
HEALTHY FOOD



How Healthy Eating Can Impact Your Employees & Your Business

Employers throughout the world are currently facing immense challenges: a global economic crisis, an increasingly fast-paced business environment, growing demands for increased productivity, and last but not least an aging and seemingly unhealthy workforce. A report by the British health insurance provider paints a bleak picture of the future workforce. Employees will be older, with more long-term conditions or “lifestyle” conditions, caring for others, obese with diabetes and/or heart problems, in the kind of jobs more likely to have an impact on psychological health and working in knowledge-intensive or service industries. One could infer that this prediction applies

The picture above shows a variety of ingredients that can and should be used on your everyday diet

globally with the current disease patterns being most pronounced in North America, Europe, and Japan.

The health of employees is rapidly becoming a key business factor, both from a cost and from an asset perspective. Employers have not succeeded in lowering health care costs through containment strategies due to the daunting demographic and disease trends. Coupled with growing demands for increased productivity in the global marketplace, employers are coming to terms with the fact that existing occupational health schemes are insufficient. Sick leave has become a huge problem. For example, 600 million working days are lost due to work-related illness in Europe). The reasons are manifold: aging populations, increasing work-related stress and unhealthy behaviour.



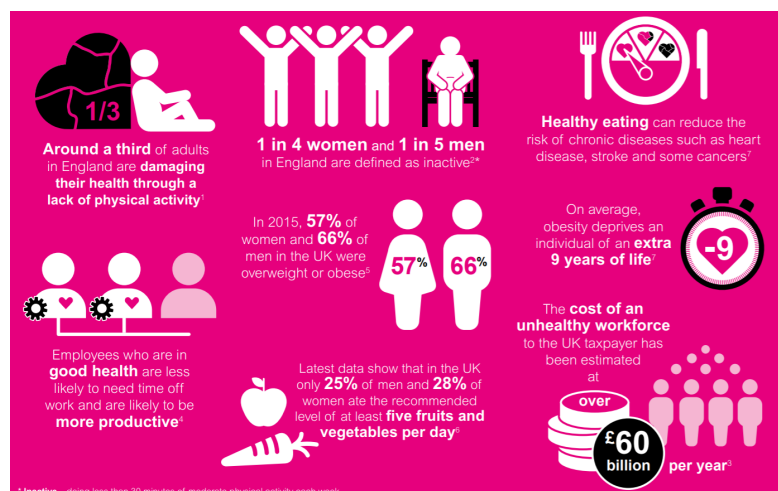
The food that we eat has a serious impact on the way we will perform at work, so it's important that we have a balanced diet

“Your diet is a bank account. Good food choices are good investments”

- BETHENNY FRANKEL

Employees are under tremendous pressure at the workplace as the overall economic environment is unfavorable and present working conditions have led to increased workloads and demands and reduced rewards and control. Productivity related costs of

mental health disorders in the EU-25 (plus Norway, Iceland and Switzerland) have been estimated at 136 billion in 2007). The figure would be much larger when taking presenteeism into account. This has called for a more proactive, prevention-focused approach to healthy workplaces that can be best described as workplace health promotion.

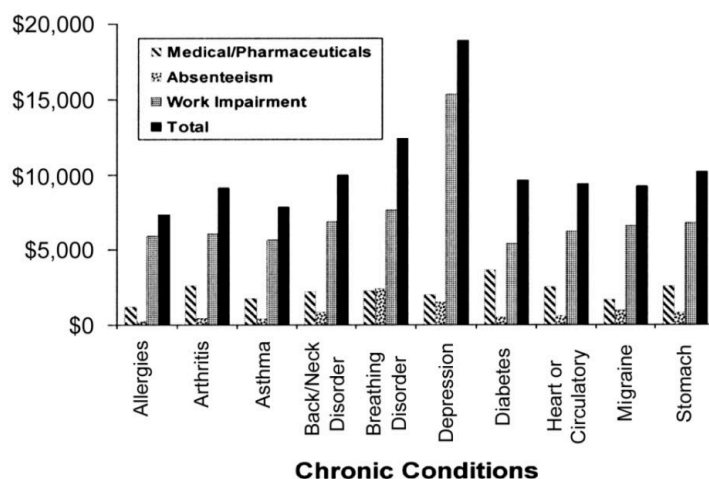


Food & health business strategy for growth

	Africa	Asia	Australia	Canada	Europe	Latin America	U.S.
Improve productivity/presenteeism	1	2	1	1	1	1	2
Reduce employee absences	2	3	2	2	3	3	3
Improve workforce morale/engagement	4	1	3	4	2	4	4
Maintain work ability	3	6	6	7	4	2	8
Further organizational values/mission	5	4	8	6	6	6	5
Attract and retain employees	6	7	4	5	5	7	7
Improve workplace safety	7	5	5	8	7	5	6
Reduce health care/insurance costs	9	9	11	3	11	11	1
Promote corporate image or brand	8	8	6	9	8	9	9
Fulfill social/community responsibility	10	10	8	10	9	8	10
Comply with legislation	11	11	10	11	10	10	11
Supplement gov't-provided health care	12	12	12	12	12	12	12

Fig. 1. Top employer objectives driving health promotion initiatives from 2009 Buck Consultants report of working well: a global survey of health promotion and workplace wellness strategies.

Making the link between employee health and productivity is a necessary step to assess the full impact of poor health, but the next step is even more important: to improve the health of employees, provide good working conditions and with that increase morale, motivation and performance. This is only possible on a sustainable basis with an integrated health management approach. The aim of health management is to measurably improve total health -and with that productivity and performance- and reduce health-related costs. Health management includes an integrated collection of data and delivery of services across the “silos” of health promotion, occupational health, disease management, workers compensation and disability case management. This presents a considerable challenge for employers, especially in large multi-national corporations where a number of different departments exist dealing with health-related issues. One of the most important principles in health management is to address the health of all employees, not only the sick and disabled ones. Unfortunately, most employers still only focus on the employees who are on sick leave and short- or long-term disability with the goal of re-integrating them into the work process. This thinking neglects the fact that employees who are low-risk move into the medium- or high-risk categories and in the end, you have more people who became high-risk than people who reduced their risk



For more information on how an unhealthy lifestyle may affect you please watch the following video (<https://youtu.be/P5q7y8P3iYk>).

Bellow you will be able to see a picture of our group (Mishika Verma, Tayyaba Awais, Egbert Solomon and Gustavo Melo) working on the article.

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Acai bowls is a Brazilian specialty that over the last few years it has become highly popular, and it is an amazing choice for a healthy breakfast

614 words