



WORKFORCE NUTRITION

Updates and Insights

Newsletter No 30 / November 13, 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.

ATNI's Global Access to Nutrition Index 2024 confirmed:

Steep rise in providing nutrition support at work

With over half of the world's population spending a significant portion of their lives at work, the need for workplace-driven nutrition initiatives has never been clearer. The Access to Nutrition initiative (ATNi) [Global Access to Nutrition Index 2024](#) highlights significant progress in workforce nutrition efforts globally, particularly by the top food manufacturers. Yet there remains much more potential for more organisations to step up and experience the tangible benefits these programmes can offer.

Key findings from ATNI's 2024 Global Index:

- Employee support on the rise: over 80% of companies now provide nutrition support, with rising support for breastfeeding mothers
- Healthy food options: an increasing number offer nutritious choices at work
- Supply chain: leading companies have extended support to at-risk supply chain workers, tackling malnutrition and food insecurity. These companies are front runners, showing the way for many more follow.

ATNI Global Index 2024*

WORKFORCE NUTRITION MEASURES

INTEGRATED IN COMPANY STRATEGIES

Access to Nutrition Initiative 2024

*Evaluation of the world's largest global food and beverage manufacturers

4/30
COMPANIES

Provide comprehensive breastfeeding support at the workplace across all markets

4/30
COMPANIES

Have workforce nutrition initiatives in at least one of their supply chains

9/30
COMPANIES

Shared evidence of offering healthy food options in the workplace across multiple markets

9/30
COMPANIES

Offered nutrition-focused health checks for its employees across multiple markets



These successes are just the start point. The true positive impact will come when many more companies around the world commit to these changes. All the evidence shows the value of established workforce nutrition programmes, providing the opportunity for other companies to catch up and make a meaningful difference in both employee and company well-being. To learn more, click on the link below:

[Learn more](#)

IPPR: Employers should be held accountable for healthier workplaces

Workforce nutrition as part of the “do no harm” duty

A new report from the Institute for Public Policy Research (IPPR), recently covered in *The Guardian*, calls for regulatory action against employers who fail to create healthy workplaces, such as by neglecting to offer subsidised nutritious food options. The IPPR’s proposal centers on the idea that employers have a “do no harm” duty to support workforce health, just as financial institutions have a duty to protect consumers. In workplaces where high stress or shift patterns lead to reliance on unhealthy food options, both employers and the broader economy suffer as employee health declines.

Chris Thomas, co-author of [a recent IPPR report on obesity and the labour market](#), said, “One of the big factors we find in whether a workplace is conducive or detrimental to someone’s weight and their nutrition is access directly to healthy food.”

Royce Wiryohandjojo, GAIN’s Workforce Nutrition Global Project Manager, said, “At the [Workforce Nutrition Alliance](#), we’ve seen firsthand how providing healthy food choices, nutrition education and support for new parents contributes to a healthier, more motivated workforce. When employees have access to balanced meals and the knowledge to make healthier choices, the effects ripple outward, enhancing morale, focus and retention.”



Photo credits: GAIN

Transforming a workplace through nutrition doesn't require a complete overhaul. Even small steps like introducing nutritious meal options or brief informational sessions on healthy eating can yield significant improvements.

Read the full article from The Guardian by clicking on the button below.

[Learn more](#)

One third:

Sorting the global nutrition puzzle with the Workforce Nutrition Alliance

"One in three people globally are missing essential nutrients – it's a puzzle that needs solving," said Dr. Lawrence Haddad, Executive Director at the [Global Alliance for Improved Nutrition \(GAIN\)](#). Tackling malnutrition is crucial for workers, their families and their communities. Since 2019, GAIN has been helping employers empower workers in Africa and Asia through nutrition-focused programmes, reaching six million people so far. There's still a long way to go.

Through these initiatives, employees gain access to nutritious meals, education on balanced diets and support for working mothers, helping them lead healthier, more productive lives. For every dollar invested in nutrition, employers and communities gain sixteen in returns. And these are benefits that ripple through family, work and beyond. Together, we can create lasting change in workforce health and resilience. Click to play the video!



Healthy employees, stronger economy: How better nutrition boosts productivity

A blogpost by WNA's Bärbel Weiligmann,
Global Lead of Workforce Nutrition at GAIN

"As the workforce nutrition programme grows, it needs all partners from different sectors to work together more intentionally and in a more united way."

In her latest piece as part of Nutrition Connect's campaign 'Good Health. Good Work: Prioritising Workforce Nutrition', Bärbel explores how robust workplace nutrition initiatives can enhance employee health, reduce sick days and improve overall productivity.

“The workforce nutrition team is ensuring that the changes are easily adaptable and sustainable, leading to long-term benefits for the workforce and corporations alike.”



Dr. Bärbel Weiligmann
Global Lead
Workforce Nutrition, GAIN



Today, malnutrition affects one in three people worldwide, significantly impacting both individual health and economic growth. With workforce nutrition programmes, employers have the unique opportunity to foster healthier, more engaged employees while directly influencing their companies' bottom lines. Bärbel shares examples of impactful programmes like GAIN's *Healthy Diets for Tea Communities*, which has improved health outcomes for over 734,000 workers across Africa and Asia, demonstrating how targeted nutrition strategies can benefit both employees and employers.

Read the full blogpost by clicking on the button below.

[Learn more](#)

FAO:

One in eleven people worldwide faces hunger and nearly three billion people cannot afford a healthy diet

Every year, on 16 October, *World Food Day* is used to highlight the critical right of every individual to adequate, safe and nutritious food. This year's theme - *“Right to Foods for a Better Life and a Better Future”* - reminded us that healthy diets shouldn't be a luxury. And yet the numbers are staggering: according to the FAO, one in 11 people worldwide faces hunger, while nearly three billion people cannot afford a healthy diet.

Dr. Christina Nyhus-Dhillon, GAIN's Senior Manager, Knowledge Leadership, notes, “As employers, you are in a vital position to help change this reality. The private sector plays a crucial role in shaping food access for workers, which has ripple effects on families and communities.” By providing employees with nutritious meal options, nutrition education, health checks, and breastfeeding support, we can foster healthier, more productive workplaces while advancing global nutrition goals.

The Workforce Nutrition Alliance partners with organisations worldwide to bring healthy food options, promote nutrition awareness and empower workers to make better food choices through a vast suite of tools: self-assessment scorecard, guidebooks, a Masterclass programme and various evidence-based resources.

Over 2.8 billion people cannot afford a healthy diet.

Right to Foods for a better life and a better future: Leave no one behind
World Food Day, 16 October 2024



[Learn more](#)

Investing in workforce nutrition programmes supports employees' mental and physical health. This can also increase productivity, resulting in generating a higher return on investment for employers.

**WNA Evidence Brief – Mental Health and Nutrition at the Workplace
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 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



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