NIOSH 2nd International Symposium to Advance Total Worker Health

May 10, 2018
When Nurses are Healthy…

They are more likely to counsel patients about healthy behaviors

They are viewed as more credible by patients
Defining a “Healthy Nurse”

A “HEALTHY NURSE” is one who actively focuses on creating and maintaining a balance and synergy of PHYSICAL, INTELLECTUAL, EMOTIONAL, SOCIAL, SPIRITUAL, PERSONAL AND PROFESSIONAL WELLBEING.
# Healthy Nurse Survey Data

<table>
<thead>
<tr>
<th>Question/Category</th>
<th>National</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eat rec. fruits &amp; veggies</td>
<td>14%</td>
</tr>
<tr>
<td>Vigorous exercise weekly</td>
<td>44% say not at all</td>
</tr>
<tr>
<td>Rest 7-9 hours</td>
<td>59%</td>
</tr>
<tr>
<td>Drive while texting</td>
<td>60%</td>
</tr>
<tr>
<td>Received flu vaccine</td>
<td>92%</td>
</tr>
<tr>
<td>Bullied by peer in past year</td>
<td>30%</td>
</tr>
<tr>
<td>My employer values my health &amp; safety</td>
<td>76%</td>
</tr>
<tr>
<td>Access to worksite wellness programs</td>
<td>61%</td>
</tr>
<tr>
<td>Top active diagnosis</td>
<td>34% allergies</td>
</tr>
</tbody>
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Nurses are Critical

As the largest subset of workers in America’s health care system, nurses’ good health makes a meaningful difference!

- 4 million healthier Americans
- More credible source of health information
- As the most trusted profession, nurses are good health role models
- More likely to educate about and advocate for improved health with patients

HEALTHY NURSES

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What is a Grand Challenge?

A BOLD, SOCALLY BENEFICIAL GOAL THAT SUCCESSFULLY ADDRESSES A SYSTEMIC & EMBEDDED PROBLEM THROUGH COLLABORATION & JOINT LEADERSHIP

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WILL YOU ACCEPT THE CHALLENGE?

HEALTHY NURSE | HEALTHY NATION™

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Healthy Nurse, Healthy Nation: Empower

<table>
<thead>
<tr>
<th>ENGAGE</th>
<th>IMPROVE</th>
<th>CREATE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Engage Nurses on Three Levels</td>
<td>Improve Their Health in Five Key Areas</td>
<td>Create a Healthy Nurses Population...</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Individual</th>
<th>Organizational</th>
<th>Interpersonal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Activity</td>
<td>Rest</td>
<td>Safety</td>
</tr>
<tr>
<td>Nutrition</td>
<td>Quality of Life</td>
<td>Role Models of Health</td>
</tr>
<tr>
<td>A Healthier Workforce</td>
<td>Effective, Safe, Sustainable Health Care</td>
<td>Educators and Advocates for Health</td>
</tr>
</tbody>
</table>

... and in turn, A HEALTHY NATION!
Join

Baseline survey

Domain focus area selected:
physical activity – rest – nutrition – quality of life – safety

Engage RNS/social networking with other organizations/share data

Repeated survey/reported improvement in RN health

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Getting Started

HNHN.ORG
Take Survey, Get Results
Explore Results

In my current work environment, safety devices and protective equipment are available to me.

Response(s):
- Strongly Agree

Ideal Response(s):
- Strongly Agree or Agree are ideal responses. Research has shown that a strong safety climate may encourage the increased adoption of PPE. The percentage of nurses who used the specified PPE was two to three times greater among nurses who had a strong safety climate.

National Average:
In 2016, 87% of ANA surveyed nurses and nursing students replied that safety devices and protective equipment were available to them. Use of personal protective equipment (PPE) and safety medical devices is required for healthcare workers to reduce their risk of exposure to blood borne pathogens such as human immunodeficiency virus (HIV), hepatitis B virus (HBV), and hepatitis C virus (HCV).

Reference(s):

OSHA

Resource(s):
- Click here for Resource(s)
Make a Commitment

Bring my Lunch!
I am making a commitment to bring my own lunch to work 4 out of 5 days. When I bring my own lunch, I eat what I bring and I am not tempted to go down to the canteen where all the naughty sweets and diet coke are. Who wants to join me? Let's use this commitment to share ideas/recipes for lunches!

More Me Time
I'm making a commitment to take more time for myself. All day long, I take care of other people and put myself on the backburner. I will make sure I take time out of the day for myself, whether that is reading a book for 30 minutes that I have been wanting to get to or zoning out to music while I get dinner ready.

Posted by Heidi Rye in My Nutrition Commitment on 05/25/2017 01:55 PM

Posted by Valerie Tiu in My Quality of Life Commitment on 05/23/2017 06:09 AM
<table>
<thead>
<tr>
<th>Month</th>
<th>Challenge Themes for 2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>January</td>
<td>Keeping Your Resolutions</td>
</tr>
<tr>
<td>February</td>
<td>Resiliency</td>
</tr>
<tr>
<td>March</td>
<td>Healthy Weight</td>
</tr>
<tr>
<td>April</td>
<td>Physical Fitness</td>
</tr>
<tr>
<td>May</td>
<td>Nutrition for Optimal Wellness</td>
</tr>
<tr>
<td>June</td>
<td>Hydration</td>
</tr>
<tr>
<td>July</td>
<td>Civility</td>
</tr>
<tr>
<td>August</td>
<td>Safety</td>
</tr>
<tr>
<td>September</td>
<td>Stress Less</td>
</tr>
<tr>
<td>October</td>
<td>Healthy Sleep</td>
</tr>
<tr>
<td>November</td>
<td>Mental Health</td>
</tr>
<tr>
<td>December</td>
<td>Happiness</td>
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</table>
Overheard in the Community

“Engaging here has helped me too. Before June I was a 3,000 - 4,000 steps/day person then found a buddy when I was not even trying. Makes all the difference for me. Walking before going to work and then occasional breaks (desk job), I had steps to 7,500 and met my goal for a change. This challenge had me increase to a lofty 10,000 step goal and I have excelled that daily for the last 10 days! Thanks to HNHN for the inspiration and support!”
How Else Can YOU Participate?

- Blogs
- Contests
- Discussion boards
- Private Facebook group
- Resource Center
- Retake the survey annually to assess your progress
- Connect with other nurses

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## Levels of Engagement

<table>
<thead>
<tr>
<th></th>
<th>Champion</th>
<th>Collaborator</th>
<th>Connector</th>
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</thead>
<tbody>
<tr>
<td><strong>Organizations will:</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Make specific commitment and set metric(s) for success</td>
<td>X</td>
<td></td>
<td></td>
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<tr>
<td>Submit quarterly progress reports to ANA</td>
<td>X</td>
<td></td>
<td></td>
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<tr>
<td>Register and engage in web platform</td>
<td>X</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>Share info about HNHN and encourage nurses to join</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td><strong>ANA will:</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Recognize partners on website</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Feature success stories</td>
<td>X</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Share organization-specific survey data quarterly</td>
<td>X</td>
<td>X</td>
<td></td>
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</table>
# A Peek At Our Partners

**Premier Partners**

- American Holistic Nurses Association (AHNA)
- ANA California
- ANA Massachusetts
- APHON
- Aspen Mountain Medical Center
- Augusta University College of Nursing
- Aurora Health Care
- Bayhealth - Kent
- Bayhealth - Milford Memorial
- Baylor Scott & White College Station Medical Ctr.
- Care One at Oradel Health Care Center
- Children’s Center Rehabilitation Hospital
- Children’s Hospital Los Angeles
- Dana Farber Cancer Institute
- Florida Nurses Association
- Frontier Nursing University
- Guam Nurses Association
- Hospital of the University of Pennsylvania
- Indian Health Service
- IU Health North Hospital
- IU Health Saxony Hospital
- Kansas State Nurses Association
- KY Emergency Nurses Association Council
- Kentucky Nurses Association
- Legacy Health
- Long Island Jewish Valley Stream
- Maryland Nurses Association
- Mayo Clinic Arizona
- Murray State University School of Nursing
- National Association of Clinical Nurse Specialists
- National Association of Neonatal Nurses

**Partners**

- Academy of Neonatal Nursing
- Alabama State Nurses Association
- American Association of Neuroscience Nurses
- American Association of Nurse Anesthetists
- American Nephrology Nurses Association
- American Psychiatric Nurses Association
- American Sentinel University Nursing
- ANA - Individual Member Division (IMD)
- ANA - Michigan
- ANA - New York
- APIC
- Arkansas State University Mountain Home
- Association of periOperative Registered Nurses
- Assoc of Safe Patient Handling Professionals
- Banner Gateway Medical Center
- Bay Area Hospital
- Belton Regional Medical Center
- BirchTree Center for Healthcare Transformation
- Black Nurses Rock - Detroit, MI Chapter
- Carolina Partners in Mental Health Care
- Carolinas HealthCare System - Anson
- Casper College - Nursing
- Children's Hospital of the King's Daughters (CHIKD)
- Clayton State University School of Nursing
- Colorado Nurses Association
- Deans Professional Services
- DePaul University School of Nursing
- Dignity Health
- East Alabama Medical Center
- Florida Atlantic University Nursing School

**Friends**

- Academy of Medical-Surgical Nurses
- Alaska Children’s Heart Center
- American Academy of Ambulatory Care Nursing
- American Association of Diabetes Educators
- American Cancer Society
- American Council on Exercise
- American Indian Health Service of Chicago
- ANA - Illinois
- ANA - Vermont
- Apache County Public Health Services District
- Arizona Nurses Association
- Arizona Nurses Association - Chapter 2
- Armstrong State University School of Nursing
- Assoc. for Nursing Professional Development
- Banner Boswell Medical Center
- Bartlett Regional Hospital
- Blanca’s Wellness Network
- Blue Monarch Health
- Boston Medical Center
- Box Butte General Hospital
- Central Susquehanna LPN Career Center
- Central Texas VA Healthcare System
- Center Health Clinic
- CGH Medical Center
- Children’s Hospital of the King’s Daughters
- Clemson University School of Nursing
- Colorado Association of School Nurses
- Community Healthcare Network
- Coquille Valley Hospital
- Custom Nursing Solutions
- Dermatology Nurses’ Association

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Metrics

- Participants: 17,000 +
- Survey Participants: ~8,000
- # of Partners: 320 and counting
- Social Media: 31.8 million impressions

# HealthyNurse
Your HNHN Team!

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