WIN.
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
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-place 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
NURSING YOU, Access to food, course

A LOOK AT NURSES’ ACCESS TO FOOD AT WORK
The Healthy Weight Initiative for Nurses (WIN)

The Issue
1 in 4 don’t have enough time to get to the canteen and eat a meal during their 30-minute break
1 in 4 do not have access to drinking water when needed
1 in 4 have no dedicated place to sit and eat food
1 in 3 must eat where staff change and drugs are stored

What do they eat?
Most nurses bring their own food to work but will:
Choose food from vending machines when stressed
Eat cakes and biscuits given by relatives

What nurses say would make a difference
Availability of healthy food options in the canteen

<table>
<thead>
<tr>
<th>Fruit</th>
<th>89% free fruit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salads</td>
<td>39%</td>
</tr>
<tr>
<td>Low Calorie options</td>
<td>36%</td>
</tr>
<tr>
<td>Traffic Light / Labelling System</td>
<td>20%</td>
</tr>
</tbody>
</table>

Why does food at work matter
Reduces fatigue
Major part of dietary intake
Maintains blood sugar levels on long shifts
Factor to enable a healthy weight
Provides a break

Further details | Jane With wthis@hnbu.ac.uk | Michaela Nuttall michaela.nuttall@c3health.org
'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 find?

"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%).
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

<table>
<thead>
<tr>
<th>Designed by nurses, for nurses</th>
<th>Tried and tested</th>
<th>Nurse led</th>
<th>Relevant content</th>
</tr>
</thead>
<tbody>
<tr>
<td>Content has been created with nurses in mind, using language and styles that will most appeal to nurses</td>
<td>Evolved from the NURSING YOU PDF which has been tested with hundreds of nurses across the country</td>
<td>NURSING YOU is being led by a Senior Nurse</td>
<td>The multimedia content and health assessment has been specially adapted to appeal to nurses</td>
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<tr>
<th>News</th>
<th>Social Forums</th>
<th>Challenges</th>
<th>Local Ambassadors</th>
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<td>Regular updated and content tailored for nurses to help engagement</td>
<td>Nurses can use the forum section to liaise with other nurses, share successes or swap and share tips</td>
<td>Set throughout the year, nurses can compete in challenges</td>
<td>Explore the opportunity to identify local nurse ambassadors to actively promote the app</td>
</tr>
</tbody>
</table>
How to access the app

www.c3health.org/our-projects/health-professionals/nursing-you/

Or

Email nursingyou@c3win.org

Or

Pick up a flyer from the stand
WIN. by nurses for nurses