



WORKFORCE NUTRITION Updates and Insights

Greetings!

Welcome to the fifth issue of our "Workforce Nutrition - Updates and Insights" newsletter.

If you have any questions or suggestions, please let us know at info@workforcenutrition.org

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Best practices for workforce nutrition - new edition of "Fast Track for Leaders" webinars - now with simultaneous translation into Spanish



We will run two "Fast Track for Leaders" webinars on 19 October and 9 November 2022. They are specifically designed for business leaders in companies and organisations which intend to introduce and improve workforce nutrition at their worksites. And they will equip executives with the fundamentals of

developing an effective workforce nutrition strategy, as well as presenting the tools required for successful implementation across their company. Most importantly, participants will learn from successful case studies and best practice examples. Due to the increasing interest from Latin American companies, we will provide simultaneous translations into Spanish.

Register for the upcoming webinar on 19 October 2022 at 4:00 pm CET / 9:00 am COT:

Food for mood: you feel what you eat - Five nutritional evidence-based steps about mental health

The employer's role in supporting employees' nutritional and mental health while at work has never been more pronounced than it is today. In March 2022, the WHO wrote how the 'COVID-19 pandemic triggers 25% increase in prevalence of anxiety and depression worldwide', representing a real challenge for businesses worldwide. This is especially true when considering the price of poor mental health: depressive and anxiety disorders cost the global economy more than \$1 trillion in lost productivity each year.

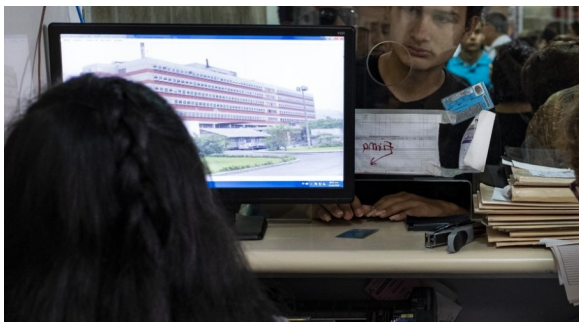


Society pays for rising mental health costs, but employers do so as well through lost productivity and increased demand for healthcare services by their employees. After all, depressive disorders alone already affect more than 300 million people around the world and are associated with unemployment, poor physical health, impaired social functioning, and, in its most severe forms, suicide.

Against this backdrop, employers can contribute to reducing the mental health burden of employees, by following these five nutritional, evidence-based steps. Click the button for more information:

[Read the full article](#)

Mental health and wellbeing - international stakeholders confirm importance of workforce nutrition



Mental health and people's wellbeing is increasingly making headlines these days. In a joint news release on 28 September, WHO and ILO call for concrete actions to address mental health concerns in the working population. "As people spend a large proportion of their lives in work, a safe and healthy working environment is critical," said Guy Ryder, the ILO Director-General. As there are evident synergies

between mental health and healthy nutrition, addressing the nutritional dimension of health contributes to reducing the mental health burden of workers. Read more by clicking the button below:

[Read the full article](#)

The importance of workforce nutrition was also reiterated at the White House Conference on Hunger, Nutrition, and

Health hosted on Wednesday 28 September 28. As part of the National Strategy for Health, Nutrition, and Hunger, the US federal government has released a series of actions it will take. A key aspect is the focus on three of the four WNA's workforce nutrition pillars: healthy food at work (page 23), breastfeeding support (page 26), and nutrition education (page 26).



WHITE HOUSE CONFERENCE ON **HUNGER, NUTRITION, & HEALTH**

[Read the
strategy](#)

Driving advancements in enhanced workforce nutrition

Masterclass co-host, Liezel Engelbrecht, shares her motivation for driving workforce nutrition.

Leading employers worldwide are already beginning to embrace the value of investment in expanded workplace nutrition programmes. Read more about our lighthouse leaders' experiences:

[Read
more](#)

**“Being able to contribute
to creating a supportive
environment for health at work,
which can positively impact
employees and their families,
is a meaningful endeavor.”**



LIEZEL ENGELBRECHT
Host of the Masterclass

 Hosts the sessions

 Answers your questions

Our Workforce Nutrition Masterclass kicked off on
14 September 2022



About us

The Workforce Nutrition Alliance was launched by The Consumer Goods Forum (CGF) and the Global Alliance for Improved Nutrition (GAIN) in October 2019. The Alliance aims to improve access to and awareness of healthy nutrition for +3 million employees in member organizations and supply chains by 2025, with a target of over ten million by 2030. You can learn more about workforce nutrition and the Workforce Nutrition Alliance [on our website](#).

