



WORKFORCE NUTRITION Updates & Insights

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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.

Nutrition: The Smartest Investment in People and Economies

A new WHO report highlights the powerful return of investing in healthier diets and workforce nutrition

With just US\$3 per person per year, prevention efforts could save 12 million lives, avert 28 million heart attacks and strokes, and generate US\$1 trillion in benefits by 2030. The strongest return comes from reducing unhealthy diets, with an ROI of 14:1. For employers, investing in workforce nutrition is not a cost, it's an opportunity for healthier people, stronger businesses, and more resilient economies.

**Additional investment of
US\$3/person/year:**



Save over
12 million lives



Prevent
28 million cases
of heart attacks & strokes



Add more than
150 million
healthy years of life lived



Generate
US\$1 trillion
in economic benefits

ROI estimates for NCDs prevention



ROI 14:1

Reduce unhealthy diet

*Including optimal breastfeeding practice
and food procurement*



ROI 8:1

Manage cardiovascular disease

Including treatment of hypertension



ROI 6:1

**Screening, early detection, and
treatment of cancer**

*Including screening and early diagnosis and
treatment for cancer*

ROI 4:1

Reduce physical inactivity

ROI 9:1

Reduce alcohol use

ROI 7:1

Reduce tobacco use

ROI 5:1

**Manage chronic respiratory
disease**

Saving lives, spending less: the global investment case for noncommunicable diseases (WHO, 2025)



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Mental Health Gets Attention - Is Nutrition Next?

New GAIN research finds nutrition missing from most workplace wellbeing frameworks, despite its proven ROI

A review of 37 global wellbeing frameworks shows mental health dominates the agenda, while nutrition is often overlooked even though it underpins both physical and mental wellbeing. Poor diets fuel stress, anxiety, and lost productivity, while good nutrition boosts focus, energy, and resilience. By integrating workforce nutrition through four practical pillars, companies can build holistic, future-proof wellbeing strategies that benefit employees and business alike.

Table 2. Company Employee frameworks, key dimensions and nutrition entry points by sector

Sector	Company	Employee Wellbeing Focus						Nutrition	Nutrition Entry Point
		Mental/emotional	Physical	Purpose/career	Financial	Work Environment/Safety	Social		
Consumer Goods	Unilever (34)								Physical
	Nestle (35,36)								
	Grupo Bimbo (37,38)								
	MARS (39)								
	Johnson & Johnson (40)								Mental
Retail	Pepsico(41)								Health
	Migros Ticaret (42)								
	Walmart (43)								
	Amazon (44)								
	Tokopedia (45)								
Finance	TESCO (46,47)								
	JP Morgan Chase (48)								Physical
	Bank of America (49,50)								Physical
	Bank of Central Asia (51)								
Technology	OCBC (52)								
	Google (53,54)								Health and wellness
Energy	Apple (55,56)								Physical
	Exxon (57)								
	Shell (58)								
Agriculture	Cargill (59)								
	Olam Agri (60)								
Pharmaceutical	Bayer (61)								Physical
	Sun Pharma (62)								

Full report

Breastfeeding: A Natural Shield Against Postpartum Depression

New evidence from LMICs shows breastfeeding reduces mothers' risk of depression

A systematic review of 21 studies across low- and middle-income countries found that 78% reported a significant link between breastfeeding and lower postpartum depression. Both initiation and continuation were associated with fewer depressive symptoms among mothers. These findings strengthen the case for breastfeeding support as not only vital for infant nutrition, but also a cost-effective mental health intervention.

A Systematic Review: 78% of associations showed a statistically significant link between breastfeeding and lower postpartum depression in LMICs.

Integrating breastfeeding-focused programs and policies into postpartum depression prevention strategies holds significant potential for improving public health outcomes

Lubis, P. N., Saputra, M., & Rabbani, M. W. (2024). A systematic review of the benefits of breastfeeding against postpartum depression in low-middle-income countries. *Journal of Mental Health*, 1–13.



[Read more](#)

Working with Farmers and Want to Improve Their Livelihood?

The Farmer Scorecard: self-assessment tools that can help organizations evaluate and strengthen their nutrition programmes for smallholder farmers

Did you know the Workforce Nutrition Alliance also offers a Farmer Scorecard alongside its formal employer tool? It helps organizations working with smallholder farmers assess their programmes, identify areas for improvement, and enhance nutrition outcomes across supply chains. Supporting farmers' wellbeing not only improves livelihoods but also strengthens supply chain resilience and meets growing demand for sustainable, ethical food.



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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 works to support employers to bring healthy nutrition to +3 million employees in companies, organisations and supply chains by 2025.