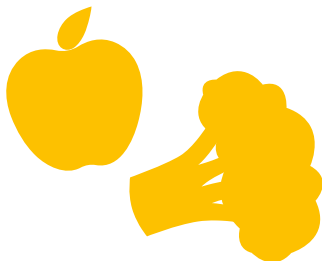


Healthy Eating Level 3

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.

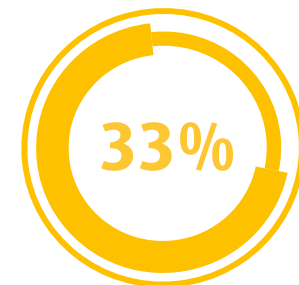


On average, obesity deprives an individual of an extra **9 years of life**.



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 3: Criteria	Local/National Resources:
	<p>Provide employees with facilities/ schemes enabling them to eat healthily and achieve/ maintain a healthy weight.</p> <p>Guidance:</p> <ul style="list-style-type: none"> Consider ways that you can invest in facilities or schemes to support healthy eating in the workplace and beyond. Examples of facilities/ schemes include providing free fruit, cooking and healthy eating courses/ programmes/ seminars, subsidised healthy options, allotments and growing schemes etc. Consider the introduction of an evidence-based workplace weight management programme following best practice guidance. An alternative option could be to promote external services and opportunities available. 	<p>BITC physical activity, healthy eating and healthier weight toolkit</p> <p>Gov.UK weight management service guidance.</p> <p>.....</p>
	<p>Develop and implement a healthy eating action plan with ongoing employee engagement, supported by senior leaders.</p> <p>This plan should:</p> <ul style="list-style-type: none"> Outline the healthy eating activities, events, initiatives, campaigns Ensure initiatives/ activities/ changes to food provision are monitored and evaluated to demonstrate impact and inform and shape further developments Provide evidence of employee engagement including regular employee surveys/ feedback mechanisms and evidence of how survey recommendations are progressed Be reviewed regularly including food policies <p>Guidance:</p> <ul style="list-style-type: none"> The action plan could be part of a wider health and wellbeing plan 	