

# Nutrition

promote healthful eating



Productivity losses due to employee health conditions associated with unhealthy eating cost U.S. employers more than \$9 billion per year. Current research shows that companies get the greatest cost-benefit advantage from nutrition wellness programs that focus on the highest-risk employees — those with elevated cholesterol, high blood pressure, obesity, and diabetes or pre-diabetes. Well-managed programs also encourage healthy eating in low- and moderate-risk employees, helping them to maintain their lower levels of dietary risk.



## Features and Benefits for the Employer and Employee

- ❑ UPMC WorkPartners offers a wide variety of nutrition initiatives — from work-site presentations and dining area programs to personal health coaching and registered dietitian consultations.
- ❑ Self-directed online programs with health coach telephone support are available to employees at no additional cost.
- ❑ Inexpensive, one-hour *MyHealth Connections* presentations introduce employees to a behavioral approach to better nutrition.
- ❑ Our Dining Smart program provides nutrition education where food decisions are made in the workplace — in company cafeterias, catered worksite meetings, and at vending machines. A Dining Smart consultation and report provide you with information you can use to establish a healthier worksite environment.
- ❑ One-to-one telephone-based health coaching with a WorkPartners nutrition specialist can be made available to employees, Monday through Friday from 8 a.m. to 8 p.m. and Saturday from 8 a.m. to 3 p.m.
- ❑ Self-study workbook programs with health coach consultation are also available.
- ❑ On-site, health coach-led group sessions can be arranged. Five to 18 employees meet for six one-hour nutrition sessions over six weeks, with telephone access to health coaches between sessions.
- ❑ On-site, self-study, and telephone-based programs all include an engaging workbook and useful toolkit for each participant.
- ❑ Telephone consults with a professional registered dietitian can be made available to your employees Monday through Friday from 8 a.m. to 8 p.m. and Saturday from 8 a.m. to 3 p.m.



Choose online, telephone-based, or on-site programs, or a combination



Add Dining Smart



Incorporate telephone nutrition counseling with a registered dietitian



See reduced medical costs, absenteeism, and presenteeism; increased productivity

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## Options

- ❑ WorkPartners can provide consultation on building an overall workplace strategy for nutrition and wellness, including incentives to engage your workforce and maximize participation.
- ❑ In addition to a nutrition program, consider WorkPartners programs in weight management and physical activity for your employees.

## Engagement Strategies

- ❑ Print and e-mail communications tools support employee engagement in nutrition initiatives.
- ❑ Health coaches reach out with special “contemplation mailings” to employees who have expressed near-readiness to improve their nutrition.

## Wellness Consultation Services

- ❑ Health Promotion staff will provide a detailed report of your employees’ nutrition service usage.
- ❑ Results will be integrated with other available health data, including *MyHealth* Questionnaire responses and biometric screening results, to provide input on nutrition services’ impact on your employee population risk.
- ❑ Multi-year strategies that include other wellness programs, such as weight management and physical activity initiatives, can be designed to meet your employees’ needs.
- ❑ Creative and cost-effective services and incentives will work within your budget, contribute to a culture of employee health, and provide a sound return on investment.

Employees at high risk due to elevated cholesterol, high blood pressure, obesity, diabetes, or pre-diabetes benefit from workplace nutrition programs. Our programs also help your lower-risk employees to stay healthy.



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