



Should “Those Who Can’t” Work in the Health Professions?

Timothy Baghurst
Health and Human Performance
Oklahoma State University

Introduction

- This is a difficult subject to discuss!
- No one likes to air out dirty laundry
- So...
 - ▣ I'll do my best to walk on...



Introduction

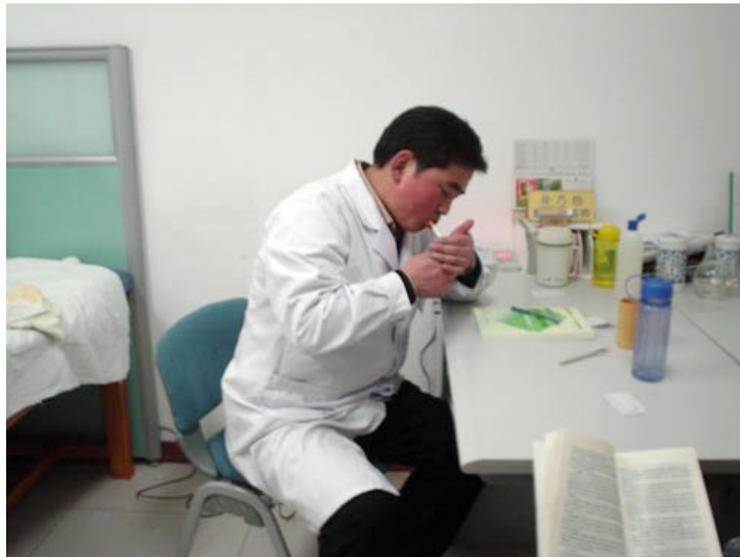


- If the public walked in on this conference, would they know it was a health related conference?
- From our physiques would they see a visual interpretation of what health and physical fitness should represent?

It Makes Sense Right?

- A dentist should have good
- A financial analyst shouldn't be
- A doctor/nurse shouldn't
- A physical educator/coach should be

teeth
poor
smoke
fit



PHYSICAL EDUCATION



Teachers

- Discussed for decades (e.g. Melville & Maddalozzo, 1988).
- High school physical educator's body fatness could affect students' ability to retain information and their intent to exercise.
- Teacher's perceived likeability, expertise, and appropriateness as a role model were all lower when the educator was viewed as obese.

National Association for Sport and Physical Education (2004)

- Standard three - requires regular participation in physical activity
- Standard four - achieve and maintain a health-enhancing level of physical fitness.
- PETE programs should ensure that students are achieving these standards before allowing them into the workplace.



Cardinal & Cardinal (2001)

- “Good teaching includes good role modeling... since the promotion of ‘healthy, active lifestyles’ appears to be the primary goal of the HPERD profession, one could assume that good teachers in this field teach model the most favored behaviors and processes for improving their health and physical fitness.” (p.37)
- In short, role modeling a lifestyle of health and fitness affects students’ learning (Dean et al., 2005).

Perceptions are Important!

- ❑ Fit physiques are perceived as healthy physiques (Garrett & Wrench, 2008).
- ❑ “Fit” looking physiques are not always healthy!



WHY NOT OTHER DISCIPLINES TOO?



Expanding the Range

- If physical educators are supposed to model healthy behaviors it follows that other disciplines within health professions should consider implementing the same strategy.
- Health Science?
- Doctors and Nurses?
- Athletic Trainers?
- Others?

Little Research

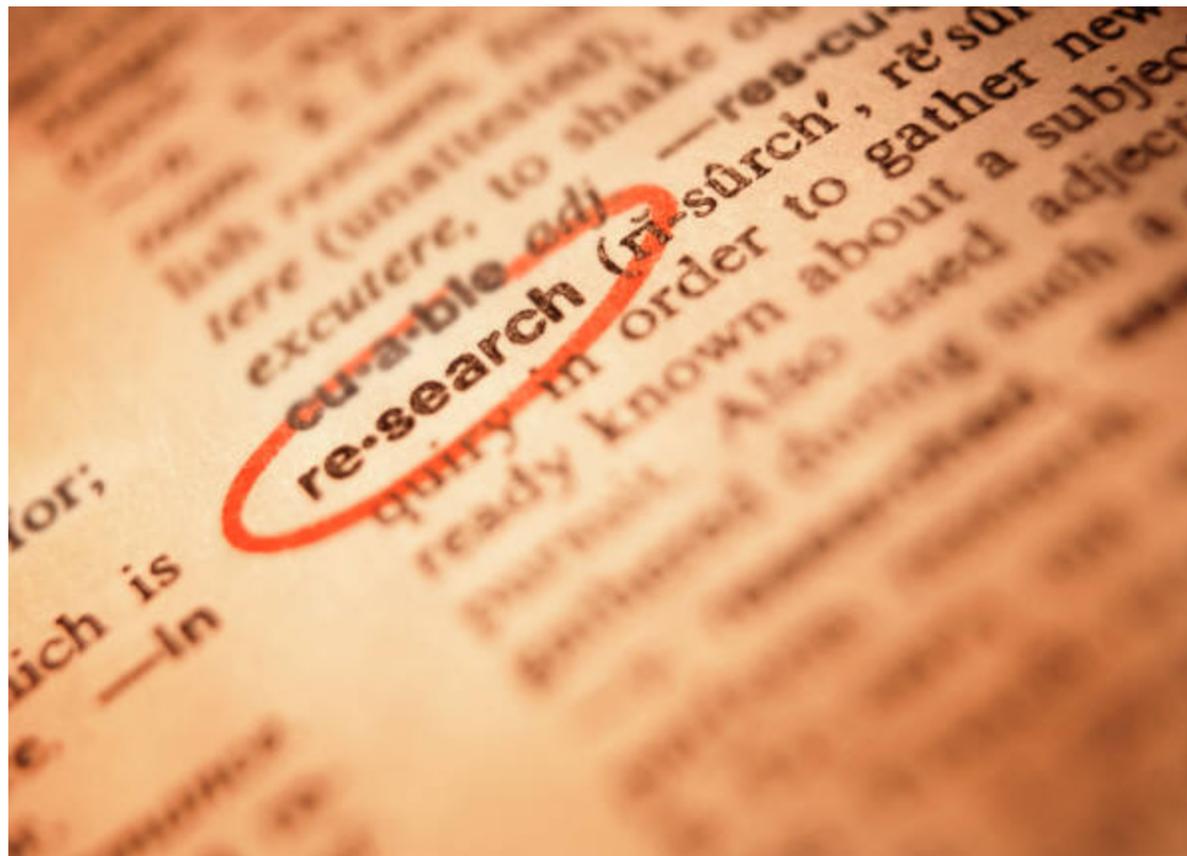
- Recent studies have found that 10% of doctors (Vanphanom et al., 2011) and 11% of nurses smoked (Berkelmans et al., 2011).
- Athletes may ignore the advice of an athletic trainer if the trainer looks unhealthy (Sedory, 2009).



Health Professionals

- Health professional students are not socialized to perceive role modeling as a professional responsibility.
- In other words, it's not depicted as a requirement of the vocation.
- Why not?

AVAILABLE RESEARCH



Health Professionals

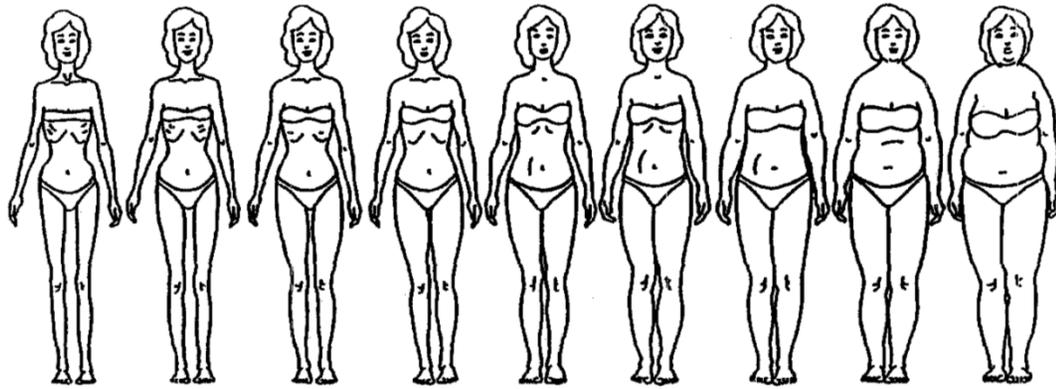
- The perception that role modeling healthy behaviors increases students' career opportunities is the most predictive of students' belief that role modeling is an important part of an effective health educators' professional responsibility (Scott, 1996).



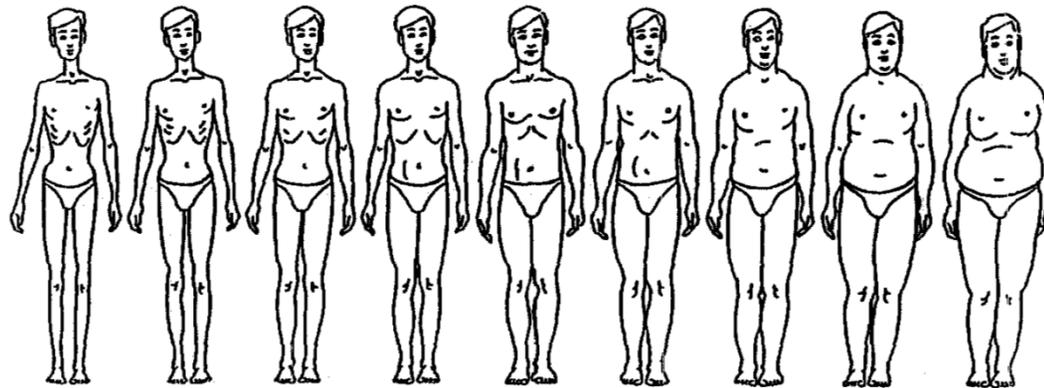
All Professors & Educators

- Many instructors and professors preach health and wellness, yet conversely practice unhealthy behaviors.
- “Health professionals should be physically active not only to benefit their own health but to make more credible their endorsement of an active lifestyle... educators at all levels should be good models of physical activity behavior.” (Centers for Disease Control and Prevention and the American College of Sports Medicine, 1995, p.406)

RESEARCH IN PROGRESS

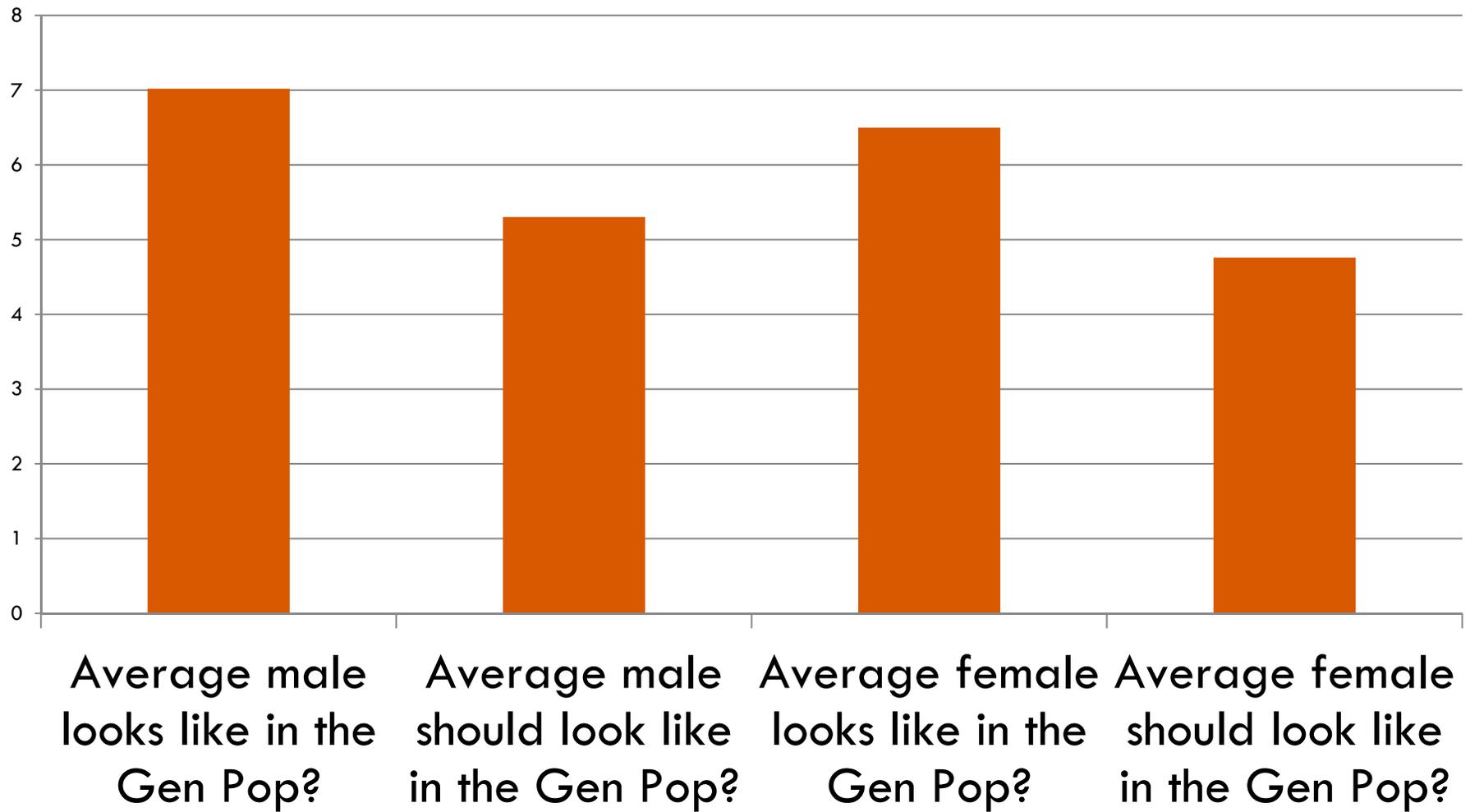


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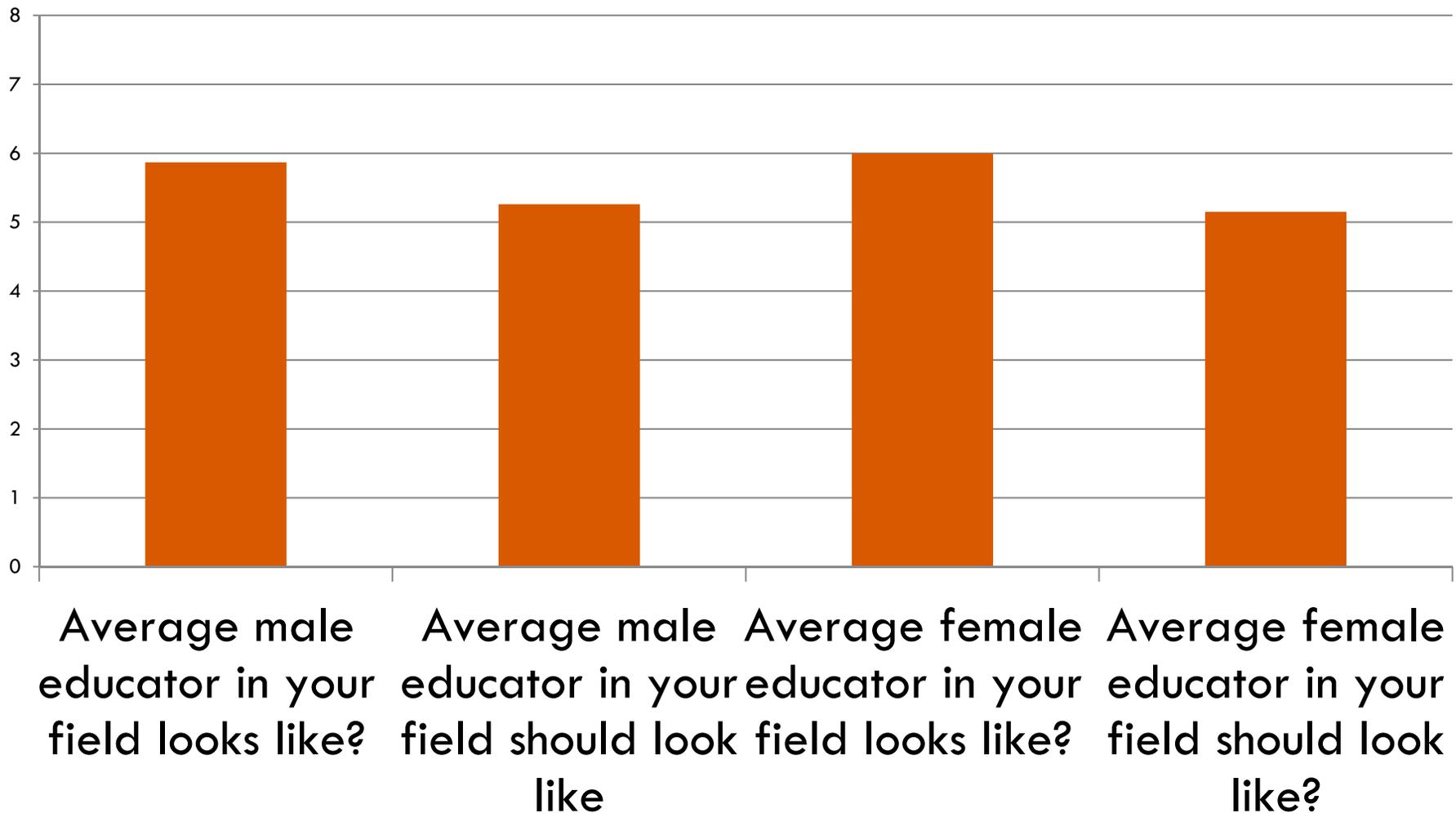


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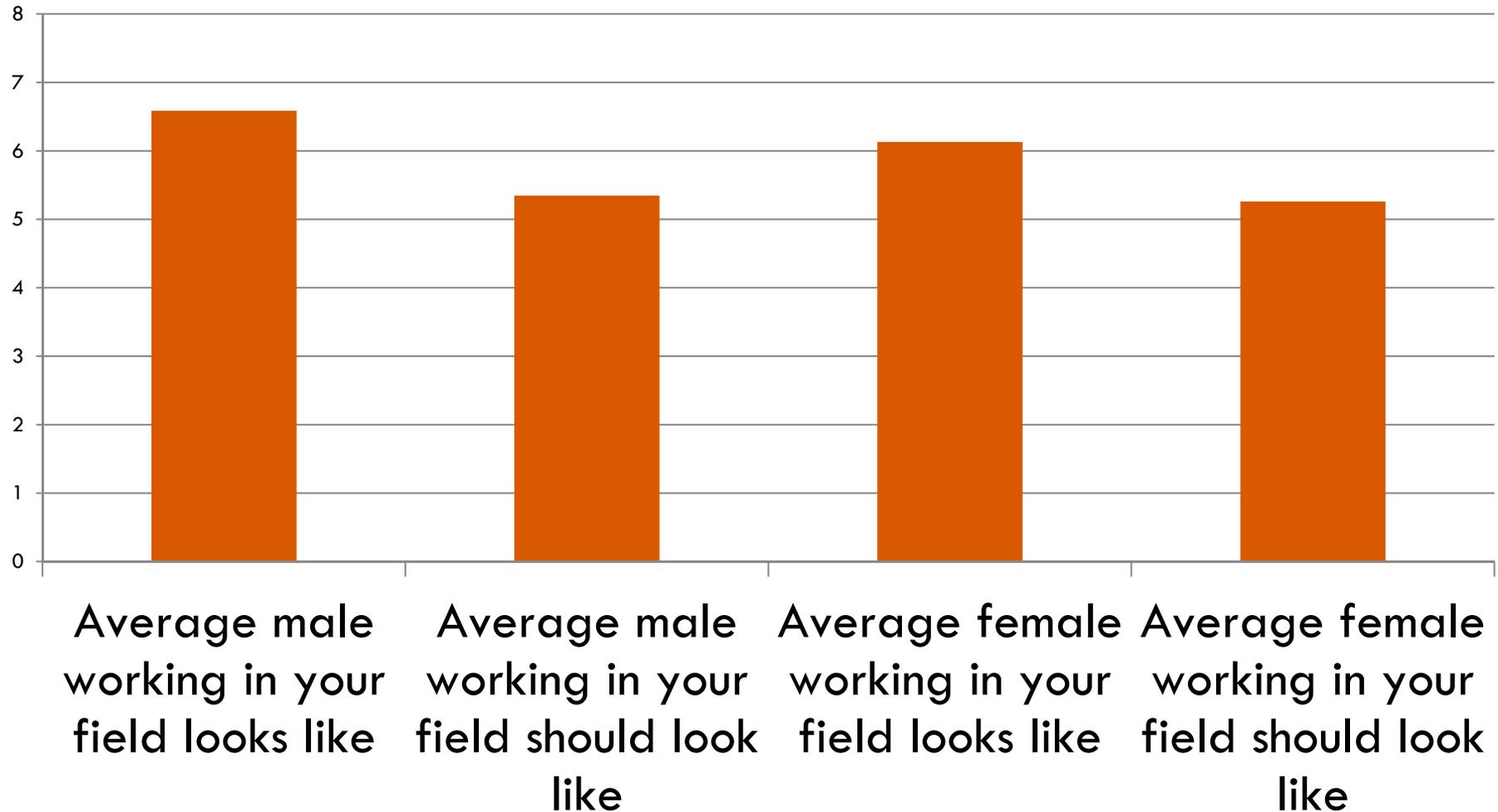
Males & Females in General Pop.



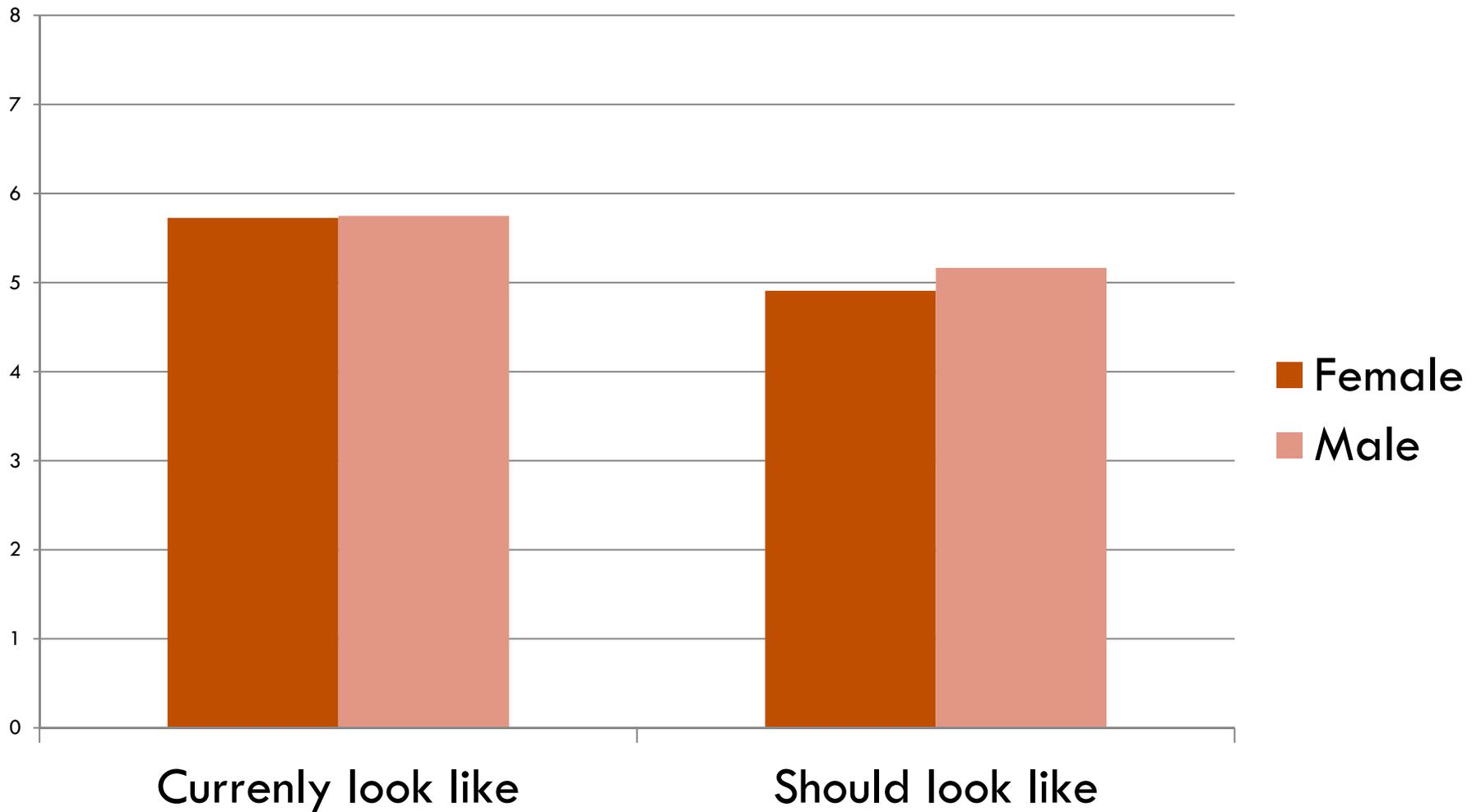
Males & Females in Uni. Educators



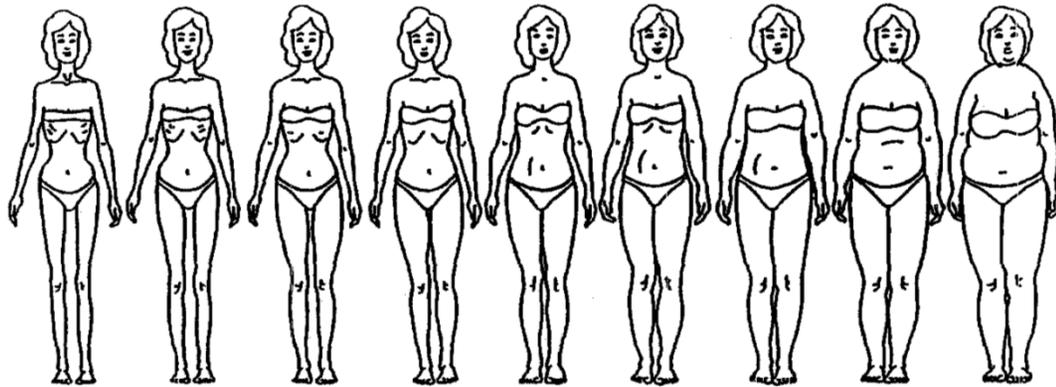
Males & Females as Practitioners



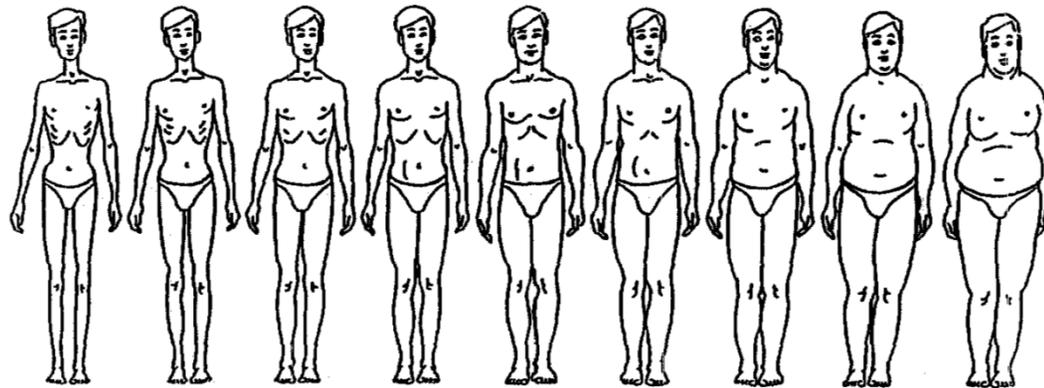
Personal Physique



Physique Perceptions

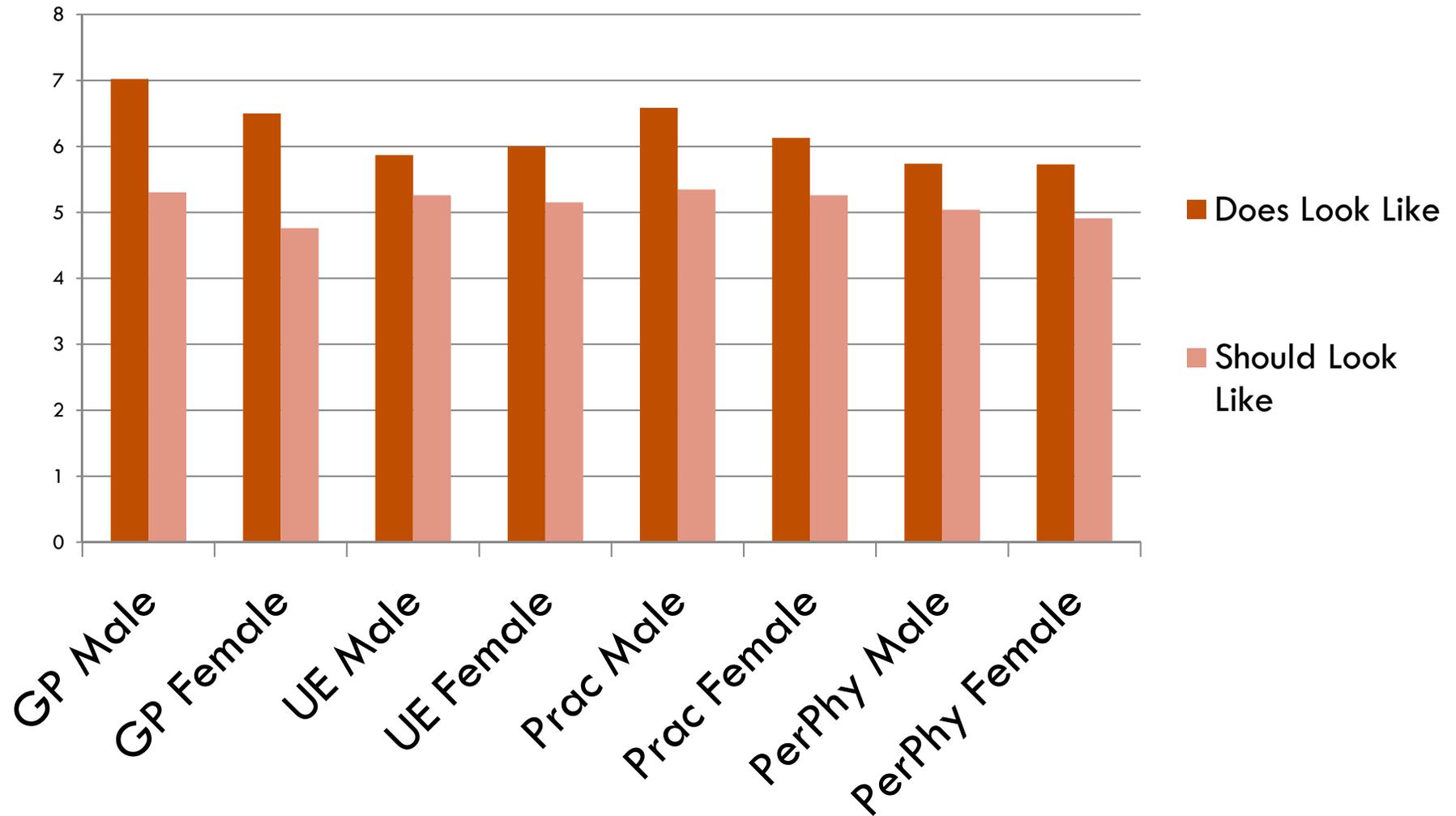


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Combining



Tentative Conclusions

- All groups should look slimmer than they currently do.
- All women groups should look slimmer than male groups, but the difference isn't great.
- University educators should look larger than the general population? – Scary for me!!!
- Students think they look pretty good!

THE FUTURE





Job Opportunities Limited

- Harder to find a job if overweight or unfit (Cardinal & Cardinal, 2001; Melville, 1991; Staffo & Stier, 2000).
- “The ideal individual will promote wellness by leading a healthy lifestyle.”



Something New!

- Job postings may now include that the applicant model the proponents of Healthy People 2020. By including this statement in the job description, employers can inquire to the health behaviors of the applicant.



For Example...

- The ideal individual will promote wellness by leading a healthy lifestyle.



It's Becoming More Important

- NASPE position statement (2009):
“Participating in **regular** physical activity at a level sufficient to promote health-related physical fitness is an important behavior for professionals in **all** fields of physical activity at **all** levels, including coaches, K-12 teachers, physical educators and kinesiology faculty members at higher education institutions, and fitness professionals.” (p.1).



What's Going On Elsewhere

- Japan - companies and local governments must now measure the waistlines of Japanese people between the ages of 40 and 74 as part of their annual checkups.
- Those that fail will be given dieting guidance if after three months they do not lose weight. If necessary, those people will be steered toward further re-education after six more months.
- Government will impose financial penalties on companies and local governments that fail to meet specific targets.

THE CHALLENGES WE FACE



Obesity

- “I doubt I could feel too trusting in what a fat PE teacher tells me about being fit and maintaining a good body size. I don't see how someone can tell you what to do without doing it themselves.”
- “They're like a contradiction to their own teachings.”
- “They are fat PE teachers because they were unable to make it as pros. People that don't cut it being pro become PE teachers.”
- “I refuse the idea of a fatty teaching me how to be fit. That's just not going to work.”
- “My P.E. teacher isn't all that fat. He's excellent at almost all sports and best of all, he plays with us.”
- “I just think PE teachers need to at least be fit and able to do the things that they are telling us to do, unless they are old. My teacher is pretty old so he can't do as much, but he still runs with us at times when we had cross country practice which is pretty impressive.”

Smoking

- Actually, I am surprised they are allowed to smoke on site at all. It is unprofessional and makes their clothing stink (although they can't smell it, everyone else can!). And yes, why not ban fat nurses from eating crisps when in uniform - there is an obesity epidemic in this country and healthcare professionals should set as good an example as they can.
- Our trust is smoke free for staff...so they walk off site and stand at the huge roundabout smoking for all to see. REALLY gives a good impression to see 30+ nurses standing around at lunchtime! I hate it when a worker comes back to the ward reeking of cigarettes. It's gross.
- I had to have day surgery once, and the nurse that was prepping me absolutely REEKED of smoke - her fingers were all stained, and so were her teeth, it was disgusting. And because I had been fasting the smell made me feel sick to my stomach.
- What I hate more is the smokers in the staff who use their habit to get extra breaks - you **ALL** know what I mean!

TAKING STEPS



The Biggest Challenge Is...

- The difficulty of taking care of oneself while meeting responsibilities as professional caretakers.
- Time
- Money
- Fatigue
- Training
- Other?

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- A better care of self will translate into better health and well-being of those that are being served.
 - In other words, we'll be doing a better job!

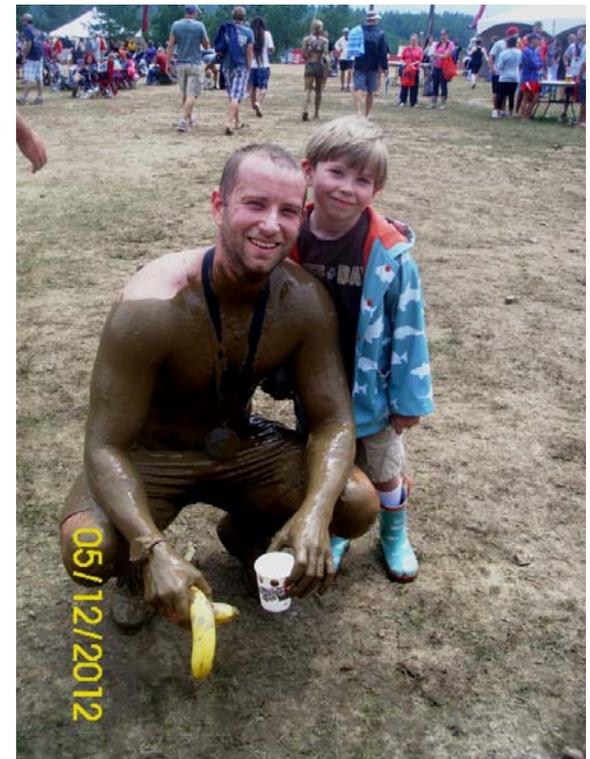
How We Can Do It



- Baby steps.
- You are what you eat.
- Discuss exercising experience (challenges and successes).
- Talk about healthy habits.

How We Can Do It

- Show and tell.





□ tbaghurst@live.com