

Presentation Title	Place in Schedule
Healthy Nurse, Healthy Nation Grand Challenge: An Overview	Concurrent Session 6.2 <i>Day 3 – Thursday</i> <i>May 10th, 2018</i> <i>4:05 – 5:30pm</i>
Description of Presentation	Presenter Name(s) And Credentials
<p>Nurses, through their education, practice, and certification, have the knowledge to model outstanding wellness. Yet in many health indicators, they lag behind the general US population. Consider the following:</p> <ul style="list-style-type: none"> • Eighty-two per cent of RNs/nursing students rate stress as their top work safety risk (ANA & ICG, 2016); compared to 36% of US workers feeling stressed at work (APA, 2011) • The average amount of sleep is 7 hours daily for RNs/nursing students (ANA & ICG, 2016); 8.79 hours for US civilians (BLS, 2017) • The average BMI is 27.6 for RNs/nursing students (overweight) (ANA & ICG, 2016); whereas a normal BMI should be 18.5-24.9 (NIH, n.d.) • Only 17% of RNs/nursing students eat the recommended 5 servings of fruits and vegetables daily (ANA & ICG, 2016) • Only 48% of RNs/nursing students perform muscle strengthening activities two or more days/week (ANA & ICG, 2016) <p>Research shows that when nurses are healthy, they are more likely to be perceived by their patients as credible. Additionally, healthy nurses are more apt to educate and counsel their patients on wellness strategies such as being more physically active or quitting tobacco. ANA Enterprise launched Healthy Nurse, Healthy Nation Grand Challenge on May 1, 2017 to improve the health of the nation by starting with the health of its 3.8 million registered nurses in five areas: activity, sleep, nutrition, quality of life, and safety. Grand challenges are bold, socially beneficial goals that successfully address a systemic and embedded problem through collaboration and joint leadership.</p>	<p>Holly Carpenter <i>American Nurses Association</i></p>

The HNHN GC broadly connects and engages individual nurses and partner organizations to take action within five health and wellness domains and provides a web platform to inspire action, cultivate friendly competition, provide content and resources to nurses, gather data, and connect nurses with each other, with employers, and organizations.

The presentation will define a healthy nurse and the five constructs that uphold the definition.

Aggregated, de-identified data from the HNHN GC will be examined. Finally, the HNHN GC and its metrics for success will be discussed.