

Week 4 :**Module Four: Settings based nutrition and food promotion - workplaces**

Learning objectives:

- Identify different settings and life stages suitable for nutrition and food promotion
 - Summarise the relevance and benefits of nutrition and food promotion in workplaces
 - Describe different approaches to promote nutrition in the workplace
 - List the advantages and disadvantages of workplace nutrition and food promotion
 - Apply your learnings to critique and offer suggestions on how to improve upon some existing workplace nutrition programs
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DIFFERENT SETTINGS AND LIFE STAGES SUITABLE FOR NUTRITION AND FOOD PROMOTION**What is settings-based nutrition and food promotion?****Defining 'Settings'**

- Places where people congregate and collaborate during the course of their daily lives
- Have physical boundaries, a form of organised structure, and people with different roles
- > e.g. workplaces, schools, childcare centres, universities, sporting clubs, churches

Settings for nutrition and food promotion

- Means to reach individuals within their social networks and physical environments, gain access to services & synergistically bring together
- Community action
- Can take many forms

Socioecological model - settings

- Sits within the organisational level of the model & some in intrapersonal and community levels.
- Includes multiple strategies at multiple levels to maximise the potential health and nutrition impact

THE RELEVANCE AND BENEFITS OF NUTRITION AND FOOD PROMOTION IN WORKPLACES**Workplace health promotion**

Workplace influences the physical, mental, economic and social well-being of workers and in turn the health of their families, communities and society

Why should companies promote nutrition?

- Employer benefits
- Unhealthy workers are costly
- Tax advantages for the employers
- Mandated by law
- Avoid litigation

DIFFERENT APPROACHES TO PROMOTE NUTRITION IN THE WORKPLACE**Approaches to promote nutrition in the workplace****Information and education**

- Posters, labelling, information sessions
- Food that are on sale
- Aim: enable employees to decided for themselves