Happy Teacher Project
Supporting Early Childhood Teachers' Well-Being

Conceptual Model
- General health
- Obesity
- Ergonomics
- Cardiovascular
- Exercise
- Depression
- Job stress
- Personal stress

Whole Teacher Well-Being
- Physical Well-being
- Psychological Well-being
- Workplace Support
- Professional Well-being
- Relationship with children
- Job commitment
- Self-efficacy
- Job retention

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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

Healthy
Overweight
Obese

55% Obese (vs. 36% females in OK)
20%

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 pain
23% Work-related injuries

44% No designated break
33% No place for relaxation
26% Noise disturbing
19% Furniture not adult size

So, how can we support them better?

This project is funded by the Early Childhood Education Institute at OU-Tulsa & the Research Council & the Office of Vice President for Research at OU.