EXECUTIVE SUMMARY

American Nurses Association Health Risk Appraisal

HEALTH | SAFETY | WELLNESS

ANA
AMERICAN NURSES ASSOCIATION

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This report contains highlights and key findings from the **American Nurses Association's (ANA) Health Risk Appraisal (HRA)**. It is a brief summary of statistical analyses of registered nurse and student nurse respondents' data received between October 2013 and October 2016 for a total of 10,688 completed survey responses. All invalid responses were removed. The HRA closed in December of 2016.

BACKGROUND

Among ANA's top goals are promoting a safe and ethical work environment, ensuring optimal nurse staffing for safe and high-quality patient care, and improving the health and wellness of nurses. Substantive research studies that address the multitude of unique health, safety, and wellness risks that registered nurses and nursing students face are limited. While general population health and wellness data and gender-specific data such as those found in the Harvard Nurses' Health Study are accessible, registered nurse and student nurse-specific health and wellness studies are not readily available.

The HRA, an online interactive health-focused survey, was developed as a collaborative initiative between ANA and Pfizer Inc to address this gap in nursing data. ANA had four main goals in developing the HRA:

• Respondents would identify personal and professional role-related health, safety, and wellness risks.
• Respondents would compare their individual results to known national averages and ideal standards.
• Respondents would link to an interactive web wellness portal to access further information and resources.
• Respondents' results would build a nurse-specific personal and occupational health risk and prevalence aggregated database.

To meet these goals, ANA conducted a review of the literature, consulted with subject matter experts, and engaged a research group to develop the survey questions and metrics. The national averages and ideal standards used as comparison data came from evidence-based sources, including Healthy People 2020, the Behavioral Risk Factor Surveillance System, National Health and Nutrition Examination Survey, and Health Indicators Warehouse.

> The HRA was divided into three categories:
> 1. Demographics,
> 2. Healthy Work Environment, and
> 3. Health/safety/wellness

i For more than three years, **ANA** promoted the **HRA** through mass communications, nursing literature, and at nursing conferences. By the time the **HRA** finally closed in December of 2016, **more than 14,000 registered nurses and nursing students** had taken it.

KEY FINDINGS
DEMOGRAPHICS OF THE RESPONDENTS
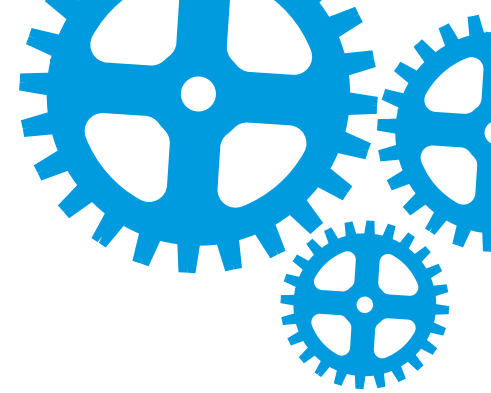
REGISTERED NURSE STATUS
82% were registered nurses, **17%** were nursing students

GENDER
92% were female, **8%** were male

TOP EMPLOYMENT STATUS
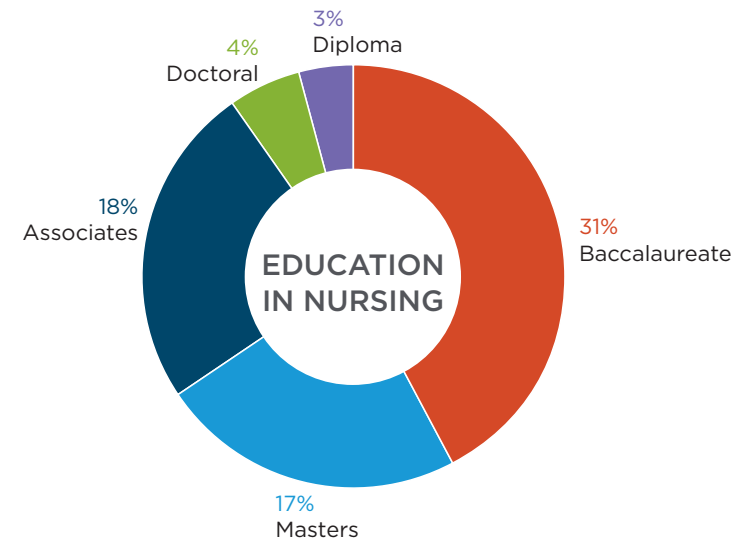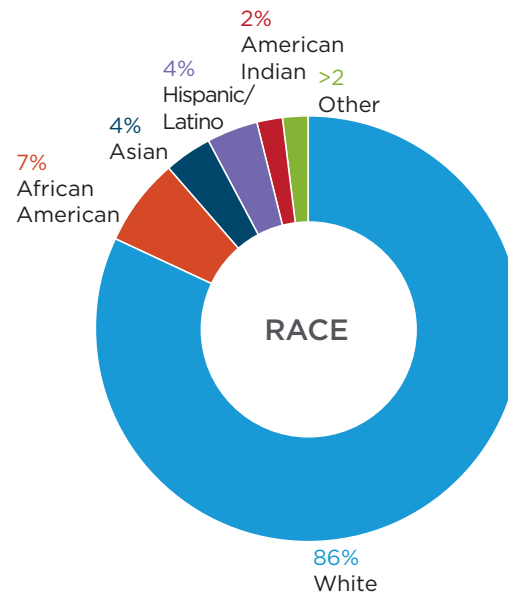**80%** were actively employed in nursing

MARITAL STATUS
60% were married or in a domestic partnership

TOP PERCENTAGE OF YEARS AS A REGISTERED NURSE
19% were in their first 1-5 years

RACE
- 86% White
- 7% African American
- 4% Asian
- 4% Hispanic/Latino
- 2% American Indian
- >2 Other

EDUCATION IN NURSING
- 31% Baccalaureate
- 18% Associates
- 17% Masters
- 4% Doctoral
- 3% Diploma

TOP LISTED WORK SETTINGS
- 22% worked in a hospital
- 18% in acute care
- 13% in academia

# HEALTHY WORK ENVIRONMENT \ Occupational Safety

90%
responded that they are familiar with their workplace's written safety guidelines and policies

80% felt that their employer valued their health and safety

78% felt treated with dignity and respect

68% put their patients' health, safety, and wellness before their own

Workplace stress was identified as the top work environment health and safety risk
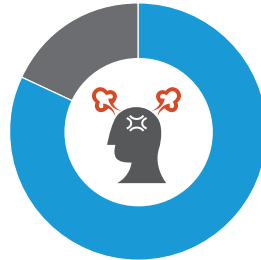
82% said they are at a "significant level of risk for workplace stress"

45% of respondents ranked lifting/repositioning of heavy objects as a significant health and safety risk for nurses

73% had access to safe patient handling and mobility technology

Only **51%** used that technology every time they transferred or moved a patient

51%
reported experiencing musculoskeletal pain at work

1/2 About half of the respondents had been bullied in some manner in the workplace

59% of respondents reported that they worked 10 hours or longer daily

25% **9%**
25% had been physically assaulted at work by a patient or patient's family member; 9% were concerned for their physical safety at work

56-57% reported often coming in early and/or staying late and working through their breaks to accomplish their work
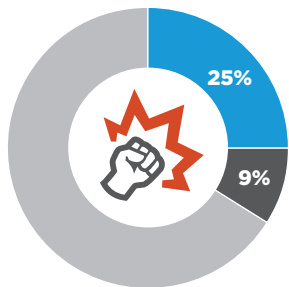
33% said they had often been assigned a higher workload than that with which they were comfortable

93% reported access to sharps safety devices

86% used these safety devices all the time

30% were involved in their selection and evaluation

Worksite Wellness

- **86%** reported that their place of employment is tobacco free

- **67%** had access to worksite wellness health promotion programs

- **56%** indicated they had access to healthy foods such as fruits, vegetables, or whole grains during their work hours

HEALTH/SAFETY/WELLNESS

HEALTH

- 89% responded affirmatively to "Do you feel well today?"
- About three-quarters received routine checkups and dental care within the past year
- 91% received the seasonal flu vaccine in the past 12 months
- 43% of those that qualified for the pneumococcal vaccine received it
- The average body mass index (BMI) for respondents was 27.6, which was in the "overweight" category
- Allergies (44%) and lower back pain (31%) were the most commonly diagnosed medical conditions among respondents
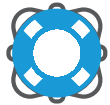
SAFETY

- 88% used sunscreen with SPF 15 or higher
- About 11% had used an artificial UV light to tan in the past year
- Talking on the phone was the most frequently identified distracted driving behavior

WELLNESS

- Only 16% ate five or more servings of fruits or vegetables per day, and 35% ate 3 or more whole grain servings
- 48% of respondents did muscle strengthening activities two or more days per week
- 58% went out to eat two or fewer times a week
- 85% drank 35 ounces or less of sugar-sweetened beverages weekly
- 94% did not smoke cigarettes at all, and of those who did smoke, 56% were actively trying to quit
- On average, respondents slept seven hours in a 24-hour period

CONCLUSION

Nurses and nursing students face unique hazards in the workplace and multiple health, safety, and wellness risks in their personal lives.

The results of the HRA show there is room for improvement in nurses' health, particularly with physical activity, nutrition, rest, safety, and quality of life. Effective workplace programs are still needed for wellness, safe patient handling and mobility, needle stick prevention, workplace violence, stress reduction, and other issues. Nurses need to be involved in the planning and implementation of these programs as well as in the selection of safety devices. As seen by the fact that 68 percent of the nurses reported putting the health, safety, and wellness of their patients before their own, now is the time to educate nurses and employers on the importance of nurse self-care. Nurses give the best care to patients when they are operating at their own peak wellness.

ANA's Healthy Nurse, Healthy Nation(TM) Grand Challenge, is a nationwide movement, designed to transform the health of the nation by improving the health of the nation's 3.8 million registered nurses, offers a health survey, discussion boards, blogs, mini-challenges, and more to connect nurses and partner organizations to take action in nutrition, physical activity, rest, quality of life, and safety.

Learn more and accept the challenge today at www.healthynursehealthynation.org.

NOTES
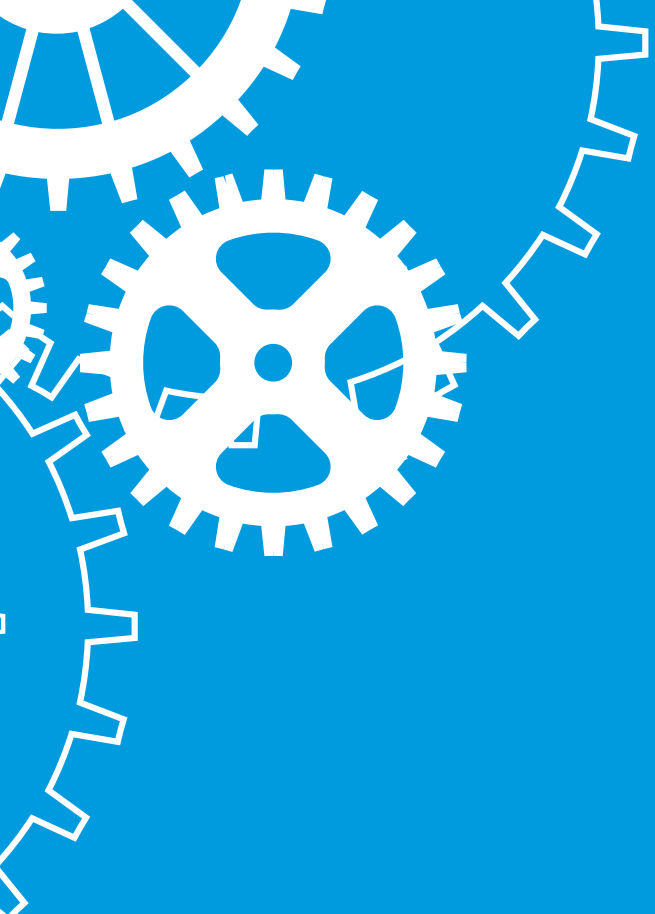
This project was conducted in collaboration with Pfizer Inc.

Pfizer

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