



WORKFORCE NUTRITION

Updates and Insights

Newsletter No 29 / October 3, 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.

58% of medical students lack nutrition training

Workplaces can help

Recent findings published in *The Conversation*, a leading platform for research-based news and analysis, highlight a critical gap in healthcare: despite diet-related diseases being the leading cause of death in the US, many physicians receive little to no nutrition education during medical school. In fact, 58% of medical students surveyed in 2023 reported not receiving any formal nutrition training.

This underscores the need for more robust nutrition education, both in medical schools and in workplaces. As Bärbel Weiligmann, GAIN's Workforce Nutrition Programme Lead, says: *"Good nutrition is not just an individual responsibility — it's a critical investment in the wellbeing and productivity of employees, and employers play a key role in facilitating this."*

Examples of effective initiatives include [ofi Egypt](#)'s nutrition education programme, which aims to raise awareness about good nutrition among employees. Similarly, [Aviv Tanzania](#) reported success in 2023, with 560 workers receiving nutrition education. [Google](#) is also making big strides, with 40% of its employee kitchen classes focusing on dietary diversity and balanced diets.

Diet-related diseases are the leading causes of death in the U.S., and a poor diet is responsible for more deaths than smoking.

Diet-related diseases are the No. 1 cause of death in the US, The Conversation
September 2024



The Workforce Nutrition Alliance helps bridge this gap by supporting employers in implementing comprehensive workforce nutrition programmes. Our self-assessment scorecard, guidebooks, and Masterclass empower companies to create healthier, more informed workforces, which are crucial for preventing diet-related diseases.

[Learn more](#)

Private sector evidence: workforce nutrition boosts productivity and sustainability

Indian tea business APPL shares valuable experiences

In a recent blog post published on the nutrition knowledge platform "Nutrition Connect", Mr Pichino Chaudhry, Senior Sales Marketing Manager at Amalgamated Plantations Private Limited (APPL), highlighted the crucial role of workforce nutrition in tea plantations, where maintaining a healthy, well-nourished workforce is directly linked to productivity and sustainability. Pichino Chaudhry said workers are facing numerous challenges, including poor dietary practices and limited access to nutrition education, which can lead to common health issues such as anaemia and diarrhoea.

APPL, in collaboration with GAIN, is tackling these challenges through its *Healthy Diets for Tea Communities Programme*, which targets 12 tea estates in India. The initiative combines supply-side interventions with community engagement activities, emphasising sustainable nutrition education, seasonal eating and health interventions including iron and folic acid supplements.

Mr. Chaudhry said, "*Ultimately, these efforts benefit the workers as well as contributing to the overall sustainability and success of the tea industry.*"



Photo credits: GettyImages/SolStock,/ Food Navigator

Looking ahead, APPL aims to expand these initiatives to more plantations and potentially other sectors. By leveraging technology for improved monitoring and evaluation, as well as advocating for stronger national policies to support workforce nutrition, APPL is setting the stage for significant impact.

[Learn more](#)

McKinsey Health Institute confirms: Women spend 25% more time in poor health

**Analysis demonstrates workplace interventions' impact
on women's health issues**

According to the International Labour Organization, women constitute 53.4% of the global workforce. However, a recent analysis by the McKinsey Health Institute, in partnership with the World Economic Forum, reveals a concerning disparity: women spend 25% more time in poor health compared to men, primarily due to differences in intervention efficacy, data availability and care delivery.

Workforce nutrition initiatives play a crucial role in addressing these health disparities. By preventing diet-related chronic diseases such as obesity, diabetes and cardiovascular conditions, these initiatives support primary care goals and help reduce the burden on healthcare systems.

By prioritising workforce nutrition, employers can:

1. Reduce diet-related diseases among women, leading to decreased absenteeism and increased productivity.
2. Boost the future earnings potential of girls by fostering a healthier next generation.
3. Prevent premature deaths and extend life for women, addressing the inequities they face today.



For a deeper understanding of these critical issues, explore the interactive report from MHI:

[Learn more](#)

Investing in family-first programmes at work yields business benefits

Industry experts shared and discussed practical examples

On Wednesday 4 September 2024, nutrition experts and sustainability professionals from 32 countries around the world participated in WNA's latest webinar, conducted in partnership with **ofi** and the World Benchmarking Alliance. The webinar specifically addressed the private sector's crucial role in tackling gender inequality across systems, geographies and industries.



The event particularly focused on breastfeeding support programmes and parental leave, highlighting their clear, tangible benefits for women, the younger generation and employers alike. **ofi** shared a compelling business case with impactful results. You can watch the recording of the webinar's recording and take a deep dive into the slides.

[Watch the recording](#)

[Access the slides](#)

Women spend 25% more time in poor health than men do. Closing this gap could add up to seven more healthy days of life per year, per woman. This opportunity equates to an additional \$1 trillion in potential economic growth.

Bridging the women's health gap: A country-level exploration, McKinsey Health Institute
May 2024



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.

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