

# Northwestern Health Unit



## Series 3 – Healthy Eating in the Workplace

### Part A: Introduction to Healthy Eating in the Workplace



# Audio and PPT



This presentation is part A of a series by the Northwestern Health Unit.

Should you choose, an audio presentation accompanies these slides. Please follow along.



# Nutrition in the Workplace



The overall purpose of this presentation is to understand the importance of healthy eating in the workplace.



# Discussion Topics

- What is healthy eating?
- Introduction to Eating Well with Canada's Food Guide
- What does food have to offer?
- Canadians' eating habits today
- Promoting healthy eating in the workplace
- Benefits from healthy eating in the workplace

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# What is Healthy Eating?



# Healthy Eating is...

getting enough vitamins, minerals and other nutrients to help reduce disease and achieve overall health and vitality.



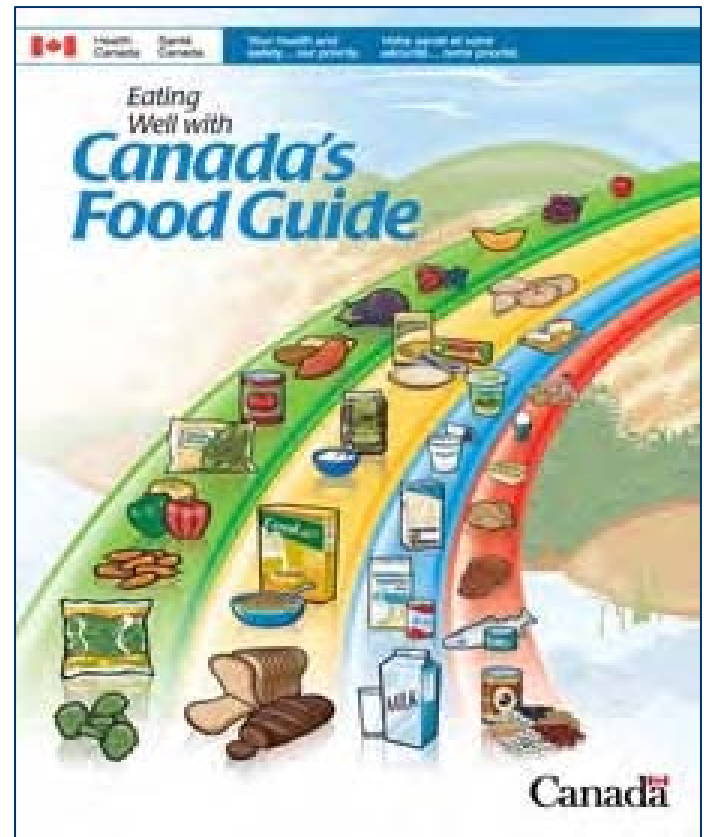
# Eating Well With Canada's Food Guide

Eating Well with Canada's Food Guide will be discussed in further detail in:

Series 3 – Part B: Eating Well with Canada's Food Guide and Healthy Eating Tips



# Eating Well with Canada's Food Guide 2007



# The 4 Food Groups



Vegetables & Fruit



Grain Products



Milk & Alternatives



Meat & Alternatives



# What Does Food Have to Offer?





# Food...

- Is an essential part of life
- Gives you energy to get you through each day
- Nourishes your body
- Provides you with essential vitamins and minerals
- Plays a vital role in our overall health and well-being

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# Canadians' Eating Habits Today...



# Canadians' Eating Habits Today...

## Fact #1:

50% of adults fall short of consuming the five-serving minimum of vegetables and fruit (based on the 1992 CFG)

Source: 2004 Canadian Community Health Survey



# Canadians' Eating Habits Today...

## Fact #2:

10% of Canadians reported that they did not consume breakfast the day before they were interviewed

Source: 2004 Canadian Community Health Survey



# Canadians' Eating Habits Today...

## Fact #3:

25% of Canadians reported that on the day before their interview they had eaten something that had been prepared in a fast-food outlet



Source: 2004 Canadian Community Health Survey

# Canadians' Eating Habits Today...

## Fact #4:

Soft drinks account for the majority of calories from “Other Foods” among Canadians



Source: 2004 Canadian Community Health Survey



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# Canadians' Eating Habits Today...

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## Overview

Canadians...have poor eating habits.

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# Promoting Healthy Eating in the Workplace



# Where is your Workplace?

- Office
- Outdoors
- Air
- Vehicle





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# Why promote healthy eating in the workplace?

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- Benefits to the Individual
- Accessibility and Convenience
- Social and Administrative Systems
- Supportive Environment

# 1. Benefits to the Individual

Employees who practice healthy eating...

- have more energy
- are more productive
- are better able to handle stress
- are more likely to maintain healthy weights and experience lower rates of chronic disease





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## 2. Accessibility and Convenience

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- Canadians spend 60% of their waking hours at work
- People often eat one or more meals and/or snacks at work
- Workplaces are convenient venues to promote healthy eating



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## 3. Social & Administrative Systems

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- Newsletters, bulletin boards, posters, and e-mail can be used to promote healthy eating to all employees
- Healthy eating guidelines and events can be easily included into health and safety meetings

# 4. Supportive Environment

- Co-workers encourage one another to participate and give positive support and reinforcement
- The availability of healthy food choices at work influences what people eat



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# Benefits of Healthy Eating in the Workplace



# Who Benefits?

1. Employees
2. Employers
3. Managers





# Potential Employee Benefits

- Positive attitude towards healthy eating
- Opportunity to share healthy eating knowledge with family and friends
- Enhanced ability to cope with stress

# Potential Employee Benefits

- Improved eating habits, thus reducing the risk of chronic diseases
- Stronger immune system, decreased sick time, and faster recovery from illness
- Overall wellness and work-life balance





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# Potential Employer & Manager Benefits

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- Reduced absenteeism
- Reduced medical costs, disability costs and insurance premiums
- Increased employee productivity and job satisfaction



# Positive influences of healthy eating in the workplace include...

- Employee health
- Company profit
- Productivity
- Quality
- Cost-effectiveness
- Efficiency



# References



Sources used to complete this presentation include:

- City of Hamilton: Healthy Workplace – Healthy Eating
- County of Lambton Community Health Services. A Guide to Healthy Living at Work. September 2004.
- Eating Well with Canada's Food Guide. A Resource for Educators and Communicators.
- Eating Well with Canada's Food Guide. Health Canada. 2007
- Statistics Canada. Canada's eating habits. 2004 Canadian Community Health Survey Didier Garriguet. May 2007.
- Guide to Nutrition Promotion in the Workplace. Nutrition Resource Centre. Ontario Public Health Association. 2002.