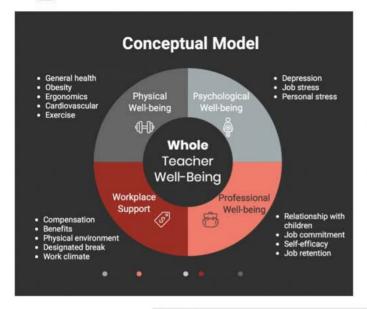


Happy Teacher Project



Supporting Early Childhood Teachers' Well-Being



Principal Investigator

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Collaborators

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- Natalie Ellis & Mia Kile in Interior Design (OU)
- Ken Randall in Physical Therapy (OU)
- Alicia Salvatore & Evan Floyd in Public Health (OU)
- Tim Ford in Educational Policy (OU)
- Susan Sisson (OU) & Dipti Dev (UNL) in Nutritional Science
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Student Researchers & Visiting Scholar

- Adrien Malek, Min Han, Sarah Ford-Hampton, & Nicole Hardenburg (OU)
- Taylor Lee & Joshua Baer (OU)

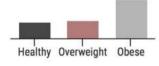
Interdisciplinary Mixed Method Study (N=262 EC teachers) Stage 1

Teacher survey & brief health assessment (e.g., step test)



Stage 2
Observation of interaction & physical

environment, environmental data sampling (e.g., air quality, noise, chemical exposure). & interview



55% Obe

Obese (vs. 36% females in OK)

20% overweight



54% Below average cardiovascular fitness

49% No exercise

26% High blood pressure



21% 4+ ACES

(vs. 16% adults in OK)

23% Depressed

34% Intent to leave



33% Urinary tract infection

55% Headache 20% Asthma

(vs.14% adult life-time asthma in OK)



66% Musculoskeletal pain

53% Back pain

28% Neck or knee pain23% Work-related injuries



44% No designated break

33% No place for relaxation

26% Noise disturbing19% Furniture not adult size

So, how can we support them better?