



*A Healthy Workforce Means A Healthy You*

[nam.edu/HWWBDay](http://nam.edu/HWWBDay)

**WHAT IS HEALTH WORKFORCE WELL-BEING DAY?**

Established in March 2024, the Health Workforce Well-Being Day aims to recognize the importance of protecting health workers’ well-being to sustain our health system and ensure quality patient care. The Health Workforce Well-Being Day is also a day for action—learning from one another on the progress to advance the movement to support health worker well-being, and expand evidence-informed solutions to make system-wide changes to improve health worker well-being and transform cultures.

**PARTICIPATE IN HEALTH WORKER WELL-BEING DAY**

#HWWBDAY #HEALTHWORKERWELLBEING

- Share your stories and experiences around health worker well-being on social media, including through short videos
- Show your support online using the materials provided
- Encourage institutions to sign up to be [NAM Change Makers](#)
- Host a local event or activity

Be sure to use #HWWBDay to share how you’re recognizing the Day!

**TAKE NEXT STEPS IN THE HEALTH WORKER WELL-BEING MOVEMENT**

AUDIENCE	Health Care and Other Institutional Leaders	Policymakers	Health Workers	Patients, Families, and Communities
ACTION	Commit to establishing well-being as a long-term value.	Prevent and reduce the unnecessary burdens that stem from laws, regulations, policies, and standards placed on health workers.	Catalyze your institutions to accelerate their well-being efforts.	Foster partnerships, trust, and mutual respect together with your health providers.



**BROUGHT TO YOU BY**

The National Academy of Medicine (NAM) recognizes HWWB Day as an annual commemoration of progress, in pursuit of improved health workforce well-being and patient care outcomes. Many have observed this day of action, including the U.S. Senate by passing a resolution expressing support for the Day, CDC by releasing NIOSH's *Impact Wellbeing Guide*, Dr. Lorna Breen Heroes' Foundation, and more.

## BACKGROUND

### WHY MARCH 18TH

Health Workforce Well-Being Day is March 18, the anniversary of the Dr. Lorna Breen Health Care Provider Protection Act being signed into law. The act aims to reduce and prevent suicide, burnout, and mental and behavioral health conditions among health professionals.

### WHY AN ANNUAL DAY

The 2022 NAM [National Plan for Health Workforce Well-Being](#) called for identified actors to strengthen the health workforce's well-being. In 2023, the NAM Change Maker Campaign launched to mobilize a collective effort to drive change. The Health Workforce Well-Being Day will further the priorities of the National Plan, celebrate how far NAM Change Makers and grassroots supporters have come each year, and provide a regular opportunity for collective action. Related events will occur throughout March each year.

### WHY A HEALTHY WORKFORCE MEANS A HEALTHY YOU

When workplace policies and practices support the safety and well-being of health workers, health workers can then focus on providing high-quality, personalized, and respectful care. In contrast, high workloads, administrative burdens, and poorly designed technologies divert health workers' time away from patient care. Health workers and the communities they serve have common goals - for more interaction and equitable access to care, safety, and better outcomes. Each of us can play a role in improving health worker well-being, which in turn benefits every patient, every caregiver, every person that will require health care in their lifetime.

