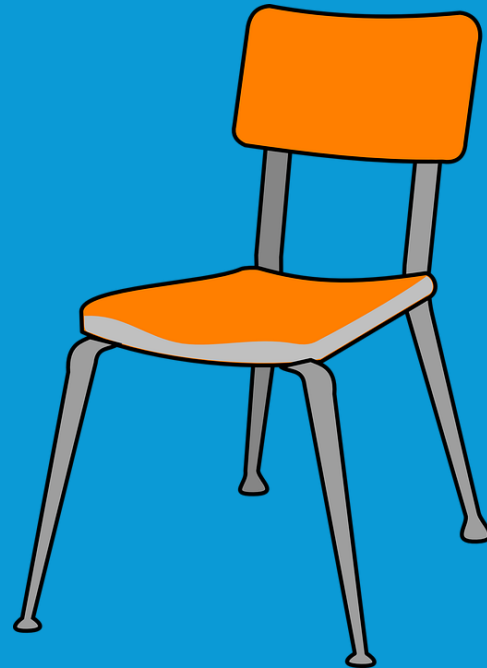
What do you think is the *biggest contributor* to stress among nurse educators? Among students?

What is *one strategy* to reduce stress that you've found helpful?



Breathe in...

3 Minute Chair Yoga



Healthy Nurse Healthy Nation Grand Challenge

Leading the Nation's Journey to Better Health

JOIN THE CHALLENGE

INDIVIDUALS

PARTNERS

Made possible in part by the generosity of the following



Our Vision

Improving the health of the nation by first improving the health of nurses

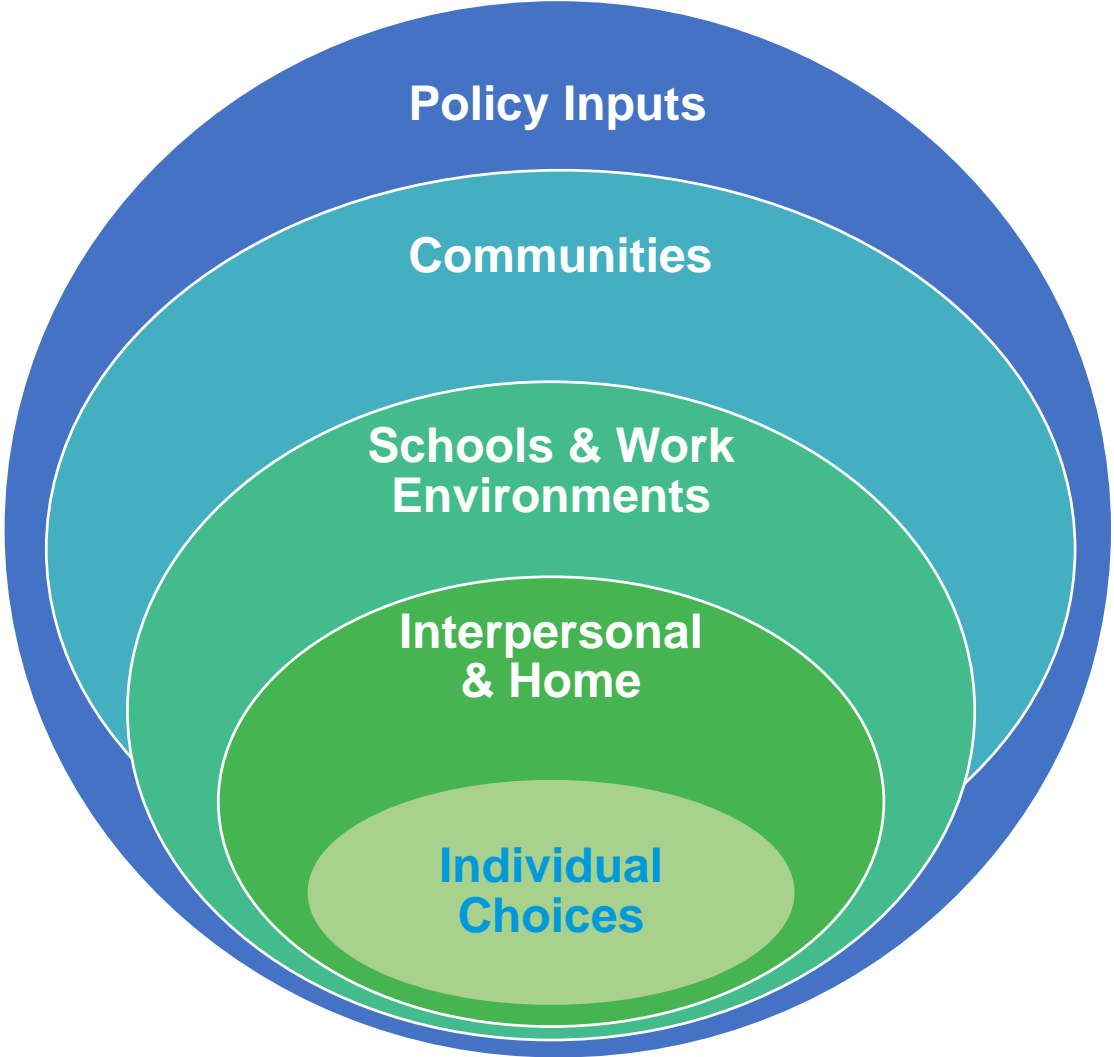


GRAND CHALLENGE

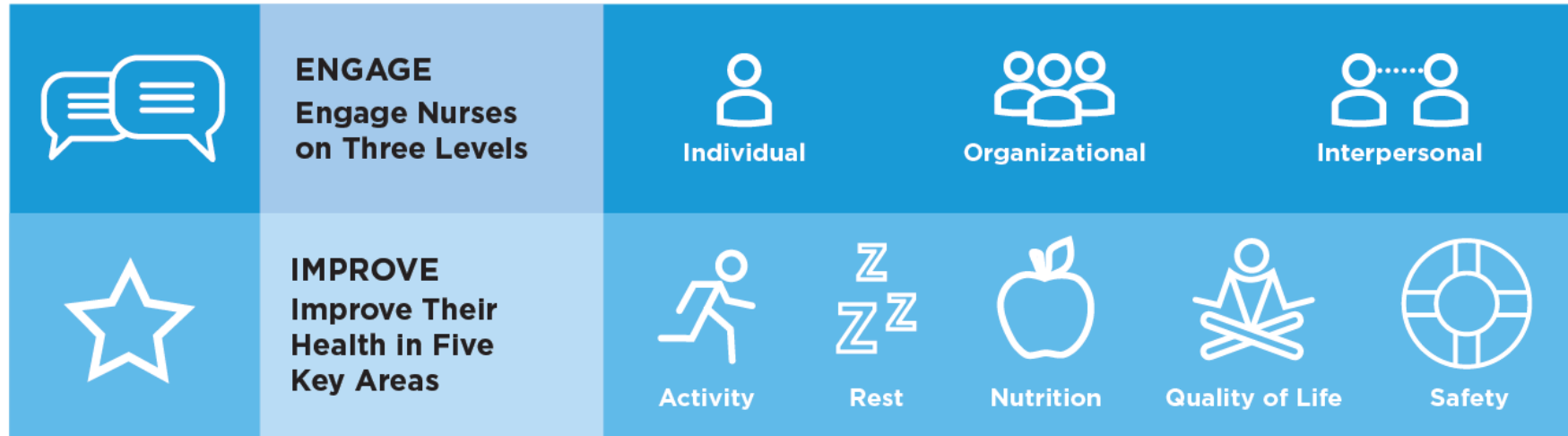
NOUN \ 'GRAND \ 'CHA-LƏNJ \

A bold, socially beneficial goal that successfully addresses a systemic and embedded problem through collaboration and joint leadership.

Socio-Ecological Model



Engagement Model



Our Community

- Nurses Engaged: 85,000
- Partners: 450
 - Schools of Nursing
 - Employers of Nurses
 - State and Specialty Nursing Associations
 - Health Care Organizations



Dashboard

Announcements



Join our next challenge: Healthy Sleep!

Getting in a quality night's rest is critical to improving our productivity and helps us prevent slip-ups. This challenge will help you get more and better quality sleep. Sign up today!

<< < 1 2 3 4 5 > >>

[more](#)

Recent Discussions

[Start A Discussion](#)

Recent Topics Popular Topics My Topics



Aieda Solomon posted [Power Up with Produce Challenge - Day 9 Tip - Consider hosting a plant-based potluck](#)

0 Replies

My Domains

- Quality Of Life
- Nutrition
- Physical Activity

Quick links

- [My Survey & Heatmap](#)
- [Events Calendar](#)
- [Restart Welcome Tour](#)
- [View Badge Library & Top Contributors](#)
- [Admin: Resources](#)
- [Resource Library](#)
- [Give Feedback](#)

2018 Challenges

<p>JANUARY</p> <p>Plant-Based Eating</p> 	<p>FEBRUARY</p> <p>Healthy Sleep</p> 	<p>MARCH</p> <p>Eat Less Sugar</p>  <p>Renew Humana Challenge</p> 	<p>APRIL</p> <p>Resiliency</p> 	<p>MAY</p> <p>5 Servings - 10 Days Fruits & Veggies</p> 	<p>JUNE</p> <p>Work-Life Balance</p> 
<p>APRIL</p> <p>JULY</p> <p>Physical Activity</p> <p>POWERED BY SUPPORT FROM Humana.</p> 	<p>MAY</p> <p>AUGUST</p> <p>Drink Water</p> 	<p>JUNE</p> <p>SEPTEMBER</p> <p>Mindfulness</p> 	<p>OCTOBER</p> <p>Choose Civility</p> 	<p>NOVEMBER</p> <p>Move More</p> <p>POWERED BY SUPPORT FROM Humana.</p> 	<p>DECEMBER</p> <p>Stress Relief</p> 

Healthy Nurse Survey: Heat Map



HealthyNurse™ Index



Survey & Heatmap

Below are your survey results. They are displayed in a heat map, reflected in the various domains by icons: Rest, Activity, Nutrition, Quality of life, and Safety.

Click on any box to view: The Survey Question, Your Answer, The Ideal Answer, The National Average(if available), Link to various references and Link to helpful resources on the question's topic. The legend below shows the scoring; green is your goal!

Legend:

High Risk. Medium Risk. Little to No Risk. Not Applicable/Not Answered.

HealthyNurse®
INDEX - [Learn More >>](#)



Levels of Engagement

	Champion	Collaborator	Connector
Organizations will:	X		
Make specific commitment and set metric(s) for success	X		
Submit quarterly progress reports to ANA	X		
Register and engage in web platform	X	X	
Share info about HNHN and encourage nurses to join	X	X	X
ANA will:			
Recognize partners on website	X	X	X
Feature success stories	X		
Share organization-specific survey data quarterly	X	X	

Partner Toolkit



ANA  ENTERPRISE

HEALTHYNURSE
HEALTHYNATION™

YOUR STORY, YOUR CHALLENGE,
YOUR SUCCESS

PROMOTIONAL TOOLKIT
www.hnhn.org

The cover features a photograph of a diverse group of people, including a woman in the foreground with her hand on another person's shoulder, suggesting support and community. The background is slightly blurred, showing other individuals in a similar setting.



Newsletters

- Sent Bi-Weekly
- Champion Spotlights
- Pre-Drafted Language
- Data Highlights
- Healthcare News



HNHN Wins National Award!

On June 22, 2018, ANA Enterprise achieved ASAE's Power of A Silver Award, recognizing HNHN and its contribution in enriching lives.

Read more about this exciting recognition [here](#).



[Memorial Community Hospital & Health System \(MCHHS\)](#)
[PeaceHealth Sacred Heart Medical Center](#)
[Upstate Medical University](#)
[Valley View Hospital](#)

Champion Spotlight

This week, we are pleased to shine the HNHN Champion Spotlight on Holy Name Medical Center.

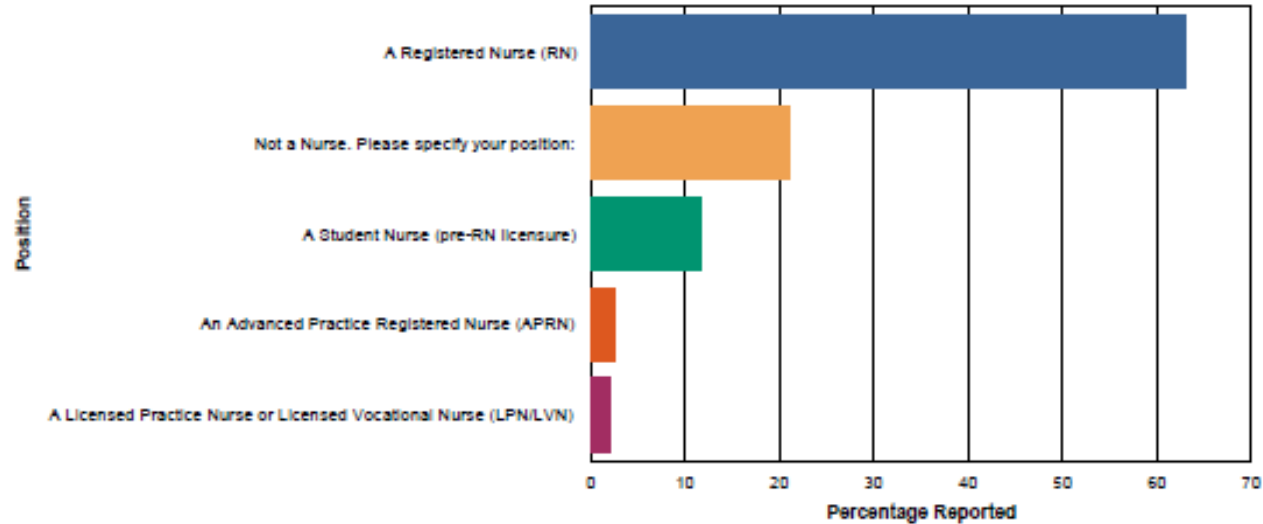
Hosting multiple challenges, an annual Walk for Mom, on-site weight loss groups, and more, this organization takes employee wellness to new heights.



Data Reports

Healthy Nurse Healthy Nation Partner Quarterly Report [Your Organization Name Here]

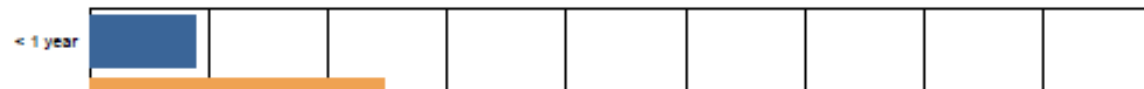
What is your Work Position?



Answer Choices	Responded	Count
A Registered Nurse (RN)	63.07%	234
Not a Nurse. Please specify your position:	21.02%	78
A Student Nurse (pre-RN licensure)	11.59%	43
An Advanced Practice Registered Nurse (APRN)	2.43%	9
A Licensed Practice Nurse or Licensed Vocational Nurse (LPN/LVN)	1.89%	7

Total Unique Respondents: 371

How many years have you worked as a nurse?



Annual Report

**HEALTHY NURSE
HEALTHY NATION**
leading the way to better health

**Year One Highlights
2017-2018**

ANA ENTERPRISE
This report is made possible in part by **stryker**

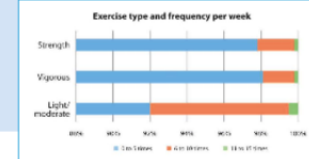
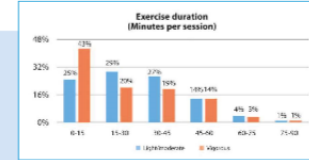
Healthy Nurse, Healthy Nation™

Physical activity

Data points

Results from the HealthyNurse® Survey show that exercise tends to be accomplished in shorter, more moderate sessions.

- In all, 19% report **not engaging in any** light to moderate aerobic activity weekly and about half report **never** engaging in vigorous activity (45%) or in weightlifting/strengthening exercises (46%).
- Access to exercise facilities in the workplace is limited to about 40% of respondents.
- Moderate exercise for about 30 minutes per session 6 to 10 times per week is the most common practice for younger nurses.



Tips for bolstering physical activity

- Sneak fitness into your day by taking the steps instead of the elevator, parking farther away from work (be sure it's in a safe area), and using a lightweight resistance band during work breaks.
- Substitute solutions for excuses. For example, if you're injured, don't stop exercising completely; just focus on techniques that avoid the injured area.
- Join a challenge such as Step It Up in 10 (days).
- If the gym scene isn't for you, read what others are saying about fun ways to boost activity.
- Learn how you can overcome the winter blues and keep your activity level high.
- Get inspired by checking out physical activity commitment photos.

Learn more by joining HNNH at hnhn.org.

Success stories

Several healthcare facilities have nurse hiking/walking groups that meet outside of the workplace. Here is a Facebook post from one such group:

"We had 10 for our monthly hike yesterday. Our group keeps growing and so does the intensity and length of our hikes... 6 miles!"

#healthynurse Spotlight

"In the course of my fitness journey, I was able to shed the last 13 sticky pounds and decrease my body fat by 13%. I have enough energy to fulfill my work and family obligations and finish the day with either a run or an intense exercise most days of the week. Just a couple of weeks ago, I completed my first



official 10K run and placed 4th in my age group. I feel happier, less stressed, and more physically fit now compared to when I was a teenager. Amazing, right? I started sharing my Journey and my non-scale victories in social media and noticed that several people resonated with it and sought me out. So, I started coaching others on how to embark on their own lifestyle change. It has been one of the most rewarding experiences in my nursing career—being part of someone's transformation so they can find the best versions of themselves."



— Julie David, MSN, ARNP, ANP-BC

Learn how Julie accomplished her results at engage.healthynursehealthynation.org/blogs/13/1161.

Stepping up for health

Pennsylvania State College of Nursing, a Healthy Nurse, Healthy Nation™ (HNNH) Champion, sponsors a Step Challenge, which encourages students and faculty to walk a minimum of 10,000 steps per day. To keep everyone motivated and moving in the right direction, team coaches at each campus recruit and support participants for HNNH and step challenges. The team coaches are student leaders and faculty who have volunteered to serve in this role.

Read more about Penn State's efforts at engage.healthynursehealthynation.org/blogs/24/1205.



**American Association
of Colleges of Nursing**
Celebrating 50 Years as the
Voice of Academic Nursing

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AACN Partners with ANA Enterprise to Launch Student Ambassador Program

Published January 22, 2019



WASHINGTON, D.C., January 22, 2019 – The American Association of Colleges of Nursing (AACN) is pleased to announce a partnership with the ANA Enterprise to launch a student ambassador program as part of the Healthy Nurse, Healthy Nation™ (HNN) Grand Challenge. AACN, as a HNN Catalyst Partner, will work with ANA Enterprise to drive nursing student participation in HNN and expand efforts to improve the health of nurses.

HNN, an ANA Enterprise initiative, is a nationwide movement designed to transform the health of the nation by improving the health of America's 4 million registered nurses in five key areas: physical activity, rest, nutrition, quality of life, and safety.



Exemplars

- Strategic plan
 - Informed by wellness survey
- Received mini-grant
 - Focus on mental health and physical activity
- Formed wellness committee
- Focus on well-being during orientation
- HNHN in curriculum



Exemplars

- Strategic plan
- Involvement of student and faculty
- Spring Step challenge
 - o Incentives, Team Coaches
 - o Incorporation in DNP leadership course
- Health and wellness programs
 - o Lunchtime yoga, back safety, nutrition



PennState
College of Nursing



Exemplars

- Nine dimensions of wellness
- Wellness Innovators
 - o Lead several events
- Provides seminars
- Online resources
- Final exam stress-relief centers
 - o Adult coloring, pet therapy, healthy snacks



THE OHIO STATE UNIVERSITY
COLLEGE OF NURSING



Source: [OSU.edu: Wellness Innovators](https://osu.edu/wellness-innovators)

Recommended Resources

- [Healthy Nurse, Healthy Nation](#)
 - o Individual and organization exemplars
 - o Resource Library
- ANA's [Call to Action](#) on Moral Resilience
 - o Promising Practices Toolkit
- [National Academy of Medicine Collaborative](#)
 - o Clinician Well-Being Knowledge Hub

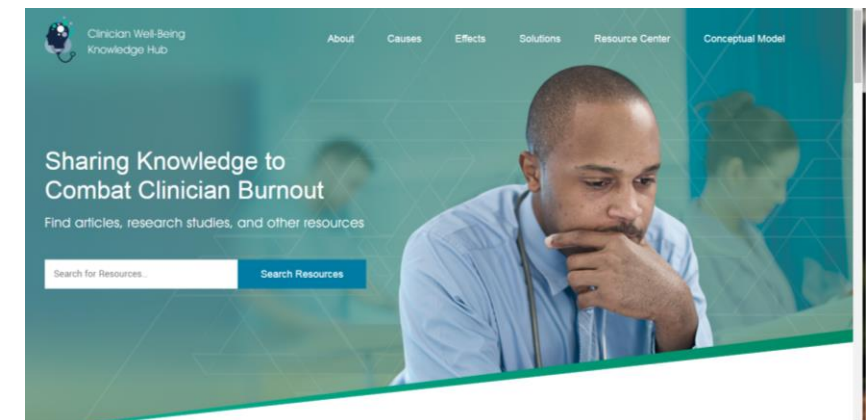


PROMISING PRACTICES

The American Nurses Association Center for Ethics and Human Rights convened a Professional Issues Panel with an Advisory Board to explore promising solutions to build individual and organizational capacities to address the detrimental impact of moral distress and other forms of moral suffering. "Promising practices" does not imply endorsement. Its rather acknowledges various current methods of interventions that have not yet been studied or published in the literature. Individuals and organizations are encouraged to do their own evaluation to determine appropriateness.

Promising Practices to Optimize Individual Moral Resilience and Organizational Responsibilities to Create a Culture of Ethical Practice

Media Type	Year	Title & Author(s)	Web Address	Description
Program Website	2022	University of Virginia School of Nursing Compassionate Care Initiative (CCI)	https://nursing.org/programs	The purpose of the CCI is to cultivate a compassionate environment through educational programs. The vision is to have safe and high-functioning health care environments with happy and healthy professionals caring for others with heart and humanity. The program fosters resilience in the process of teaching compassion, including a guide to the documentary video Resilient Nurses. University of Virginia, 2022. School of Nursing/Compassionate Care Initiative. Retrieved from https://nursing.org/programs
Program	2016	Johns Hopkins University School of Nursing & Johns Hopkins Hospital Medical Clinical Practice and Research Academy		This six-session program focuses on building moral resilience in nurses. The goals are to: 1) apply moral practices to ethical issues in clinical practice; 2) demonstrate and evaluate competence by applying tools and skills to ethical issues in clinical practice; and 3) cultivate resilience in response to ethical challenges and moral suffering including moral distress. Goals in resilience, moral discernment and analysis, self-regulation, communication, and principled action are fostered through experiential, didactic, and high-fidelity simulation methods.
Article	2014	Clinical Resilience Program for Nurses (CRPN)		The CRPN was developed to strengthen moral agency and provide clinical ethics competence through didactic learning, simulation and role-play, and clinical mentorship over a nine-month period. <i>Worthington, E. M., Lee, A. M., Johnson, A., Lippitt, M., Frost, D., & Davis, M. (2014). Promising practices: Clinical ethics education for nurses. American Journal of Nursing, 114(12), 22-28.</i>
Program Website	2017	George Washington University School of Nursing Professional Well-Being Website	https://nursing.gwu.edu/well-being	This program of nine seminars is designed to develop knowledge and skills to help nursing students cope with stress and adversity in a healthy and proactive manner.
Program Website	2013	Lee Memorial Health Journey to Resilience	http://www.healthjourney.org/via	Professional development seminar designed to focus on a health care provider's individual journey to empowerment, self-efficacy, emotional intelligence, spiritual intelligence, and moral courage. <i>McCarthy, D. M. (2013). Using the journey to empowerment professional development seminar to enhance resilience in the workplace. Retrieved from http://www.healthjourney.org/via/index.html#tab=about&id=1&category=2&article_id=1</i>
Program	2014	Henry Health Care May's Thirty Health Care for the Spirit		With the support of our oncology social worker and chaplain, a safe environment established for nurses to process difficult and traumatic events through identifying and reducing self-blame and feelings with others who understand the occupational environment. The for the Spirit is led by social work and chaplaincy as an open forum where use of reflection and self-care are discussed for maintenance of nurses' emotional health and resilience. Nurses report improved sleep, ability, less fatigue, and greater capacity for compassion.



My Favorite Tools for Personal Well-Being

Physical Activity:

- Yoga Videos (Examples: [Yoga at Your Desk](#), [Nighttime Yoga](#))
- High Intensity Workouts (Examples: [PopSugar](#), [Brianna Christine](#))

Nutrition:

- Books on Healthy Eating (Examples: [In Defense of Food](#) & [What the Heck Should I Eat?](#) Food blogs: [Detoxinista](#), [BudgetBytes](#), [Minimalist Baker](#))

Quality of Life & Rest:

- Guided Meditations (Example: UCLA's [meditation series](#))
- Mindfulness (Examples: [The Power of Now](#) & [10% Happier](#) Podcast)
- Gratitude Practice (Example: [HappyFeed](#))
- Breathing Exercises ([Breathing Gifs](#) [Alternate Nostril Breathing](#))

“The Healthy Nurse, Healthy Nation initiative helped me take the guilt out of that bathroom break or snack I’d been dying to have. This initiative reminded me that caring for my patients did not mean neglect of self.”

Jenelle - Baltimore, Maryland



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Questions?

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