

Resolution 2
Mississippi Nurses' Association
106th House of Delegates
Biloxi Convention Center
Biloxi, MS

Introduced by: **Deloris Slade, MSN, RN, FNP-BC, Director, Council on Nursing Education on behalf of the MNA Board of Directors**

RESOLUTION: **Support Nurses Being Leaders in Embracing and Promoting a Healthy Lifestyle**

WHEREAS, the purposes of the Mississippi Nurses' Association include promoting and protecting the professional development of nurses (Article 1; Section 2.A.); and

WHEREAS, the functions of the Mississippi Nurses' Association include promoting and protecting the professional environment of nurses (Article 1; Section 3.F.); and

WHEREAS, the functions of the Mississippi Nurses' Association include providing leadership in nursing in the State (Article 1; Section 3.H.); and

WHEREAS, American nurses (3.06 million) are at high risk for being overweight, as the majority are post-menopausal women (93.3% female; mean age 47). Studies have indicated that more than half of all nurses are either overweight or obese¹; and

WHEREAS, nurses often neglect to take care of their own health and high levels of stress have been a significant health problem for nurses ¹; and

WHEREAS, eating for good health is one way that nurses can reduce the impact of stressors on the body and positively influence their health, allowing them to better care for patients and themselves ²; and

WHEREAS, the American Nurses Association defines a healthy nurse as one who actively focuses on creating and maintaining a balance and synergy of physical, intellectual, emotional, social, spiritual, personal and professional wellbeing. A healthy nurse lives life to the fullest capacity, across the wellness/illness continuum, as they become stronger role models, advocates, and educators, personally, for their families, their communities and work environments, and ultimately for their patients ³;

Resolution 2, continued

The Mississippi Nurses' Association, THEREFORE, RESOLVES, to support encouraging all nurses to become leaders in embracing and promoting a healthy lifestyle for the improvement of the health of the nurses in the great state of Mississippi and for the patients of our state, through publication of articles in the *MS RN*, information disseminated via email, and information disseminated during continuing education events, as appropriate. Such efforts demonstrate the Mississippi Nurses Association's and its members' leadership and support for the nurses in our state.

¹ Nahm, E., Warren, J., Friedmann, E., Brown, J., Rouse, D., Park, B., Quigley, K., (September 30, 2014) "Implementation of a Participant-Centered Weight Management Program for Older Nurses: A Feasibility Study" *OJIN: The Online Journal of Issues in Nursing Vol. 19, No. 3, Manuscript 4.*

² Reed, D., (September 30, 2014) "Healthy Eating for Healthy Nurses: Nutrition Basics to Promote for Nurses and Patients" *OJIN: The Online Journal of Issues in Nursing Vol. 19, No. 3, Manuscript 7.*

³ American Nurses Association, Healthy Nurse Healthy Nation™
<http://www.nursingworld.org/MainMenuCategories/WorkplaceSafety/Healthy-Nurse>