



WORKFORCE NUTRITION

Updates and Insights

Newsletter No 27 / August 6, 2024

Greetings!

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

If you have any questions, or suggestions of topics you'd like to see in the next newsletter, please let us know at info@workforcenutrition.org.

HR and sustainability executives:

Don't miss the chance!

Fifth edition of the Workforce Nutrition Masterclass
kicks off on 18 September 2024

Global malnutrition affects one in three people, contributing to adverse health outcomes and diminished workplace productivity. Considering that 60% of the world's population spends one-third of their adult life at work, it is clear employers have a vested interest in employees' health and well-being. The workplace, therefore, presents a crucial yet underexplored opportunity to address malnutrition comprehensively.

A recent [study](#), conducted by GAIN's Christina Nyhus Dhillon and Flaminia Ortenzi, analysed the potential effects of workforce nutrition programmes on health and business outcomes. Given its multifaceted benefits, discovering how to implement a workforce nutrition programme tailored to your organisation's specific needs is essential.

COMING SOON

Workforce Nutrition Masterclass

18 SEPTEMBER 2024

The masterclass to kick-off workforce nutrition in your organisation



The WNA Masterclass provides valuable insights and practical tools for implementing and running workforce nutrition programmes. And the eagerly awaited fifth edition kicks off on Wednesday 18 September 2024! HR and sustainability executives can secure their places now: spaces are limited and are filling up fast.

Register

Are you still thinking about it? We have put together some insights and reflections from our past participants who have successfully integrated workforce nutrition into their business models.

The “Humans Behind Workforce Nutrition: A Case Study Booklet” is a compilation of inspiring stories from seven companies which participated in the Workforce Nutrition Masterclass 2023. Their experiences offer valuable insights and best practices that can inspire your organisation to prioritise employee well-being.



The Humans Behind Workforce Nutrition: A Case Study Booklet

We are proud our nutrition programmes have reached 6 million workers through our advocacy and technical support, and we are working towards 10 million by 2030.

June 2024



Masterclass Case Study Booklet

Roadmap to N4G 2025: WNA Lighthouse Webinar Series

The business benefits of investing in family-first programmes at work

4 September 2024, 14:00 – 15:00h CEST

Early registration possible

Join us for World Breastfeeding Week 2024 as we spotlight the theme "Closing the Gap – Breastfeeding Support for All." This year, the World Alliance for Breastfeeding Action (WABA) emphasizes the critical role breastfeeding plays in promoting survival, health, and wellbeing.

Employers have a key role in this initiative. By supporting breastfeeding, they can foster a more contented and productive workforce, reducing absenteeism and staff turnover while enhancing employee loyalty.

Featured as part of the N4G Lighthouse series, don't miss our upcoming webinar, "Nurturing Success from Day One: The Business Benefits of Investing in Family-First Programmes at Work". This session, presented by the [Workforce Nutrition Alliance](#) ([The Consumer Goods Forum](#) and [The Global Alliance for Improved Nutrition](#)) in partnership with [ofi](#) and the [World Benchmarking Alliance](#), will explore how breastfeeding programmes, paid care, and parental leave can close social gaps, presenting a compelling business case and showcasing impactful practices from [ofi](#).

Workforce Nutrition Alliance Lighthouse Webinar Series

Nurturing success from day one:
The business benefits of investing in
family-first programmes at work

WEBINAR

Wednesday, 4 September 2024
2:00 - 3:00 PM CEST



Register

Simple food swaps, big environmental gains

Employers can drive sustainable eating
and boost their green credentials

Many believe that achieving sustainable eating requires drastic measures, such as adopting

a vegan diet. However, recent research highlighted in UK's The Guardian reveals that small dietary adjustments can also lead to substantial environmental benefits. By analysing food products in Australian supermarkets, researchers found that swapping high-impact foods for medium-impact alternatives can decrease negative environmental influences by at least 62%. Choosing the most sustainable options can reduce it by up to 77%. Specifically, greenhouse gas emissions can be lowered by 96 % overall if we switch from high-impact to low-impact products across all food categories.

Considering that food systems are a major contributor to global environmental degradation, responsible for 70% of global freshwater use, 38% of land area, and one-third of greenhouse gas emissions, this stark reality underscores the urgent need for a comprehensive transformation in how we produce, transport, retail, and consume food.

Bärbel Weilligmann, GAIN's Workforce Nutrition Programme Lead, said, "*Employers are the catalysts of change in this crucial transition. By championing and embedding healthier food in canteens, they can significantly reduce the environmental impact of diets, particularly in high-income countries. These initiatives not only foster a healthier and more productive workforce, but they elevate the company's stature as a visionary and socially responsible leader. Such efforts stand as a testament to their commitment and can be proudly documented in ESG frameworks.*"

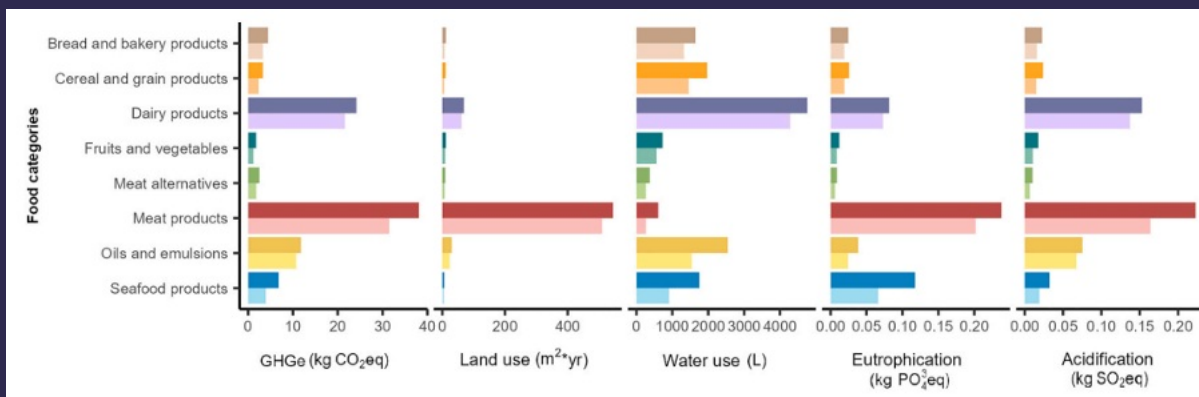


Photo credits: P. Shah et al study. The difference in environmental impact associated with switching within each category. The darker bars show the difference between the high-impact products (90th percentile) and low-impact products (10th percentile) of each food category across all the indicators and the lighter bars show the difference between high-impact products (90th percentile) and medium-impact products (50th percentile).

[Click here to learn more](#)

Nutrition is the foundation of our future

An opinion piece by GAIN's ED Lawrence Haddad

Brieuc Pont, Secretary-General of the Nutrition for Growth Summit, and Lawrence Haddad, GAIN's Executive Director, have written an insightful opinion piece published in Devex emphasising a crucial truth: while millions suffer from hunger, billions are malnourished, lacking essential vitamins, minerals, proteins and fibre. This leads to widespread health problems such as stunting, wasting and also obesity. However, the consequences of poor nutrition extend beyond individual health, impacting society at large.

With only five years remaining to achieve the UN Sustainable Development Goal of ending malnutrition by 2030, immediate and strategic action is paramount. The upcoming Nutrition for Growth (N4G) Summit, in March 2025, will be a pivotal moment to accelerate global efforts against malnutrition. Employers have the opportunity to make workforce nutrition commitments. Eleven companies did it successfully at the N4G in 2021. The entire article is available here:



Photo credits: Makmende

[Click here to read more](#)

The link between lifelong mental sharpness and nutritious diets

UK study reveals the long-term cognitive benefits of workplace nutrition interventions

A seven-decade study in the UK reveals a compelling connection between lifelong healthy eating and better cognitive abilities in old age. The 1946 British Birth Cohort study highlights that individuals who consume diets rich in vegetables, fruits, legumes, and whole grains - while minimising sodium, added sugars, and refined grains - maintain higher cognitive functions over time. This research adds to a growing body of evidence that a healthy diet could help ward off Alzheimer's disease and age-related cognitive decline.

For employers, this underscores the critical importance of workforce nutrition programmes. By implementing comprehensive nutrition initiatives at the workplace, you can play a pivotal role in enhancing your employees' long-term cognitive health and productivity.



Photo credits: Michael Macor/ San Francisco Chronicle via AP

[Click here to learn more](#)

"Nutrition education helps employers support employees to understand and engage in wider nutrition initiatives both at work and at home."

Download the workforce nutrition guidebooks for free:
<https://workforcenutrition.org/guidebook-series/>



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 Workforce Nutrition Alliance's aim is to support employers to adopt and expand healthier workforce nutrition programmes to reach three million employees in organisations and supply chains by 2025 and over ten million by 2030.

Workforce Nutrition Alliance | www.WorkforceNutrition.org