

WIN.

The Healthy **W**eight **I**nitiative for **N**urses

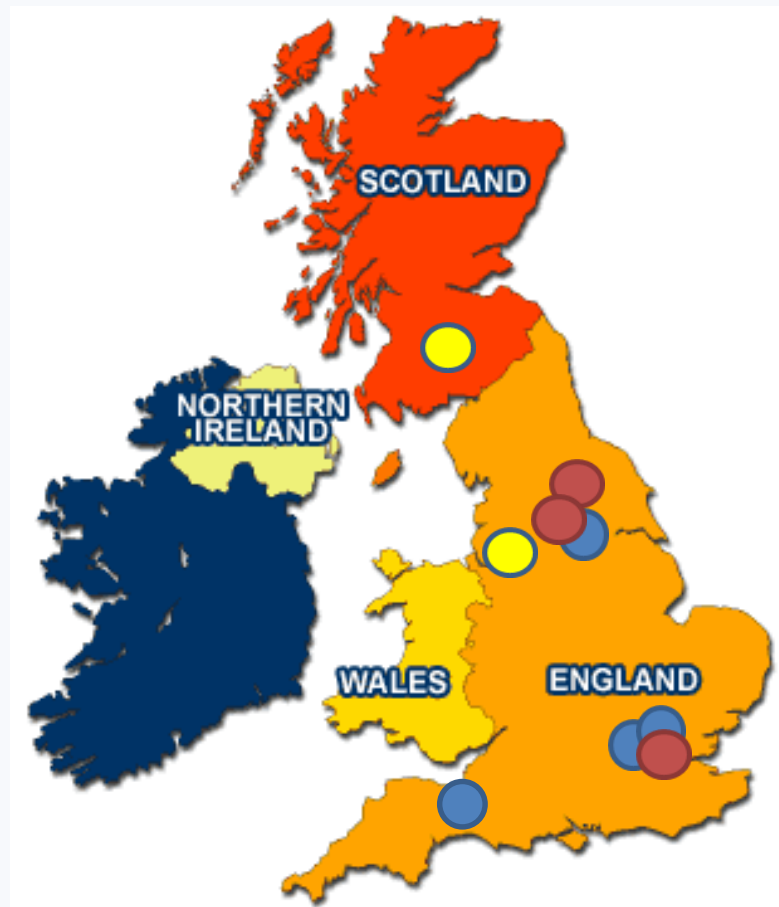
# The Healthy Weight Initiative for Nurses



**WIN.** is engaging nurses who are obese to design interventions to help them achieve and maintain a healthy weight.



# Where have we been?



● Focus groups

● Workshops

● Interviews

# What have we done?

Evidence review & prevalence study

Insight work: Individual interviews & focus groups

Workshops and intervention design

NURSING YOU / Access to food / course

Evaluation and final report

# WIN.

## **Nurses engaged**

400 nurses

## **Prevalence study**

25.1% of nurses had a BMI of 30 or over.

## **Themes on causes of obesity**

- 12 hour shifts
- Not taking breaks
- Short staffed/increased workload
- No designated break area / No-where to heat up food brought in
- Availability of healthy food options
- Feeling not cared for by employer
- Eating as a coping response

# What nurses told us

## **With patients**

34% had had their own weight mentioned by a patient

25% said that their own weight made them embarrassed to talk to patients about weight

30% reported that their own weight made them less likely to raise the topic with patients

## **Had they ever tried to lose weight?**

95.8% of nurses tried losing weight

44.6% reporting they had tried lots of times to lose weight

66.7% had been successful in the past

## **What had nurses done to lose weight?**

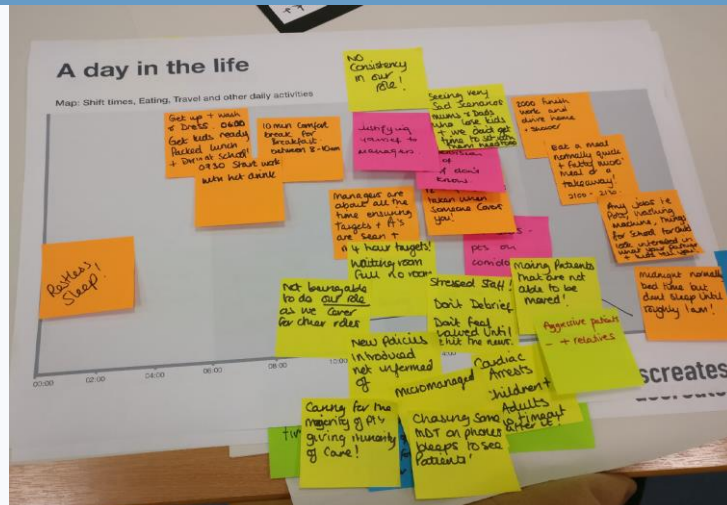
65% had tried to eat more healthily

60.8% had tried to reduce how much they ate

48.9% had tried a weight management group such as Slimming World

48.4% had tried various diets to lose weight previously

# Workshops and intervention design



USCREATES REPORT

## Healthy Weight Initiative for Nurses.

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# NURSING YOU, Access to food, course





# It's big news

The screenshot shows the NHS Choices website. The top navigation bar includes 'Health A-Z', 'Live Well', 'Care and support', 'Health news', and 'Services near you'. The main headline is "'1 in 4 nurses in England are obese,' survey finds" dated Wednesday December 6 2017. Below the headline, there are sections for 'Sections' and 'Where did the story come from?'. The 'Where did the story come from?' section lists three items: 'Where did the story come from?', 'What kind of research was this?', and 'What did the research...'. The 'What kind of research was this?' section provides details about the UK study, stating that the highest levels of obesity were found in nurses (25%) and unregistered care workers (33%).

Health at Work

Report Share 7 Recommend Reply

Robbythe

What's so

Report Sh

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User Accounts

Enter a search term

Health A-Z Live Well Care and support Health news Services near you

Home > Behind the Headlines > Obesity > '1 in 4 nurses in England are obese,' survey finds

## '1 in 4 nurses in England are obese,' survey finds

Wednesday December 6 2017

### Sections

- Where did the story come from?
- What kind of research was this?
- What did the research...

"One in four nurses are obese, warn experts," the Mail Online reports after the publication of a study looking at body mass index (BMI) among health professionals.

This UK study estimated the prevalence of obesity among health professionals in England. The highest levels of [obesity](#) were found to be in nurses (25%) and unregistered care workers (33%).

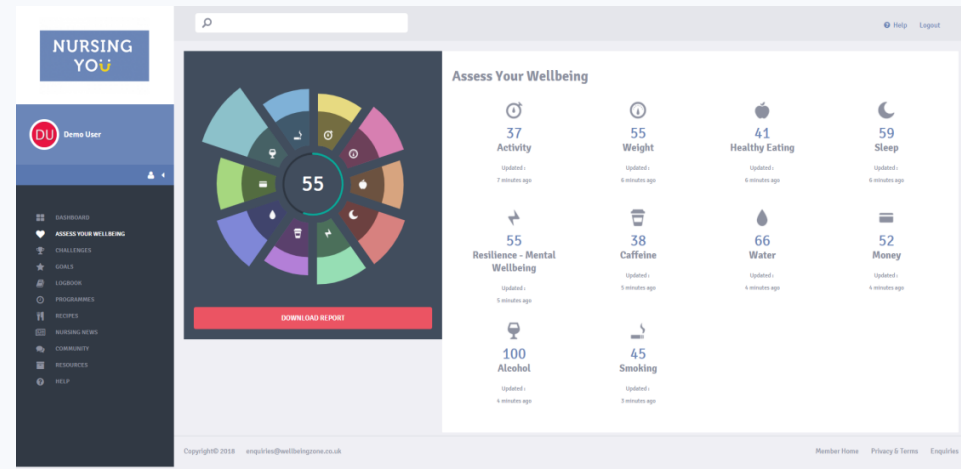
# NURSING YOU - The app

## NURSING YOU

We know that for a lot of nurses  
- because of the hours they work and the particular stresses of the job - making little changes to support their progress to losing weight can be really difficult.

Their own health – and keeping healthy – is often the last thing they think about.

‘NURSING YOU’ will help nurses to think through some of the reasons that lie behind reaching for the chocolate bar, and provide healthier alternatives that you can then pledge to try for a few days.



# NURSING YOU – Benefits of the app



## **Designed by nurses, for nurses**

Content has been created with nurses in mind, using language and styles that will most appeal to nurses



## **Tried and tested**

Evolved from the NURSING YOU PDF which has been tested with hundreds of nurses across the country



## **Nurse led**

NURSING YOU is being led by a Senior Nurse



## **Relevant content**

The multimedia content and health assessment has been specially adapted to appeal to nurses



## **News**

Regular updated and content tailored for nurses to help engagement



## **Social Forums**

Nurses can use the forum section to liaise with other nurses, share successes or swap and share tips



## **Challenges**

Set throughout the year, nurses can compete in challenges



## **Local Ambassadors**

Explore the opportunity to identify local nurse ambassadors to actively promote the app

# How to access the app

[www.c3health.org/our-projects/health-professionals/nursing-you/](http://www.c3health.org/our-projects/health-professionals/nursing-you/)

Or

Email [nursingyou@c3win.org](mailto:nursingyou@c3win.org)

Or

Pick up a flyer from the stand

# WIN. by nurses for nurses

