



# 2017: YEAR OF THE HEALTHY NURSE

*Balance your life for a healthier you.*

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, American Nurses Association (ANA) has designated 2017 as the “Year of the Healthy Nurse” with the tagline of “Balance your life for a healthier you.” Each month will highlight various health, safety, and wellness topics important not only to nurses, but to their co-workers, families, patients, and the communities in which they live, work, and play. Nurses struggle with multiple health, safety, and wellness challenges. ANA’s 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)

RNs continue to rate workplace stress as a hazardous occupational risk well above the national average (ICG & ANA, 2016). Yet nurses’ very calling, professionalism, and strong sense of ethics demand that they become better role models, advocates, and educators.

2017 brings a focus on the Year of the Healthy Nurse, and will include the launch of the Healthy Nurse, Healthy Nation™ Grand Challenge (HNHN GC) and the continuation of #FitNurseFriday. ANA’s HNHN GC is a sweeping social movement to increase the health of the United States’ 3.6 million RNs, thereby impacting and improving the health of the nation. HNHN GC focuses on five fundamental indicators of wellness: rest, nutrition, physical activity, quality of life, and safety. These five wellness indicators are incorporated into ANA’s Year of the Healthy Nurse topics to ensure RNs receive cohesive messaging and assistance on their journey toward their best health ever!

## What you can expect from ANA

**Year of the Healthy Nurse resources will include:**

- Sharable social media graphics, logo, tweets, and Facebook posts
- Dedicated “Year of the Healthy Nurse” nursingworld.org webpages filled with resources and events and updated monthly
- ANA member messaging
- Toolkit for 2017 National Nurses Week (May 6–12)
- Thematic articles throughout the year in ANA’s periodical, *American Nurse Today*
- Multiple Navigate Nursing webinars related to the Year of the Healthy Nurse

Visit [www.nursingworld.org/2017-Year-of-Healthy-Nurse](http://www.nursingworld.org/2017-Year-of-Healthy-Nurse) today for more information!

Reference:

Insight Consulting Group (ICG) & American Nurses Association (ANA), (2016). Health risk appraisal exploratory data analysis: November 30, 2016. (PowerPoint slides).

# 2017



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**HEALTHY NURSE**  
BALANCE YOUR LIFE FOR A HEALTHIER YOU

## YEAR OF THE HEALTHY NURSE CALENDAR

MONTH	TOPIC
<i>January</i>	<ul style="list-style-type: none"> <li>• Worksite Wellness</li> </ul>
<i>February</i>	<ul style="list-style-type: none"> <li>• Cardiovascular Health</li> </ul>
<i>March</i>	<ul style="list-style-type: none"> <li>• Nutrition</li> </ul>
<i>April</i>	<ul style="list-style-type: none"> <li>• Combatting Stress</li> </ul>
<i>May</i>	<ul style="list-style-type: none"> <li>• Women's Health</li> <li>• National Fitness and Sports Month</li> </ul>
<i>June</i>	<ul style="list-style-type: none"> <li>• Men's Health</li> <li>• Cancer Awareness</li> <li>• Skin Health</li> </ul>
<i>July</i>	<ul style="list-style-type: none"> <li>• Healthy Sleep</li> </ul>
<i>August</i>	<ul style="list-style-type: none"> <li>• Happiness</li> </ul>
<i>September</i>	<ul style="list-style-type: none"> <li>• Recovery</li> <li>• Work-Life Balance</li> </ul>
<i>October</i>	<ul style="list-style-type: none"> <li>• Infection Control</li> <li>• Immunizations</li> <li>• Moral Resilience/Moral Distress</li> </ul>
<i>November</i>	<ul style="list-style-type: none"> <li>• Mental Health</li> <li>• Wellness</li> </ul>
<i>December</i>	<ul style="list-style-type: none"> <li>• Healthy Eating/Healthy Holidays</li> </ul>