

Promoting Health at Work

Healthy Eating

Healthy Eating is a key topic promoted in workplaces every year. During the Workplace Health Promotion Workshop the Information and Resource Centre and Workplace Team highlighted the range of resource available to borrow to promoting health at work.

Kingdom Housing and Rolls Royce provided great examples in running interactive promotional days to engage staff in health and wellbeing.

The resources borrowed from the Information Resource Centre gave a good visual representation in terms of making the topic a real life experience. The feedback from both organisational staff groups was overwhelmingly positive.

Kingdom Housing rotated a stand round all sites which incorporated tasters of healthy foods and the interactive resources to promote an awareness of hidden fats in foods. The resources with the biggest impact for Kingdom Housing staff were the Blubber Buster, Rolls of Fat and Fat Finders. These resources raised awareness of the level of fat in food and how carrying extra fat feels.

Rolls Royce, Dalgety Bay site, held a healthy eating stand supported by a nurse to provide additional information and answer questions. Staff commented that 'the biggest learning point was the increased awareness of how much fat/sugar/salt typical food items contain, which will mean people will think twice or check labels before choosing an item. A number of individuals here rely on a Fast Food van for lunch which, other than soup, doesn't really offer "healthy" options, so this may encourage some to prepare meals at home.'



HIGHLIGHTS OF THE CAMPAIGNS

- The interactive resources provide a visual impact when discussing weight, fat, salt, sugar levels in food that we eat.



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