



## Nurses Obesity Network Newsletter

### HNHN Spotlight & Obesity and the Workplace

August 2022

### Healthy Nurse, Healthy Nation Spotlight on the Nurses Obesity Network

The [Nurses Obesity Network](#) is a diverse group of nursing organizations committed to changing the conversation about obesity — among nurses and across the nation. Their mission is to alter the way we view, treat, and advance care for those living with obesity — including nurses themselves. Co-chair Dr. Loretta T. Lee explains, "Obesity is a chronic disease that requires a full continuum of care." She further notes, "Leveraging our collective voice we can change the way the U.S. treats this condition." Read the full Spotlight [here](#).

### Obesity and the Workplace

Nurses know how important personal wellbeing is. They also certainly understand the challenges of finding time to focus on self-care while juggling the demands of daily life, a busy (and often untraditional) work schedule, commitments to family and friends, and more.

One thing to consider is how excess weight or obesity could be affecting your overall health, or the health of those around you. It is important to know that obesity is a chronic disease with many contributing factors. It is also important to know that obesity is not a result of your personal choices... and it **is treatable!** As the active summer months come to a close, develop a plan that will help you maintain optimal health.

- **Empower yourself** with [tools and resources](#) to support your own journey with weight, or to learn how to discuss obesity compassionately with others
- **Advocate for yourself** by encouraging your employer to destigmatize obesity, offer comprehensive obesity care benefits, and support healthy lives within the workplace
- **Surround yourself** with supportive family members, friends and medical professionals when needed

### Register for Upcoming Conferences and Events

Join Nurses Obesity Network member organizations at upcoming national conferences and events! Visit [EVENTS - Nurses Obesity Network](#) for more details!



#### ANCC National Magnet Conference® and ANCC Pathway to Excellence Conference®

You're invited to the ANCC National Magnet Conference® and ANCC Pathway to Excellence Conference® in Philadelphia, **October 13-15!** There is so much to learn and do. Access both conferences for one price and choose from 120 educational sessions, hear from three inspiring keynote speakers, view 177 posters, explore the latest innovations and technologies in the Exhibit Hall, be a part of the Magnet® and Pathway to Excellence designation celebration, and attend the amazing Welcome Party at the Franklin Institute! Register today:

<https://hubs.ly/Q01fVpd00>. #ANCCMagnetCon #ANCCPathwayCon