

## United Health Foundation and American Nurses Foundation: *Partnering to Promote Nurse Well-Being*

The American Nurses Foundation (ANF) is the philanthropic arm of the American Nurses Association (ANA), with the mission to transform the nation's health through the power of nursing.

In 2022, the United Health Foundation, the philanthropic arm of UnitedHealth Group, and ANF announced a three-year, \$3.1 million grant partnership to address nurse burnout. The program is designed to transform organizational culture, remove the stigma associated with seeking mental health support and offer nurses a new peer support and leadership model to help them use mental health resources earlier and more effectively.

The program is being piloted in four health care organizations, reaching over 15,000 nurses in rural and urban locations in a variety of acute care settings. Program learnings have been incorporated into a national awareness and education campaign, providing free nurse well-being curriculum for frontline nurses and nurse leaders.



### COMMUNITY IMPACT\*

**28%**

decrease in burnout among nurses enrolled in the pilot program

**90%**

of nurses in the pilot program found the model fitting and suitable for their needs

**88%**

of nurses enrolled in the pilot program found the model easy to use

**55%**

improvement since program start in nurse's perceptions that supervisors are more attuned to their needs

\*as of 6/30/24

### WHY IS THIS WORK CRITICAL?



As nurses, we suppress our own emotions to care for others. Many nurses do not reach out for help. This program teaches us how to cope with what we face daily to take better care of our patients and ourselves."

Ashley Melendez, BSN, RN  
BayCare Health System



To see this program in action brought tears to my eyes ... when in a stressful medical event, the nursing staff all came together and took care of each other. That's how we should deliver care. It was beautiful."

Kristen Noles, Performance Improvement Manager  
USA Health University Hospital

