

# NURSING YOU: Because nurses' health matters, too

## Did you know?

- In the UK, 66.6% of men and 57.2% women are overweight or obese
- 1 in 4 nurses in England are obese, higher in Scotland and similar elsewhere in the UK
- Obesity has been associated with:
  - Increased heart disease risk
  - Diabetes mellitus
  - Cancer
  - Conditions affecting ability to work (e.g., lower back injury)
  - Mental health conditions
  - Sickness-absences
- Suicide rate amongst nurses is 23% higher than the UK national average
- Female nurses are more at risk of dying by suicide than those in other professions
- Nurses are 2x as likely to be unable to afford basic necessities compared to the general population
- 2 in 5 nurses, midwives and healthcare assistants have a long-term physical or mental illness that limits their day-to-day activity
- Nurses are 3x more likely to have experienced domestic abuse in the last year than the average person in the UK
- 42% have a physical or mental health condition expected to last longer than a year (compared to 34% in the general public)
- Surveyed nurses reported their anxiety as 4.93 out of 10 (versus 2.93 for the general public)
- Only 61% nurses said their health was good or very good
- 1 out of 10 nurses experienced non-physical abuse in the last year (4x higher than general public)
- Of the 1,905 nurses polled by the Nursing Standard:
  - 59% often go through their whole shift without being able to drink water
  - 57% report no access to healthy, nutritious food at work
  - 75% never have time for a break in their working day
  - 83% say their workplace does not offer Schwartz rounds
  - 58% say their manager is unconcerned about their wellbeing



## And is it any wonder? Nurses face:

- Long shifts
- Understaffing and excessive workload
- Lack of breaks or short breaks
- Lack of access to healthy food options and drinking water
- Lack of a work-life balance
- The emotional burden of caring
- Lack of support from employers
- High demand / low control work environments
- Low morale

## Why does nurses' health matter?

- Impact on nurses' own health
- Impact on nurses' health promotion practice and patients' receptiveness to advice
- Expectation for nurses to be healthy role models
- Patient safety

We've spoken with over 450 nurses who all agree: it's time we started looking after ourselves as well as we look after our patients.

Join charity C3 Collaborating for Health's NURSING YOU programme (designed by nurses, for nurses) today.

Visit [www.c3health.org/nursing-you](http://www.c3health.org/nursing-you) for more information.

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