

Helping employees to break unhealthy eating habits

Actions for employers:

Create a culture that promotes healthy eating at work

- ✓ Take stock of the barriers to healthy eating across your workforce. Do people have the opportunity access healthy food during the day or the time to prepare and bring this in?
- ✓ Assess what impact poor nutrition is having on the health of your people, including health risks, sickness absence and medical claims, to make the case for change.
- ✓ Educate managers about the importance of encouraging all employees to take a proper lunch break away from their screen, to eat or prepare healthy food and get fresh air.

Motivate and empower employees to make positive changes

- ✓ Explain the health risks associated with unhealthy eating and why you want to support employees to make more healthy choices both during and after work.
- ✓ Ensure office workers have access to healthy choices, not just chips and pizza, by increasing the cost of unhealthy options, to subsidise healthy options, if necessary.
- ✓ Provide access to emotional support, such as counselling via an Employee Assistance Programme (EAP), to support people who are overeating due to stress or loneliness.

Educate employees how to break unhealthy habits

- ✓ Share ideas on how to use tinned, frozen and dried fruit and veg, which is just as healthy and more convenient and affordable than fresh fruit and vegetables or junk food.
- ✓ Offer nutrition information or workshops on how to break unhealthy eating habits and encourage employees to share tips and recipes with each other.
- ✓ Remind employees of the importance of staying active, as prolonged time sitting reduces metabolism, pushing our bodies into fat-storing, instead of fat-burning, mode.

“Evidence shows the link between good employee health and wellbeing and business outcomes”

Dame Carol Black, Working for a Healthier Tomorrow Report

To arrange a call-back to discuss ways of reducing health risks linked to obesity at your organisation, please contact us

