



Healthy Nurse Healthy Nation-NJ

2017 THE YEAR OF THE HEALTHY NURSE

Do you want to eat healthier, be more active, get better sleep, and have more joy? This is your year! The American Nurses Association (ANA) has designated 2017 as the “Year of the Healthy Nurse in recognition of the impact that increased nurse health, safety, and wellness has on patient outcomes, quality of care, and overall nurse satisfaction and quality of life.” The ANA 2016 Health Risk Appraisal shows alarming trends for registered nurses (RNs) and nursing students:

- An average BMI of 27.6 (overweight)
- 12% have nodded off while driving in the past month
- Only 16% eat the recommended daily amount of fruits and vegetables
- Less than half perform the recommended quantity and time of muscle-strengthening exercises (ICG & ANA, 2016)

Thus, the vision of Healthy Nurse Healthy Nation is to increase the health of the United States’ 3.6 million RNs, thereby impacting and improving the health of the nation. And the goal of Healthy Nurse Healthy Nation - New Jersey (HNHN-NJ) is to improve the Quality of Life: Mind, Body and Spirit of New Jersey nurses. So join HNHN-NJ by taking the pledge:

Throughout the remainder of 2017, I pledge to participate in the Healthy Nurse Healthy Nation – NJ (HNHN-NJ) initiative by doing the following:

- *Making one specific goal to improve my Quality of Life: Mind, Body and Spirit*
- *Reading the weekly HNHN-NJ emails*
- *Responding to the monthly HNHN-NJ survey*

Full Name* (required)

Email Address* (required)

Tell us about your pledge (optional)

NJ Nurses post photos of yourself taking Healthy Actions. Post your HEALTHY NURSE photos on Facebook and Twitter #FitNurseFriday #HealthyNurse @NJNurses

Visit www.nursingworld.org/2017-Year-of-Healthy-Nurse today for more information!