



# Healthy Nurse, Healthy Nation

Jaime Murphy Dawson, MPH  
Director, Program Operations  
Healthy Nurse, Healthy Nation & Innovation  
American Nurses Association  
[jaime.dawson@ana.org](mailto:jaime.dawson@ana.org)  
(301) 628-6130

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 identify **solutions**
- Introduce HNHN and outline clear **calls to action**

# 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
<b>NURSES</b>	<b>28</b>	<b>7.0 hours</b>	<b>14%</b>	<b>60%</b>
<b>Average American</b>	<b>26.6</b>	<b>7.8 hours</b>	<b>23%</b>	<b>29%</b>

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
- Modified questions from ANA's HRA (2013-2016)
- 99 question electronic survey
- Comparable to existing national data
- Beta-tested
- IRB-Approved

# Data Analysis

- May 2017 – May 2018
- 9117 participants nationally
- 95% women
- 75% RNs
- 47% have between 3 and 20 years' experience



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



# **NURSES REPORT:**

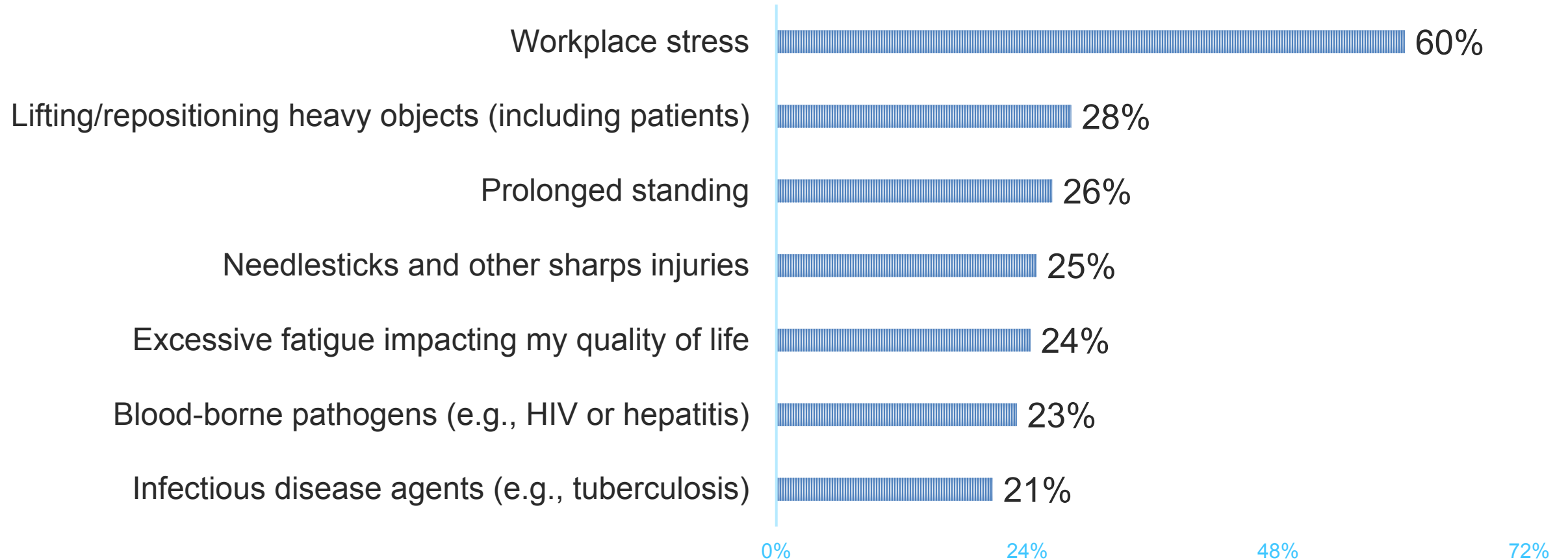
- **Feeling stressed**
- **Unmanageable workloads**
- **Coming early, staying late**
- **Working through breaks**
- **Feeling obligated to work when sick and injured**

T



# Healthy Nurse Survey Highlights

## SAFETY RISKS ON THE JOB



**14%** of nurses have fallen asleep while driving in the last 30 days



45%



21%



39%



One in seven nurses report eating 5+ servings of fruits and vegetables daily.





Four out of ten nurses do not get the social support they need.



One in four nurses reports being sad, down,  
or depressed for more than two weeks in a  
row.

# Students and Educators

Topic	Students	Educators	All
Stress	<b>69%</b>	<b>82%</b>	60%
Injuries from Lifting	<b>48%</b>	21%	36%
Sharps Injuries	<b>41%</b>	17%	33%
Bullying	9%	<b>22%</b>	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+)	<b>6%</b>	16%	14%
Texting & Driving	<b>73%</b>	54%	60%
Sleep (7+ hours)	<b>63%</b>	60%	58%

# Top Active Diagnoses

## Students:

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

## Educators:

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

# Breathe, Discuss, Stretch



# 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

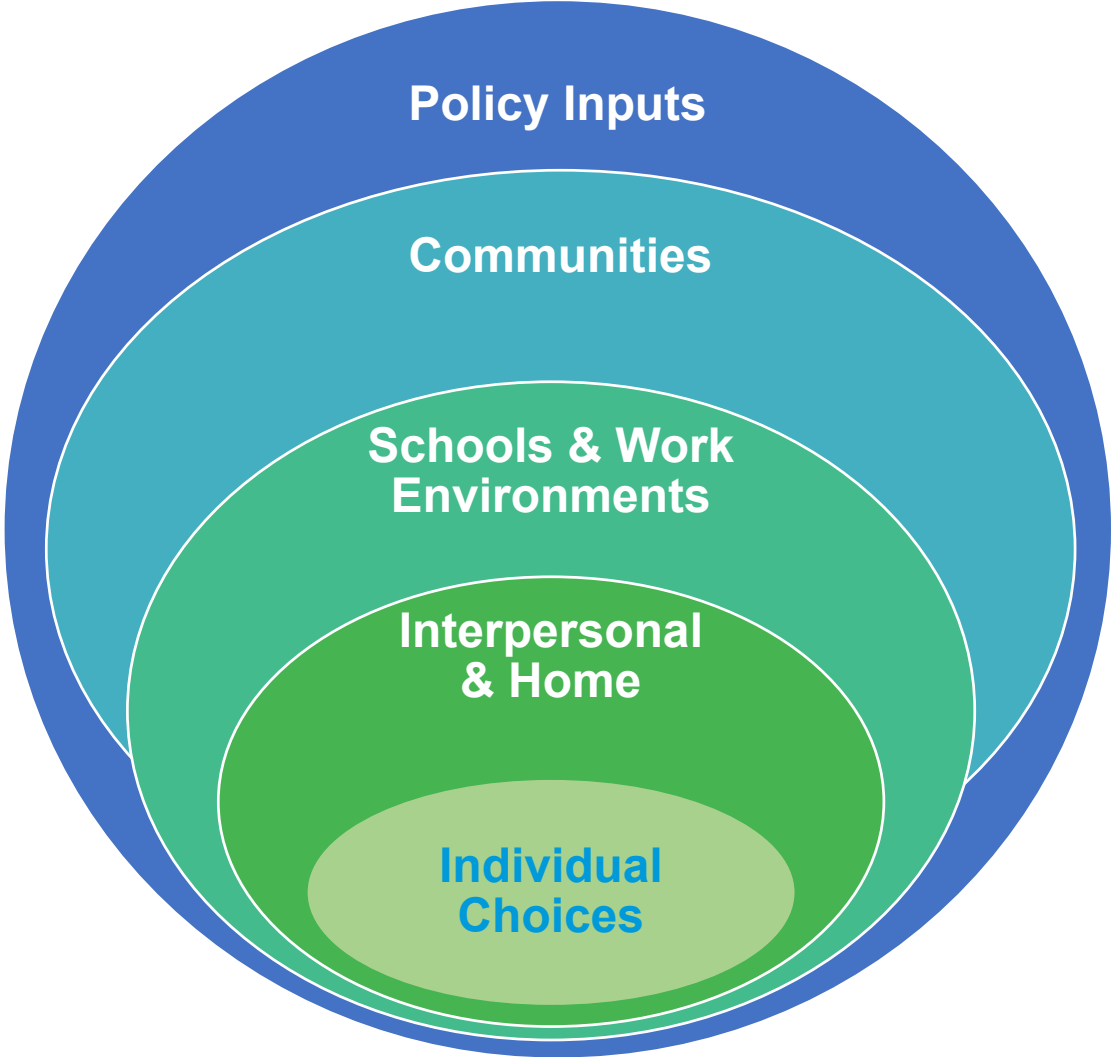


# GRAND CHALLENGE

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: 70,000+
- Partners: 425
  - Schools of Nursing
  - 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

JANUARY

Plant-Based Eating



FEBRUARY

Healthy Sleep



MARCH

Eat Less Sugar



APRIL

Resiliency



MAY

5 Servings - 10 Days  
Fruits & Veggies



JUNE

Work-Life Balance



JULY

Physical Activity



AUGUST

Drink Water



SEPTEMBER

Mindfulness



OCTOBER

Choose Civility



NOVEMBER

Move More



DECEMBER

Stress Relief



# 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
<b>Organizations will:</b>	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
<b>ANA will:</b>			
Recognize partners on website	X	X	X
Feature success stories	X		
Share organization-specific survey data quarterly	X	X	

# Partner Toolkit

A promotional toolkit cover featuring a group of diverse women in a fitness studio. The main text reads "ANA ENTERPRISE HEALTHYNURSE HEALTHYNATION™" and "YOUR STORY, YOUR CHALLENGE, YOUR SUCCESS". At the bottom, it says "PROMOTIONAL TOOLKIT" and "www.hnhn.org".

ANA ENTERPRISE  
HEALTHYNURSE  
HEALTHYNATION™  
YOUR STORY, YOUR CHALLENGE,  
**YOUR SUCCESS**  
PROMOTIONAL TOOLKIT  
[www.hnhn.org](http://www.hnhn.org)



# 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.





# Champion Spotlights

[Dashboard](#)

[Take Action](#) ▼

[Health Domains](#) ▼

[Discussions](#)

[Blogs](#)

[Members](#) ▼



[Blog Home](#) >> [Champion Spotlight](#)



## University Of Texas At Austin School Of Nursing (UTSON)

This week, we are proud to shine the spotlight on the University of Texas at Austin School of Nursing (UTSON). UTSON is committed to providing faculty and students with an abundance of wellness opportunities, including yoga, walking groups, and of course, HHNN!



In 2015, staff from the Center for Transdisciplinary Collaborative Research in Self-Management Science (TCRSS) at UTSON conducted a wellness survey to gather feedback about which healthy living initiatives would meet the needs and interests of the UTSON employees and students. Our goal was to raise awareness about the ways nursing students, faculty and staff perceive their current health, and to identify health-promoting activities and

resources the SON community would like to access. It also provided a foundation, upon which to create an ongoing strategic plan for promoting health and wellness within our School.

As part of this initiative, in May 2016, UTSON applied for a HealthPoint mini-grant from the University and received \$1,500 to fund new activities to address concerns raised in the survey. More specifically, this mini grant focused on providing outlets to improve mental health and physical activity, in addition to raising awareness about

## Archives

[2019](#)

[January \(1\)](#)

[2018](#)

[December \(2\)](#)

[November \(2\)](#)

[October \(2\)](#)

[September \(1\)](#)

[August \(5\)](#)

[July \(1\)](#)

[June \(3\)](#)

[May \(2\)](#)

[April \(2\)](#)

[March \(5\)](#)

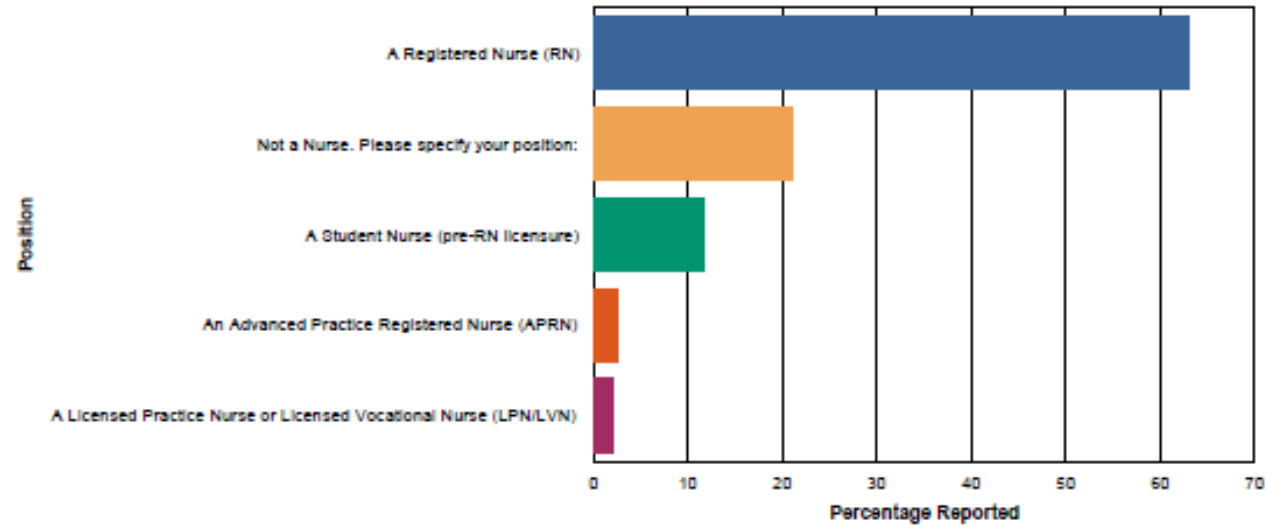
[February \(3\)](#)

[January \(1\)](#)

# 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**

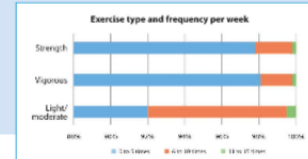
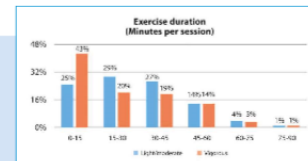
Healthy Nurse, Healthy Nation™

## 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](http://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](http://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](http://engage.healthynursehealthynation.org/blogs/24/1205).



*“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**



Get challenge tips!

text healthynurse  
to 52866



[hnhn.org](http://hnhn.org)

# References

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# QUESTIONS?

[jaime.dawson@ana.org](mailto:jaime.dawson@ana.org)  
301-628-5130