**Background**

- Nurses serve as leaders, role models and champions of health and well-being, but don't always “practice what they preach” in terms of personal health and well-being behaviors.

- A healthy nurse is one who “actively focuses on creating and maintaining a balance and synergy of physical, intellectual, emotional, social, spiritual, personal and professional wellbeing”.

- Healthy role models in academic environments are needed, as major trends across the nation's college campuses demonstrate:
  - Declining physical fitness
  - Declining emotional health
  - An increase in stress, anxiety, depression
  - An increase in fear of failure and lack of resilience.

- Nursing faculty, staff, and students are ideal candidates to serve as healthy role models in academic communities and beyond.

- The purpose of this project is to describe how implementing a college Field Day is being used as an innovative approach to cultivating a healthy academic environment.

**Field Day Implementation**

- **Implementation:** The purpose of this event was to:
  - Promote physical activity
  - Facilitate an increased sense of community
  - Enhance collegial relationships among faculty and staff participants

- **Team Creation:**
  - Diversity: Participants assigned with the intent of creating diverse teams in regards to: faculty/staff, male/female, older/younger, and athletic ability.
  - Creativity: Teams encouraged to be creative with team name and/or uniform.
  - Leadership: Captains designated by individual teams.
  - Inclusion: Cheerleading squad created for those wishing to observe and support rather than participate.

- **Field Day:**
  - Teams competed in various activities out on the lawn during the morning
  - After the friendly competition, a healthy lunch was served
  - Awards handed out at lunch to the winning team

- **Recommendations for the Future:**
  - New activities
  - Weather back-up plan

**Theoretical Framework**

Social Capital (Hanifan, 1916):

- Defined as the “goodwill, fellowship, mutual sympathy and social intercourse among a group of individuals and families who make up a social unit” (p. 130).

- Investing in social capital means creating opportunities for people to socialize and work together to make everyday life more worthwhile.

- Social capital has capacity to:
  - Boost productivity outcomes otherwise unachievable
  - Boost academic performance of students
  - Improve self-reports of stress, anxiety, depression, or sleep difficulties
  - Relate to stronger outcomes for nurses, patients, and health care organizations through improved communication, teamwork, staff retention, and patient safety.

**References**


