

A close-up photograph of a fruit salad, including strawberries, orange slices, green grapes, and red grapes, arranged in a bowl. The background is slightly blurred, focusing attention on the fresh fruit.

# Fueling a Healthy Workplace

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# About us

## Nutrition Australia is a:

- National community nutrition education organisation
- Health Promotion Charity

**40 years of inspiring healthy eating for Australians**

## What we do?

- Community education programs
- Workplace health programs
- Early childhood, schools
- Healthy Lunchbox Week January
- National Nutrition Week October
- Membership




# Good nutrition can make a difference!

- Making healthy behavioural changes within the workplace can help employees develop healthy habits in their everyday life.
- Workers who eat well are more likely to be healthier, happier and more productive.



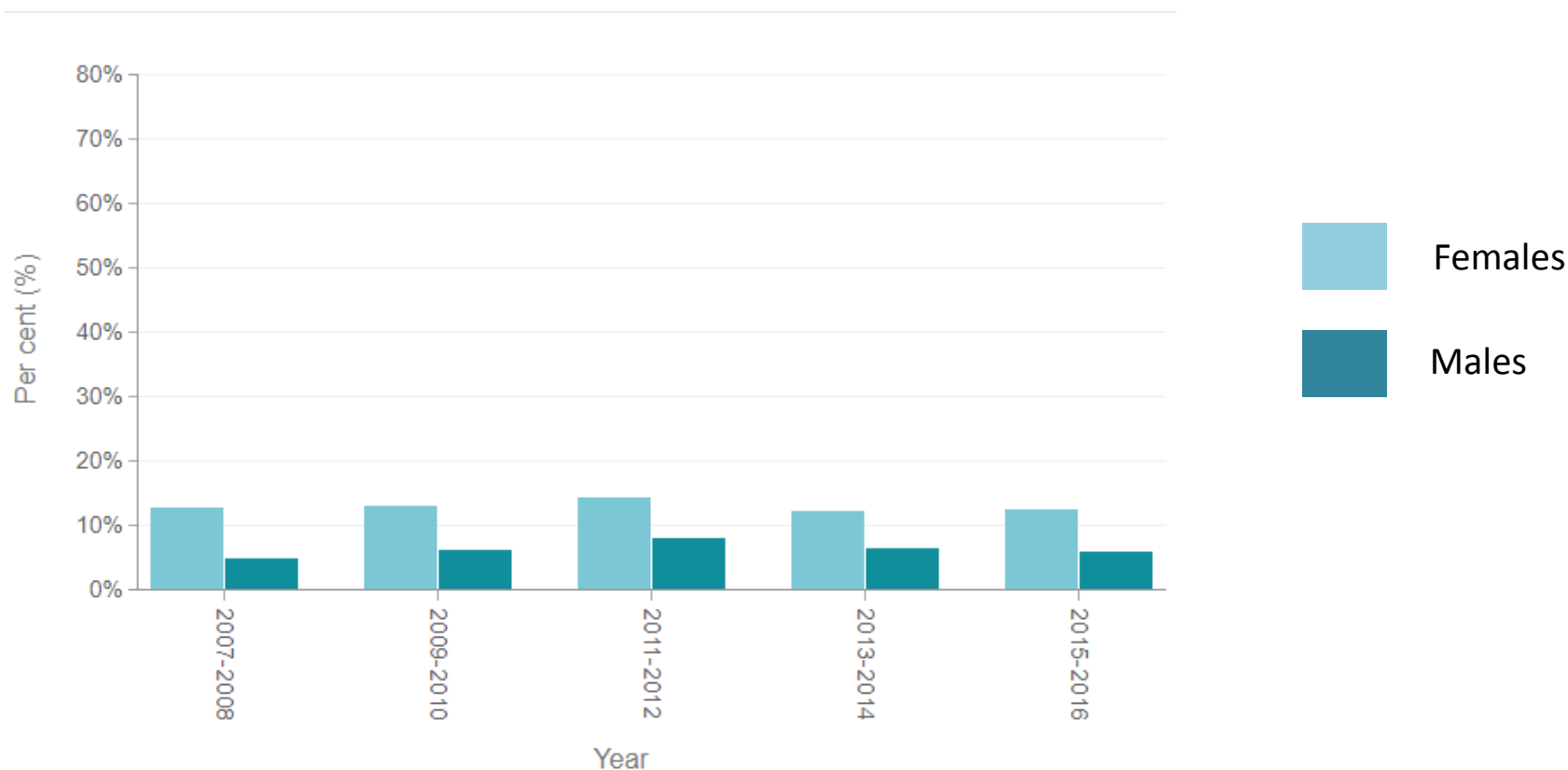
Addressing healthy eating in the workplace is an effective way to reduce BMI and improve risk factors for diabetes and heart disease (WHO 2007).

# Poor nutrition can affect performance

- 
- A close-up photograph of a middle-aged man with a grey beard and glasses, wearing a light-colored button-down shirt. He is covering his eyes with both hands, suggesting fatigue, stress, or frustration. The background is a bright, out-of-focus indoor setting.
- Physical and mental exhaustion
  - Poor motivation
  - Low resistance to infection
  - Poor concentration and productivity
  - Afternoon slumps

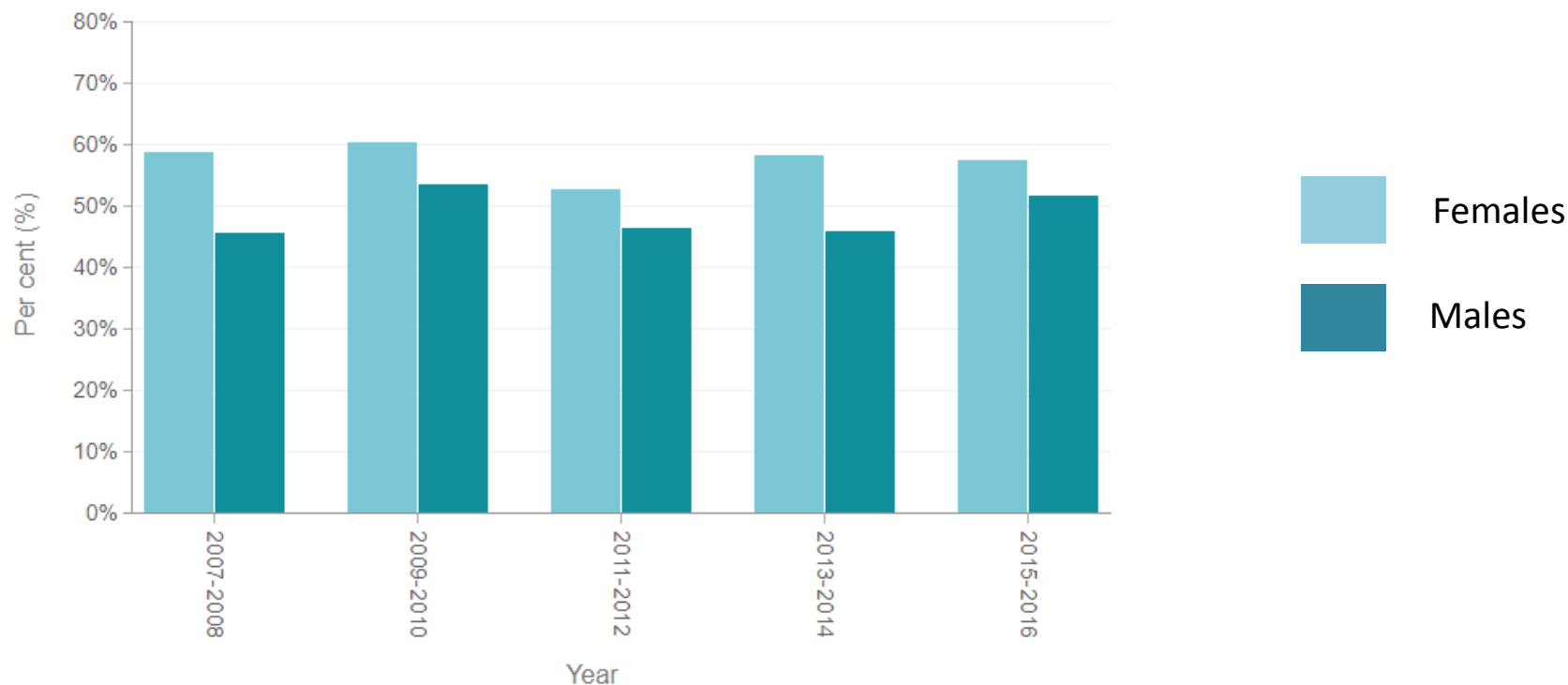
# Canberran's vegetable intake

## Adults who eat 5 serves of vegetables every day



# Canberran's fruit intake

## Adults who eat 2 serves of fruit every day



# Eating well at work

## Short term

- Energy levels
- Mental acuity and concentration

## Medium term

- Improved illness recovery time
- Improved immunity

## Long term

- Decreased risk for chronic disease
- Weight management



# Australian Guide to Healthy Eating

**Enjoy a wide variety of nutritious foods from these five food groups every day.**

**Drink plenty of water.**

Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties

Vegetables and legumes/beans

Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans

**Use small amounts**

**Only sometimes and in small amounts**



If we all ate like this:

- heart disease would reduce by half
- Type 2 Diabetes would be reduced by a third
- diet related cancers would reduce by a third.



# Workplace levels of influence

## Direct

- Health education
- Availability of healthy food

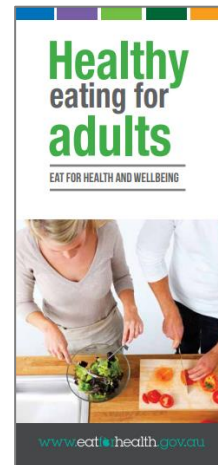
## Indirect

- Social support
- Social norms promoting healthy eating



# Supporting workers to eat well

- Provide employees with information about healthy eating
  - Fact sheets
  - Newsletters
  - Brochures
  - Posters



ACT Nutrition Support Service Weekly Newsbites!

# Supporting workers to eat well

- Make healthy options available



**Healthy catering**



**Vending machines**



**Fruit bowl**

# Supporting workers to eat well

- Offer education opportunities
  - Seminars
  - Cooking demonstrations
  - One-on-one sessions
  - Information stalls
  - Health events
  - Healthy eating tips and messages



**Nutrition Australia Workplace Health Services!**



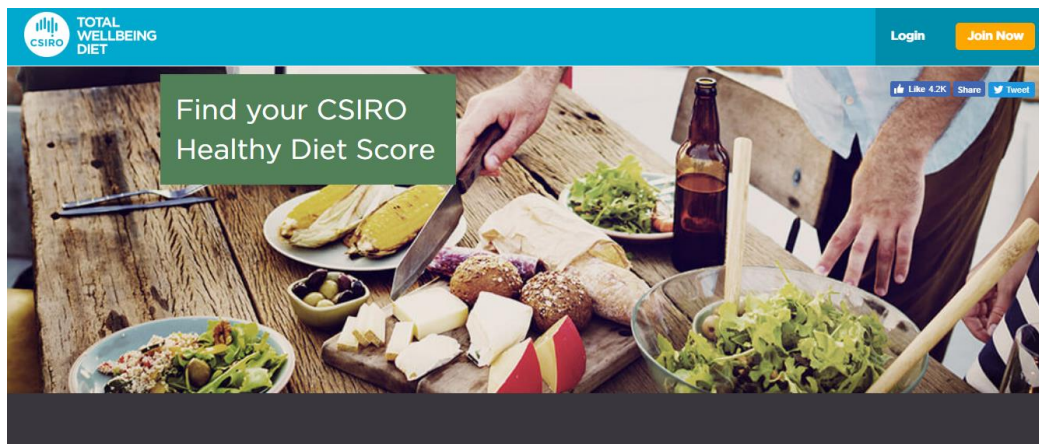
# Supporting workers to eat well

- Engage in campaigns and challenges
  - Healthy lunchbox week (January)
  - Smart eating week (February)
  - Heart week (April)
  - Diabetes Week (July)
  - Dry July
  - Healthy Bones Week (August)
  - National Nutrition Week (October)



# Supporting workers to eat well

- Online healthy eating quizzes
  - CSIRO Healthy Diet Score
  - Healthy Eating Quiz





# Supporting workers to eat well

- Provide a healthy eating environment
  - Lunchroom/eating area with tables and chairs
  - Opportunities for meal breaks away from desk
  - Areas for food storage
  - Fridge
  - Microwave
  - Water refill station



# Supporting workers to eat well

- Lead by example
  - Create a healthy eating philosophy
  - Find passionate people
  - Develop a healthy food and drink workplace policy/ guideline
  - Healthy catering



# Supporting workers to eat well

- Healthy competitions
  - Sandwich, soup or salad cook offs
  - Guess the vegetable, herb, fruit
  - Weekly food quiz/trivia
  - Recipe swaps



**Is honey a healthier alternative to sugar?**

# National Nutrition Week

**Did you know?**

**40%** of the average household bin is wasted food equivalent to

**\$1036** worth of groceries per year

not to mention the cost to the planet

13 - 19 OCTOBER 2019



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