Enhancing the Health and Wellness of Students, Faculty and Staff in the Academic Setting

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Objectives

(1) review the state of health in nurses, and factors responsible for chronic conditions
(2) describe key strategies in creating a culture and environment of wellness in a large academic setting
(3) discuss large-scale health promotion initiatives in academia including the National Consortium for Building Healthy Academic Communities and the National Interprofessional Education and Practice Consortium to Advance Million Hearts®.
(4) describe the state of wellness among first year graduate students
(5) discuss future research and clinical implications.
Wellness

- The optimal state of living well, regardless of an individual’s spectrum of health
- Encompasses physical, intellectual, mental, emotional, social, occupational, financial, environmental and spiritual well-being
Current State of Health in the U.S.

Behavior are the number 1 killer of Americans, due to smoking, overeating, lack of physical activity, alcohol and drug use, non-adherence to medications and suicidal gestures.

Overweight and obesity will soon surpass tobacco as the number one cause of preventable death and disease in the United States; 42% of Americans will be obese by 2030 (CDC, 2012); 1 out of 3 Americans will have diabetes by 2050.

One out of 2 Americans have a chronic disease.

One out of 4 Americans have multiple chronic conditions.

Our children are now predicted to have a shorter life span than their parents.
Sitting: A Big Energy Zapper and Contributor to Chronic Disease!

SITTING IS THE NEW SMOKING
it's time to quit
KRISTENBENTSON.COM

BEWARE OF THE CHAIR
What Does The Evidence Tell Us?

Children and Adults are Stressed & Depressed!

One out of 4 children, teens and adults have a mental health problem yet less than 25% get any help. Depression and stress are poor predictors of health and wellness outcomes.
The State of Health in Nurses

U.S. Physicians Set Good Health Example
Physicians in better health than nurses and employed adult population

by Katie Bass and Kyley McGeeney
October 3, 2012  see:

Data based on 1,984 physicians and 7,166 nurses, conducted Jan. 2, 2011 to Aug. 31, 2012.
### The State of Health in Nurses

**Chronic Health Problems Among Physicians, Nurses, and Other Workers**

<table>
<thead>
<tr>
<th>Health Problem</th>
<th>Physicians</th>
<th>Nurses</th>
<th>Other workers</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Obesity</td>
<td>13</td>
<td>25</td>
<td>25</td>
</tr>
<tr>
<td>% High Blood Pressure</td>
<td>16</td>
<td>22</td>
<td>22</td>
</tr>
<tr>
<td>% High Cholesterol</td>
<td>21</td>
<td>20</td>
<td>20</td>
</tr>
<tr>
<td>% Diabetes</td>
<td>4</td>
<td>7</td>
<td>7</td>
</tr>
<tr>
<td>% Depression</td>
<td>7</td>
<td>14</td>
<td>13</td>
</tr>
<tr>
<td>% Heart Attack</td>
<td>2</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>% Asthma</td>
<td>9</td>
<td>11</td>
<td>10</td>
</tr>
<tr>
<td>% Cancer</td>
<td>6</td>
<td>5</td>
<td>4</td>
</tr>
</tbody>
</table>

gallup-healthways well-being index

Gallup
Preliminary Analysis from the AAN National Million Hearts Committee Nurses’ Study (N=3818)

**Self-Reported Physical Health**
- 9-10 (23%)
- 7-8 (49%)
- 5-6 (21%)
- 0-2 (1%)

**Self-Reported Mental Health**
- 9-10 (43%)
- 7-8 (39%)
- 5-6 (14%)
- 3-4 (3%)
- 0-2 (1%)

**Prevalence of Common Medical Conditions**

*BP/MSD: Back Pain/Musculoskeletal Disorder*
Health Status by Perceived Wellness Support & Stress at Workplace

Health Status, by perceived support of wellness at place of employment

Health Status, by perceived stressfulness at the place of employment
Percent of Nurses with Poor and Good Health with Medical Errors

Proportion of nurses having medical errors in the last 5 years
(total n=982 nurses reported having medical errors)

% having medical errors

- Physical Health
- Mental Health
- BMI
- Total Cholesterol
- PHQ-2
- GAD-2
- PSQ-4
- ProQOL

Low
High
Medical Errors and Shift Work

Medical errors in the last 5 years

- none
- 1-2
- 3-5
- 5+

Hours of work day/shift

- <8 hrs
- 8 hrs
- 8-10 hrs
- 11-12 hrs
- 12+ hrs

Percent, %

0 10 20 30 40 50 60 70 80
Important to Embed Wellness in Nursing Curricula

Important to embed wellness in nursing curricula

Practice:
- Very much: 55%
- Moderately: 24%
- A little: 13%
- Not at all: 3%

Academia:
- Very much: 65%
- Moderately: 23%
- Somewhat: 9%
- A little: 3%
- Not at all: 0%

Administrative:
- Very much: 61%
- Moderately: 24%
- Somewhat: 9%
- A little: 4%
- Not at all: 2%
Every day, we make behavioral choices that influence our health and wellness outcomes.
Contributors to Premature Death

- Behavioral Patterns: 40%
- Genetic Predisposition: 30%
- Social Circumstances: 15%
- Environmental Exposure: 5%
- Health Care: 10%

Funded by The Ohio State University
Based on Evidence, What Do We Know?

People who have the following behaviors have 66% less diabetes, 45% less heart disease; 45% less back pain, 93% less depression, and 74% less stress

- **Physical activity** - 30 minutes 5 days per week
- **Healthy eating** - 5 fruits and vegetables per day
- **No smoking**
- **Alcohol in moderation** - 1 drink per day for women, 2 drinks per day for men
Percent of adults who engage in the 5 leading health behaviors that can reduce the risk of chronic disease. Nearly 83% of health-care spending could be cut if more people employed:

❖ Not Smoking
❖ Exercising regularly
❖ Avoiding alcohol or drink in moderation
❖ Maintaining a healthy body weight
❖ Getting sufficient sleep

CDC, 2016
New Year's Resolutions for 2009

1. Lose weight again
2. Get fit next year
3. Give up alcohol
4. Stand up to boss
5. Be nicer to my wife
6. Sort out junk in shed

more
and cigarettes
drink less
find job
Try to
ex-
life
The Ohio State University
The Social-Ecological Framework and Life-Course Perspective Guide: Evidence-based Interventions to Achieve the Vision of Ohio State as the Healthiest University on the Globe

Outcomes
- Individual Outcomes
  - Health & Wellness Outcomes
    - BMI, PHA completion, BP, Lipids, HbA1c, stress, depression, injuries, missed work days, healthy lifestyle beliefs & behaviors resilience, chronic disease quality of life
- Family Outcomes
  - PHA Completion, BMI, BP, Lipids, % engaged in wellness programs
- Workplace Outcomes
  - Healthcare utilization
  - Healthcare costs
  - Perceived Culture & Ecosystem, # of programs offered with % engagement
- Broad Outcomes
  - # of community and state-wide programs with engagement
  - # of policies
  - State health outcomes

Adapted from: Model to Achieve Healthy People 2020 overarching goals
Source: Secretary’s Advisory Committee on Health Promotion and Disease Prevention Objectives for 2020 (2008, p. 7)
A Sustainable Culture of Wellness is a Must for Health

Remember, Culture Eats Strategy!
Building Healthy Academic Communities Million Hearts® Challenge

<table>
<thead>
<tr>
<th>ABCS</th>
<th>Description</th>
<th>Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aspirin</td>
<td>People at increased risk of cardiovascular events who are taking aspirin</td>
<td>47%</td>
</tr>
<tr>
<td>Blood pressure</td>
<td>People with hypertension who have adequately controlled blood pressure</td>
<td>47%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>People with high cholesterol who are effectively managed</td>
<td>33%</td>
</tr>
<tr>
<td>Smoking</td>
<td>People trying to quit smoking who get help</td>
<td>23%</td>
</tr>
</tbody>
</table>
Million Hearts® Intervention

• Prospective study design
• Free, online program via an OSU College of Nursing e-learning website. Participated in online educational program consisting of:
  1) an overview of the national Million Hearts® initiative
  2) education on understanding their biometric numbers
  3) Strategies to improving CV health through healthy lifestyle behavioral changes
  4) Strategies for managing stress through stress reduction technique
• An anonymous 12-item survey was developed and administered to all participants after they completed the education content.
• Descriptive and inferential statistics
BHAC Demographics
Female (81%)
Age 20-29 (62%)
Caucasian (66%)
A spouse/same-sex domestic partner of a faculty/staff member (61%).

Health Behaviors & Health Status
Non-smoking (94%)
Ate 2-3 servings of fruits/vegetables per day (47%)
Exercised less than 75 minutes per week (32%)
Did not have a diagnosed chronic condition (78%)
Normal body mass index (59%)
Scored a 5-8 on the perceived stress scale (42%)

High level of stress was significantly correlated with race (p=.02), participants diagnosed with at least one chronic condition (p<.0001), a BMI of 25-29.9 (p=.04), and those that ate 0-1 servings of fruit/vegetables per day (p=.0002).
Ohio State University Demographics
Female (78%)
Ages 30-39 (33%)
White 913%)
Staff member (62%)

Health Behaviors and Outcomes
Non-smoking (97%)
Ate 3-4 servings of fruits/vegetables per day (43%)
Exercised less than 75 minutes per week (32%)
No diagnosis of a chronic condition (74%)
Normal body mass index (40%)
Scored 0-4 on the perceived stress scale (44%)

High level of stress was significantly correlated with being a **smoker** (p=.05), participants diagnosed with **at least one** chronic condition (p<.001), and a **BMI** of over 30 (p=.05).
Conclusions

• The Million Hearts® national initiative, as outlined by the intervention components “ABCS” can be a successful method for educating and encouraging populations to adopt healthy lifestyle behaviors.
• Elevated perceived levels of stress are often observed with the diagnosis of a chronic condition.
• Reducing stress and managing chronic condition(s) through behavior change is an ideal way to improve population health.
Today, *Make Just 1 Change* for Your and Your Family’s Wellness

- Decide to take the stairs instead of the elevator
- Drink water instead of a sugared beverage
- Hold 50 minute meetings instead of 60 minutes, and use the 10 minutes for a recovery break
- Read 10 minutes in a positive book every morning
- Take 5 slow deep breaths when stressed
- Sit less, stand more
- Laugh more
References


