Did you know?

- In the UK, 66.6% of men and 57.2% of 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 for more information.


Cavell Nurses Trust. Skint, shaken yet still caring. But who is caring for our nurses? Key findings. https://www.cavellnursestrust.org/campaign/research


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