

Inspire. Empower. Move.

Improving the Nation's Health — One Nurse at a Time

Nurses, you are critical to America's healthcare system. You protect, promote, and optimize the health of your patients.

Your well-being is fundamental to the health of our nation.

Did you know that in a number of significant indicators, nurses are less healthy than the average American?

Nurses are often overweight, have higher levels of stress, and get less sleep. Because health care delivery requires 24/7 support, the demands of shift work challenges the health of nurses. In addition, hazards such as workplace violence and musculoskeletal injuries are contributing factors to poorer health.

That's why we created Healthy Nurse, Healthy Nation™



Connects and engages individual nurses, nursing students, employers of nurses, nurses associations, and schools of nursing to take action within six domains:



PHYSICAL ACTIVITY



REST



NUTRITION



QUALITY OF LIFE



SAFETY



MENTAL HEALTH

Join Healthy Nurse, Healthy Nation™ a FREE wellness program just for you.



Provides web and social media platforms to inspire action, cultivate friendly competition, provide content and resources, gather data, and connect nurses through blogs, discussion boards, monthly challenges, health surveys, and more!

**JOIN NOW by going to www.hnhn.org
This program is open to everyone.**

Are you an organization looking to join HNHN? Go to www.hnhn.org and explore your options under the "PARTNERS" tab.