

# NC IOM Prevention Taskforce

Employer-based Interventions for  
Improving Workplace and  
Employee Nutrition

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July 31, 2008

# 5 Options For Employers

Intervention	Description	Target Group	Cost/ Effort	Resource
Food policy	Nutritional req for dining, vending & catering	All workplace residents	\$ ↓	<a href="http://www.ncpreventionpartners.org/content/documents/HFE/HealthyFoodEnvironmentsStandard.pdf">www.ncpreventionpartners.org/content/documents/HFE/HealthyFoodEnvironmentsStandard.pdf</a> <a href="http://www.cdc.gov/ncdphp/dnpa/hwi">www.cdc.gov/ncdphp/dnpa/hwi</a>
Food supply	Vendor req for healthy choices, labeling placement, pricing, catering menu & staff training	All workplace residents	\$ ↓	<a href="http://www.winnerscirclehealthydining.com">www.winnerscirclehealthydining.com</a>

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Intervention	Description	Target Group	Cost/ Effort	Resource
Benefit design	Access to nutrition counseling & weight mgmt support	All health plan members	\$\$ ↓	<a href="http://www.businessgrouphealth.org/benefitstopics/topics/purchasers/index.cfm">http://www.businessgrouphealth.org/benefitstopics/topics/purchasers/index.cfm</a>
Communication & Messaging	Healthy Dining @ work, away from home, meal replacement. Admin staff training on catering menus	All employees	\$ ↑↑	<a href="http://www.eatsmartmovement.com/">www.eatsmartmovement.com/</a>

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Intervention	Description	Target Group	Cost/ Effort	Resource
<p>Weight mgmt &amp; weight reduction initiatives</p> <p>(opportunity to evaluate weight, determine healthy weight, guidance for wt loss, physical activity support)</p>	<p>Work place classes, self-help materials, web based programs, phone counseling, fitness centers and fitness programs</p>	<p>Employee subgroups</p>	<p>\$\$ --\$\$\$</p> <p>↑--↑↑↑</p>	<p><a href="http://www.weightwatchers.com/about/cpp/index.aspx">www.weightwatchers.com/about/cpp/index.aspx</a></p> <p><a href="http://www.welcoa.org/fr eeresources/">www.welcoa.org/fr eeresources/</a></p>

# Commonly Used Options

Intervention	Cost/Effort
Weight management initiatives	\$\$ --\$\$\$ ↑--↑↑↑
Communications	\$ ↑↑
Benefit Design	\$\$ ↓
Food supplier	\$ ↓
Food policy	\$ ↓

# Why Haven't We Made More Progress?

Common Approach	Attributes Missing	
	Process Expertise (know what to do, how & when)	Capacity (have available time, interest & resource)
Any employee can lead wellness	X	X
Rush to implement activities (activity focused not impact focused)	X	
Poor/insufficient resource allocation (funds & personnel)		X
Lack of subject matter expertise (every org creating solutions for same set of issues)	X	