



2024

Healthy Nurse, Healthy Nation

HIGHLIGHTS REPORT

hnhn.org





Healthy Nurse, Healthy Nation: FAQs

Healthy Nurse, Healthy Nation (HNHN), ANA Enterprise’s free nurse wellness program, is excited to share some of its stories and features in this *American Nurse Journal* supplement. But first, let’s answer some questions you might have about the program.

Who can join HNHN?

Although HNHN focuses on nurse and student nurse health, safety, and wellness, just about anyone working in healthcare will benefit from this program. You don’t need to be an ANA member to participate.

Nurse wellness depends on a healthy work environment, so we encourage nurse employers—such as hospitals and healthcare systems—nursing organizations, and schools of nursing to join as partner organizations. Involving all these groups helps ensure continuity of health, safety, and wellness practices, policies, and programs in nurses’ daily lives.

How much does it cost to join HNHN?

HNHN is free; there’s no cost to join. We’re proudly sponsored by the following organizations:



What is HNHN’s focus?

We focus on six domains of health: physical activity, rest, nutrition, safety, quality of life, and mental health.

What does HNHN offer individual nurses and student nurses?

We offer an online platform, emails, texts, and social media for nurses and student nurses to connect with and support each other, engage in friendly competition, expand their wellness knowledge and expertise, and assess and track their health and wellness progress. Specifically, we offer a commitment wall, discussion boards, health and wellness

blogs, nurse and organizational spotlight stories, comprehensive health surveys with immediate results, monthly wellness challenges, giveaways, coffee chats, and special events.

What does HNHN offer partner organizations?

As a free nurse wellness program for your organization, HNHN offers partner organizations a monthly newsletter and multiple recognition opportunities via blogs and spotlights on our website and social media platforms. If you join at certain partner levels (all levels are free!) you can receive de-identified, aggregated data reports after 25 or more participants take our health survey and affiliate with your organization. Learn more at hnhn.org.

How can I get started?

You can participate in various ways, including the following:

- Join the online platform at hnhn.org.
- Receive our monthly text challenge tips by texting healthynurse to 52886.
- Request to join our private Facebook group (Healthy Nurse, Healthy Nation).

What’s coming up?

We’re continually working to expand our offerings. For example, look for the following:

- New landing page
- Podcasts
- Updated health survey

Who’s on the HNHN team?

Senior Director Katie Boston Leary, PhD, MHA, MBA, RN, NEA-BC, leads our team. Additional team members include Holly Carpenter, BSN, RN, senior policy advisor; Alison Cuccia, DrPH, MSPH, research and program manager; Rasheda Jones, PhD, RN, program manager; and Aieda Solomon, senior program analyst. The team meets quarterly with their advisory committee, which includes a group of nurse wellness experts, researchers, and subject matter experts.

Look for recommendations from the HNHN team throughout this supplement.

Recipes

Need some easy yet healthy meals to jumpstart your wellness? Try these delicious recipes from HNHN sponsor, Compass One.



FRUIT INFUSED OVERNIGHT OATMEAL

Breakfast is the most important meal of the day! Try this recipe and fuel your body even on the busiest mornings.

SERVINGS: 1

INGREDIENTS

Base Recipe:

- 1/4 cup uncooked old fashioned rolled oats
- 1/3 cup skim milk
- 1/4 cup low fat Greek yogurt
- 1-1/2 teaspoons dried chia seeds

Peaches and Cream:

- 1/4 cup diced peaches, fresh or frozen thawed

Blueberry-Almond:

- 1/8 teaspoon almond extract
- 1 teaspoon honey, optional
- 1/4 cup blueberries

Apple Pie:

- 1/2 teaspoon cinnamon
- 1 teaspoon honey, optional
- 1/4 cup unsweetened applesauce

DIRECTIONS

1. In a 8 oz. Mason jar or container with fitted lid, combine the oats, milk, yogurt, chia seeds and additional flavor option (extracts and syrups if using).
2. Stir to combine.
3. Add fruit and stir with fork until mixed throughout.
4. Place lid on jar and refrigerate overnight or up to 2 days. Eat chilled.



TEACHING KITCHEN



CHIA PUDDING PARFAIT

Chia seed provide long-lasting energy for both the body and the brain. With this simple to prepare in advance recipe, you can grab a spoon and GO!

SERVINGS: 4

INGREDIENTS

Chia Seed Pudding Base:

- 1/2 cup chia seeds
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon ground cinnamon
- 3 1/2 tablespoons sugar free maple syrup
- 2 cups light coconut milk

Chia Mandarin Almond Parfait:

- 1 cup canned, drained, mandarin oranges
- 1/2 cup canned, drained, mandarin oranges
- 1 tablespoon sliced, toasted almonds

Chia Strawberry Parfait:

- 1 cup fresh quartered strawberries
- 1/2 cup fresh quartered strawberries

Chia Berry Parfait:

- 1/2 cup fresh blackberries
- 1/2 cup fresh blueberries
- 4 tablespoons fresh blackberries
- 4 tablespoons fresh blueberries

DIRECTIONS

1. For the chia seed pudding base: place all ingredients in blender and blend on high for 1-2 Minutes until completely smooth.
2. Pour mixture into a container and place in the refrigerator for at least 4 hours or overnight to let gel.
3. For the chia mandarin almond parfait: place 1/4 cup of mandarin oranges on bottom of each parfait cup. Scoop 1/2 cup of the chia pudding on top of the mandarin oranges. Layer 2 tablespoons of mandarin oranges on top of the pudding. Garnish each parfait with equal amounts of sliced, toasted almonds.
4. For the chia berry parfait: place 2 tablespoons of fresh blackberries on bottom of each parfait cup. Scoop 1/2 cup of the chia pudding on top of the blackberries. Layer 2 tablespoons of fresh blueberries on top of the pudding. Top the final layer with 1 tablespoon of both blackberries and blueberries.
5. For the chia strawberry parfait: place 1/4 cup of strawberries on the bottom of the each parfait cup. Scoop 1/2 cup of the chia pudding on top of the strawberries. Layer 2 tablespoons of strawberries on top of the pudding.



TEACHING KITCHEN



SWEET HEAT BUFFALO CHICKEN SALAD

Colorful, flavorful, and easy to eat on the go! For a plant-based option, consider substituting buffalo chickpeas for chicken.

SERVINGS: 4

INGREDIENTS

For the Sweet Heat Buffalo Chicken:

- 2 tsp. hot sauce
- 2 tsp. melted butter
- 2 tsp. honey
- 1/8 tsp. granulated garlic
- 1/8 tsp. granulated onion
- 1/8 tsp. cayenne pepper
- 4 grilled chicken breasts (seasoning of choice)

For the Salad:

- 6 cups spring mix lettuce
- 1/4 cup blue cheese crumbles
- 12 each grape tomatoes, halved
- 1/4 cup celery, small diced
- 1/4 cup shredded carrots
- 1 cup Peppercorn Ranch dressing

DIRECTIONS

1. For the Sweet Heat Buffalo Chicken: In a saucepan over medium heat, mix the hot sauce, butter, honey, granulated garlic and onion, and cayenne pepper. Simmer about 10 minutes, until blended and heated through. Remove from heat and cool.
2. Slice grilled chicken breast into thin strips. In a mixing bowl combine grilled chicken strips and sweet heat buffalo wing sauce. Toss to completely coat the chicken. Hold cold until ready to build the salad.
3. To assemble each Salad:
 - In an entrée bowl arrange 1- 1/2 cups of spring mix lettuce in bottom of the bowl.
 - Sprinkle salad with 1 tsp. of blue cheese, 6 grape tomato halves, 1 tbsp. of diced celery, 1 tsp. of shredded carrot and 3 oz. sliced buffalo chicken.
 - Serve with 2 oz. Peppercorn Ranch dressing on the side.



TEACHING KITCHEN



TOMATO MOZZARELLA CAPRESE SALAD

Add this to your list of toss-and-go, flavorful summer staples!

SERVINGS: 8

INGREDIENTS

- 1 cup grape tomatoes
- 1 cup cherry tomatoes, halved
- 8 ounces yellow grape tomatoes
- 8 ounces fresh mozzarella pearls
- 2 tablespoons extra virgin olive oil
- 2 tablespoons balsamic glaze
- 2 teaspoons fresh chopped basil
- 4 cup baby spinach
- 2 tablespoons chiffonade basil

DIRECTIONS

1. Combine tomatoes, mozzarella pearls, olive oil, balsamic glaze, and fresh chopped basil into a medium bowl.
2. To plate: Place 1/2 cup of baby spinach into a cold salad bowl. Top spinach with 1/2 cup of tomato mozzarella mixture. Garnish with chiffonade basil.



TEACHING KITCHEN



EGG ROLL IN A BOWL

This recipe is great for meal prep over the weekend--and easy to reheat or cook during the work week! Perfect for those seeking a satisfying, low-carb lunch or dinner.

SERVINGS: 4

INGREDIENTS

- 1/4 cup canola oil
- 12 ounces ground turkey
- 1/2 cup red onion, thinly sliced
- 1 cup carrots, thinly slice
- 2 cups bok choy, chopped
- 2 teaspoons minced ginger
- 4 cups napa cabbage, shredded
- 1/4 cup soy sauce
- 1 tsp sriracha hot sauce
- 1/4 cup hoisin sauce
- 2 each limes, juiced
- 1 tablespoon sesame oil
- 1/4 cup green onions, thinly sliced
- 1 tablespoon sesame seeds

DIRECTIONS

1. Heat the oil in a large, deep skillet over medium-high heat and sauté the ground turkey for 5 minutes or until the turkey is fully cooked. Add the onions, carrots and bok choy until they start to soften, about 5 minutes. Add the ginger and continue to cook for another minutes.
2. Next, add in the shredded cabbage, soy sauce, Sriracha, hoisin sauce and lime juice. Cover the skillet and lower the heat, cooking until the vegetables are tender, about 10 to 15 minutes depending on how crunchy or soft you want the vegetables to be. Stir in the sesame oil as soon as the vegetables are tender, so that it's not exposed to too much heat.
3. Divide the egg roll mixture into 4 serving bowls. Garnish each bowl with 1 tablespoon green onions and 1 teaspoon sesame seeds.



TEACHING KITCHEN



WATERMELON POKE BOWL

This recipe checks all the boxes! Protein-rich and packed with antioxidants and Vitamin C which help protect the body against cardiovascular disease and cancer.

SERVINGS: 4

INGREDIENTS

For the Watermelon Marinade:

- 1 teaspoon sesame oil
- 1 teaspoon canola oil
- 1 teaspoon rice wine vinegar
- 1 teaspoon fresh lime juice
- 2 teaspoons low sodium soy sauce
- 1 teaspoon sriracha
- 1 cup diced watermelon

For the Poke Bowl:

- 6 cups spring mix lettuce
- 1 cup chopped cucumber
- 1 cup small diced avocado
- 1 cup small diced mango
- 1/2 cup chopped green onion (scallions)
- 4 teaspoons sliced jalapeño peppers
- 2 tablespoons whole unsalted cashews
- 2 teaspoons black sesame seeds
- 4 tablespoons chopped fresh cilantro

DIRECTIONS

1. **For the Watermelon Poke Bowl:** In a medium size mixing bowl, whisk together the oils, vinegar, lime juice, soy sauce and Sriracha. Gently fold in the diced watermelon and allow to sit for 20 minutes. Refrigerate until ready to use.
2. **To assemble each bowl:**
 1. Place 1 1/2 cups of spring mix lettuce in the bottom of a salad bowl.
 2. Next arrange the 1/4 cup cucumber at the top center of the bowl and the 1/4 cup of diced avocado at the bottom center.
 3. To the left side add the 1/4 cup of mango, 2 tablespoons of scallions, 1 teaspoon of jalapeño peppers, and 1/2 tablespoon of cashews.
 4. To the right side, add 1/4 cup of marinated watermelon.
 5. Garnish the bowl with 1/2 teaspoon of black sesame seeds and 1 tablespoon fresh chopped cilantro.



TEACHING KITCHEN

Nutrition

#healthynurse spotlights



Deitra Dennis, RN, NBC-HWC
Deitra worked with family members to recreate her favorite cultural recipes using only plant-based ingredients.

“When you know how to utilize our cultural foods, you can eat healthy and still enjoy the foods that feed your soul.”

Nancy Rodriguez, BSN, RN, CDCES

As a certified diabetes care and education specialist, Nancy revolutionizes diabetes care through health equity and plant-based nutrition, while helping shape the next generation of healthcare professionals.

“It’s a commitment to making a positive impact, inspired by my mom’s journey and the challenges faced by underserved communities.”



Meryl Fury, MS, RN

As the CEO and president of a 501c(3) charitable organization, Meryl shares her passion for whole food and plant-based diets with adults and children across the country.

“The typical way we think about nutrition in America doesn’t generally contribute to someone’s health. Very often, our diets actually cause health problems.”

Jennifer Mensik Kennedy, PhD, RN, NEA-BC, FAAN

Diagnosed with two auto-immune diseases, Jennifer, current ANA president, focuses on healthy eating. Having a vast vegetable garden in her backyard helps keep fresh foods on Jennifer’s table.



“If I don’t take care of myself, I could develop other autoimmune diseases like diabetes or lupus.”

Challenges



TIPS

- **Strategic sips:** Keep a water bottle on hand and take intentional sips.
- **Mindful moments:** When you have a chance to enjoy a beverage you love, take a moment to reflect on its taste, temperature, and how it makes you feel.
- **Buddy up:** Rally your colleagues to join you in prioritizing hydration.

TIPS

- **Try the hand method:** Use your hand as a guide for portion sizes.
- **Embrace the two-thirds rule:** Fill your plate two-thirds full, leaving the remaining third for flexibility.
- **Be mindful of liquid calories:** Consider the calories in beverages.

“I’m a fan of the nutrition challenges because they provide daily practical tips that help you close the knowing vs doing gap!”

— Rasheda Jones, HNNH team member

Physical activity

#healthynurse spotlights



Georgina Villareal, MSN, RN

After a successful experience with an online fitness coach, Georgina launched her own online wellness program offering personalized wellness plans for healthcare workers.

“I consider myself a nurse advocate in this space because I’ve lived it and I know what they need.”



Nicole Vienneau, MSN, RN, NC-BC

Whether it’s cycling, resistance training, high-intensity interval training, yoga, or stretching, Nicole loves it all.

“Movement helps me get into my body and offers me space in my mind to be creative.”

Samantha Roecker, BSN, RN, MSC

Samantha runs to help her mental health. In 2022, she ran the Boston Marathon, winning the Guinness World Record for fastest marathon run in scrubs. Her goal was to raise awareness for nurse mental health needs.



“Competitive running ... has helped me meet new people and form good friendships.”



Patricia Johnson, APRN, FNP-C

Patricia knew that real change required a plan. She and her running partner built up to running 5Ks and then half-marathons. Combining running with healthy eating led her to lose nearly 150 pounds.

“I’ve never been a runner, but now I love it.”

Challenges



TIPS

- **Meditate while walking:** Visit bit.ly/3T64jel to learn how to multiply the benefits of walking without any extra time.
- **Make the most of your movement:** Be more mindful of your movements and find opportunities to work your muscles as you do everyday tasks.
- **Stretch and decompress:** Stretching each day can help relieve aches and pains and allow your mind to focus on other things.



TIPS

- **Listen for nature’s whisper:** A 2019 study discovered that woodland noises may boost relaxation 30% more than meditation apps do.
- **Soak up soothing waters:** Research proves that spending time near water can lower your stress levels, enhance your mood, and improve your well-being.
- **Spot a kindred spirit:** If you see another person during your walk, throw some kindness their way.

“As a runner myself, I find spotlights such as Samantha Roecker’s very inspiring.”

— HNNH researcher Alison Cuccia

Safety and Rest

#healthynurse spotlights

REST: Aundrea Mills, BSN, RN, MHL

Aundrea prioritizes her bedtime routine by reading and disconnecting from electronics at least 30 minutes before bed.

“I’ve educated myself about sleep and how prioritizing it (regardless of shift) impacts our overall well-being.”



SAFETY: Ernest Grant, PhD, RN, FAAN

Ernest, the 36th president of ANA, is a strong vaccine advocate. He participated in a phase 3 clinical trial for the Moderna COVID-19 vaccine to show solidarity with frontline nurses.

“Just like airlines tell you to put on your oxygen mask before helping someone else, the same is true for your personal health.”

REST: Loressa Cole, DNP, MBA, RN, FAAN, NEA-BC

This former ANA Enterprise CEO created natural breaks in her workday for stretching and mindfulness exercises.

“Instead of depleting energy, it [a break] can replenish your energy and clear your mind.”



SAFETY: Maria Scholz, MSN, RN, CGRN

Maria is passionate about fixing the toxic environment that can stem from nurses being uncivil with each other.

“...advocate for your coworkers and yourself. When we take care of ourselves and each other, we can provide the best possible care to the patients.”



Challenges



TIPS

- **Lower stress with deep breathing:** Practice a deep breathing technique for 3 to 5 minutes.
- **Plan for a mini spa day:** Spa activities (aromatherapy, DIY face mask, relaxing bath) provide an opportunity to de-stress and reconnect with yourself.
- **Enjoy a podcast pause:** Listening to a podcast provides a mental escape. Tune in to topics that interest you.

TIPS

- **Right PPE, right time:** Consider type of exposure, isolation precautions, durability, and fit.
- **Hand hygiene means nail hygiene:** The CDC recommends keeping nails trimmed and cleaning underneath them while handwashing.
- **Be an agent for change:** Stand your ground or call a timeout if you think infection control policies and procedures aren't being followed.

“Nurses sometimes forget that part of getting proper rest includes taking breaks at work and using your vacation time to decompress.”

— Holly Carpenter, HNNH team member

Mental health

#healthynurse spotlights

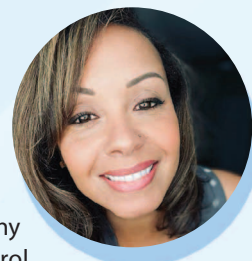


Sian Howell, BSN, RNC-OB

Sian participated in Dry January and found that her mood improved and she felt less anxious.

“I believe that it was my decision to eliminate alcohol that has kept me in a strong, powerful position to get the most out of my life and career.”

Latanya Collins, MSN-Ed, RN



During the pandemic, Latanya experienced many things she couldn't control. What she could control was her mindset and how she handled stress.

“We get stuck thinking self-care only includes things like spa days, but it's not just that. It's also about building yourself up mentally and emotionally.”

Pamela Mulligan, BSN, RN, NBC-HWC

Self-compassion practices, including micro-restorative breaks, helped Pam navigate breast cancer treatment.

“It's intentional time to slow down, take note of my energy, listen, and feel what's going on with myself and my heart.”



Lisa Ostler, BSN, RN, NC-BC

A program in nurse coaching taught Lisa how stress settles in the body and can trickle down to all areas of life.

“Taking that nurse coaching program opened my eyes and changed my trajectory.”



Rick Ackerman, RN

Rick dedicates time to unwind with periodic mental breaks that allow him to disconnect from daily responsibilities.

“I try to keep my mental health in check by doing little activities that aren't related to work or family.”

Challenge

TIPS

- **Assess your stress:** Take the American Nurses Foundation Stress Self-Assessment Quiz.
- **Make technology your ally:** Explore tools, apps, and resources to mitigate burnout.
- **Gear up with gratitude:** Practice gratitude with journaling, thank you notes, and conversations.
- **Forge strong connections:** Strengthen your in-person and online community and connections to protect yourself against burnout.
- **Make rest your biggest defense:** Embrace the beauty of holistic rest.
- **Treat yourself like a champion:** Turn self-advocacy into a tool that protects you from burnout.



If you have thoughts of suicide or self-harm, call or text **988** to reach the **988 Suicide and Crisis Lifeline**. When you're in crisis, there's help available. You're not alone. Make the call.

“Healthy Nurse, Healthy Nation nurse suicide prevention resources; mental health activity challenges; blogs on managing stress, anxiety, and depression; and community support by nurses for nurses help those in need sustain their mental health and overall well-being.”

— Katie Boston-Leary, senior director of Healthy Nurse, Healthy Nation

Quality of Life

#healthynurse spotlights

Katie Huffling, DNP, RN, CNM, FAAN

Katie's optimistic attitude and devotion to sustainability go beyond her work and define her as a person.

“I started to learn more about environmental health, realizing the significant impact environmental exposures can have on reproductive health.”

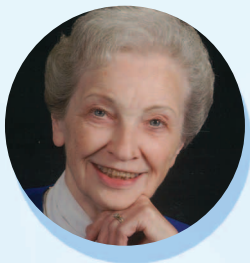


Jessica Prothe, BSN, RN

Jessica's experience of breast implant illness

compelled her to take action.

“I think it's the nurse in me because when there's a safety concern, I feel like I have to act, and I can't let it go.”



Marilyn Harris, MSN, RN, NEA-BC, FAAN

With a career spanning over 7 decades, Marilyn's story is a testament to resilience, passion, and an unwavering commitment to stay involved in nursing.

“Through all the changes and challenges, nursing remains a beacon of compassion and care...”

Viji George, DNP, MA, RN, RNC-NIC

Viji's journey from military nursing officer in India to Magnet® program director in Texas has shaped her perspective, professional growth, and ability to lead.

“It wasn't always easy, but I'm glad we came to this country. Now, I proudly consider myself a global citizen.”



Challenges

START DATE: JANUARY 23rd

Clear the Clutter {10DAY} CHALLENGE

HEALTHY NURSE HEALTHY NATION Inspire. Empower. Move.

SIGN UP TODAY!

APRIL 8-19, 2024

EMBRACING ALLYSHIP CHALLENGE

HEALTHY NURSE HEALTHY NATION Inspire. Empower. Move.

TIPS

- **Do a brain dump:** Write down all your thoughts as they come to you. Imagine you're physically releasing your thoughts.
- **Eliminate multitasking:** Focus on one thought or one task at a time so you can give it the attention it deserves.
- **Choose one area to tidy up:** Zone in on one cluttered part of a space, then get to work decluttering.

TIPS

- **Reflect on unconscious bias:** Think about a time when you made a decision or formed an opinion about someone without consciously thinking about it.
- **Have courageous conversations:** Choose a coworker you trust and feel comfortable with. Explain that you want to understand their experiences related to diversity, equity, and inclusion.
- **Speak up for fairness:** If you see an act of discrimination or bias, call out the behavior by speaking assertively yet respectfully.

“From issues of diversity, equity, inclusion, belonging, and acceptance to navigating a better work-life balance, we hope nurses will continue to take advantage of the tools we offer.”

— Aieda Solomon, HNH team member



What Is A Healthy Nurse?

A **healthy nurse** is one who prioritizes striving toward positive physical, mental, social, environmental, and professional well-being.

Approved by the American Nurses Association's Board of Directors, 2/9/2024

WHY IS THIS IMPORTANT?

Creating a realistic and meaningful **healthy nurse** definition reflects and informs ANA's wellness work and assists nurses in improving their health, safety, and wellness.

2013

Original ANA healthy nurse definition developed and approved.

2017

Healthy Nurse, Healthy Nation (HNN), ANA's free nurse wellness program, is launched.

2020

Definition is updated to include "financial" health.

2022

- HNN and its Advisory Committee identify need to update definition.
- A Committee subgroup is created to scope work.
- SME consultations and research begin.

2023

- Scholar-in-residence engaged
- Rigorous literature review performed, linking common themes.
- HNN and Committee wordsmith final definition.

2024

Definition approved and adopted by ANA and HNN.



HNHN in action

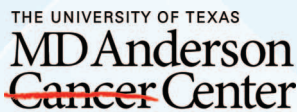
Wonder how some of our partners incorporate Healthy Nurse, Healthy Nation (HNHN) into their organizations? Here are a few examples.

VANDERBILT HEALTH

Vanderbilt Health

Vanderbilt Health integrates HNHN into all aspects of nurse wellness. They reinstated their Nurse Wellness Committee after a brief hiatus during the COVID-19 pandemic. The committee revamped the nurse wellness model, incorporating essential elements outlined by HNHN. The Vanderbilt Healthy Nurse Wellness Wheel, created by the committee, includes spiritual, intellectual, physical, environmental, financial, occupational, social, and emotional elements. These align with the six HNHN domains.

The organization's initiatives include a weekly farmers market, shift break reminders, and roaming yoga breaks. Mamie Williams, PhD, MPH, APRN, senior director of nurse diversity and inclusion at Vanderbilt Health said, "Co-chairing the HNHN Advisory Committee is a fulfilling career goal, allowing me to improve the health of the nation's nurses. The committee is a strong advocate for nurse well-being, and being part of it has been transformative."



MD Anderson Cancer Center

"At MD Anderson Cancer Center, we integrate the principles of HNHN into our wellness offerings by aligning our initiatives with their pillars of physical activity, nutrition, rest, quality of life, safety, and mental health," said Evan Thoman, MS, PMP, CWP, director of workforce wellness. "This ensures our team members have access to comprehensive resources and programs that promote overall well-being. As a co-chair of the HNHN Advisory Committee, I leverage my expertise to help guide the planning and implementation of these wellness initiatives to foster a culture of well-being within my organization."

San Francisco VA

"Here at the San Francisco VA, we aim for a workplace where employees are both happier and healthier for having come in to work," said Ella Price, BSN, RN, NBC-HWC, employee whole health coordinator and employee wellness coalition chair. "Two years ago, a group of SFVA nurses launched a partnership with HNHN. Seeking ways to make this vision come alive, SFVA nurses are leaders, chairing the facility's employee wellness coalition, serving as wellness champions, leading hiking and walking groups, hosting rock painting activities, and organizing potlucks and gatherings outside of work. Nurses have formed a civility and respect task force and are leading the charge for Pathway to Excellence®. Our nurses are taking action, working together, and making things happen for the greater good."



Philippine Nurses Association of America, Inc

The Philippine Nurses Association of America, Inc. promotes their partnership with HNHN in their advertising material. A recent example was their Chief Nurse 5K Challenge in July 2024.



Tennessee Nurses Association

The Tennessee Nurses Association's 2023 Annual Conference was, in members' Ashley Carter's and William Hall's words, "a rallying point ... to reimagine, reinvent, and reaffirm our commitment to the well-being of our fellow nurses." By incorporating healthy meals, meaningful recognition and awards, and a live HNHN presentation, they're well on their way.

We want YOU to be our next inspiration.

- Join HNHN if you haven't already.
 - Participate in our monthly wellness challenges.
 - Take our HealthyNurse Survey annually to track your progress.
 - Post your comments, successes, suggestions, and questions in our community discussions and social media.
- Tag with **#healthynurse!**



HEALTHY NURSE
HEALTHY NATION

Inspire. Empower. Move

SPONSORED BY



Join today. Visit hnhn.org