

March 26, 2024

The Honorable J. D. Vance
United States Senate
1240 East 9th Street, Room 3061
Cleveland, OH 44199

Dear Senator J. D. Vance,

My name is Mira Sweat, and I am a student at Firelands Regional Medical Center School of Nursing in Sandusky, Ohio. I will graduate with my diploma in nursing and an associates of technical studies degree, May 3, 2024. Through my education, I have been tasked with researching many areas of nursing, including politics, hence, why I am writing today.

According to the American Nursing Association (ANA), nurses are less healthy than the average American citizen. This is largely due to the shifts they work as well as higher levels of stress and less sleep. Nurses are tasked with caring for our patients and play a critical role in the health care of our nation. Many aspects go into maintaining our health including mental health, physical activity, well balanced diets, increased quality of life, and safety. The ANA has a proposed the “Healthy Nurse, Healthy Nation” program. “Healthy Nurse, Healthy Nation,” focuses on engaging nurses, employers, and organizations around the country embodying the areas I have discussed including mental health, physical activity, nutrition, rest, quality of life, and safety.

I am writing to you to seek support for this program. Currently, there are many bills in Congress related to nursing including improving nursing education, protecting nurses, and numerous more. However, through my research, there are none directly related to improving nurses themselves by trying to improve their health. This needs to be brought forward as not only the obesity crisis rises on our country, but nurses have the duty to provide care to our communities. Nurses educate patients everyday about eating healthy and exercising regularly, but nurses should also strive for this mindset as well. This is something which can be managed in hospitals if they have the

resources to help with exercise such as cardiac rehabilitation centers or physical therapy equipment.

Please consider supporting this program and change. If you have any questions, please contact me (419-908-3152) or the American Nursing Association (ANA) through their email (healthynurse@ana.org).

Sincerely,

Mira Sweat, Student Nurse

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419-908-3152