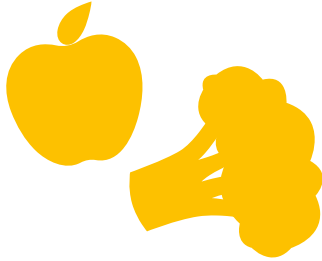


Healthy Eating Level 1

54.8% of adults eat **5 or more portions of fruit and vegetables** a day.



Workplace approaches are most effective when employers take a **whole person, whole system** approach to healthy eating.



Personal responsibility is important, but employers are able to make positive changes to the **workplace environment** that can help employees make healthier choices.



On average, obesity deprives an individual of an extra **9 years of life**.



Healthy Eating can **reduce the risk of chronic diseases** such as heart disease, stroke and some cancers.

Individuals consume a **third of their daily calories at work**, highlighting the potential for businesses to have a significantly positive impact on the diet and weight of their employees.





The cost of an **unhealthy workforce** to the UK taxpayer has been estimated at over **£60m pounds per year**.

64% of adults are either **overweight or obese**.



Obesity can also affect the productivity of a workplace; if someone is obese, their **health will generally be poorer**, and they will be more likely to suffer from issues such as back problems or sleep apnoea.



Healthy Eating Level 1: Criteria	Local/National Resources:
 <p>Create a workplace environment which encourages employees to incorporate healthy eating into their daily routine.</p> <p>Guidance:</p> <ul style="list-style-type: none"> Organisations should create a positive environment for healthy food choices. This should be tailored to your organisations working arrangements/ locations and patterns. Where employees work ‘on-site’, organisations should ensure: <ul style="list-style-type: none"> » Kitchen facilities or beverage areas are clean and in good condition and, where appropriate, comply with food hygiene regulations. » There is appropriate storage space, including refrigerators, and simple food preparation facilities such as a microwave oven. Employees will have greater control over what they eat and drink if they have an environment in which they can bring and prepare their own meals. » Fresh drinking water is accessible Consider providing employees with a place to eat (away from workstations) if possible or encouraging employees to move away from their workstation to eat. 	<p>WCC healthy eating webpage</p> <p>Better Health webpage</p> <p>PHE campaigns</p> <p>BITC physical activity, healthy eating and healthier weight toolkit</p> <p>NHS eat well website</p> <p>BHF health eating information</p> <p>BDA resources</p> <p>Diabetes UK healthy eating information</p> <p>PHE healthier and more sustainable catering toolkit</p> <p>PHE work environments guidance</p>
 <p>Raise awareness and provide information regarding healthy eating, hydration and maintaining a healthy weight.</p> <p>Guidance:</p> <ul style="list-style-type: none"> This could include: <ul style="list-style-type: none"> » The impact of healthy eating on physical and mental wellbeing » Eatwell guide » Healthy recipes » Food labels » Portion sizes » Fats, salt and sugar reduction » Hydration and healthier drinks » Weight management Ensure information is from a verifiable source and is accessible to employees from across the organisation. Consider the format for providing information that is appropriate and accessible for all employees e.g. leaflets, apps, posters, intranet, notice boards, verbally. 	<p>e-LfH all our health obesity course</p>