



What Is A Healthy Nurse?

A **healthy nurse** is one who prioritizes striving toward positive physical, mental, social, environmental, and professional well-being.

Approved by the American Nurses Association's Board of Directors, 2/9/2024

WHY IS THIS IMPORTANT?

Creating a realistic and meaningful **healthy nurse** definition reflects and informs ANA's wellness work and assists nurses in improving their health, safety, and wellness.

2013

- Original ANA healthy nurse definition developed and approved.

2017

- Healthy Nurse, Healthy Nation (HNN), ANA's free nurse wellness program, is launched.

2020

- Definition is updated to include "financial" health.

2022

- HNN and its Advisory Committee identify need to update definition.
- A Committee subgroup is created to scope work.
- SME consultations and research begin.

2023

- Scholar-in-residence engaged
- Rigorous literature review performed, linking common themes.
- HNN and Committee wordsmith final definition.

2024

- Definition approved and adopted by ANA and HNN.