



WORKFORCE NUTRITION

Updates and Insights

Newsletter No 31 / December 18, 2024

Greetings!

Welcome to this year's last issue of our "Workforce Nutrition - Updates and Insights" newsletter.

As we are approaching the end of 2024, we would like to thank you for your continued support in advancing workforce nutrition and improving employee well-being, and for your interest in our work throughout the past twelve months.

Reflecting on this year, we can celebrate our progress in promoting nutrition education, ensuring access to healthy food at work, conducting nutrition-focused health checks, and supporting breastfeeding initiatives to stay on top of the employee engagement agenda. The Workforce Nutrition Programme has reached **6 million workers**, and we are working towards reaching **10 million workers by 2030**. The self-assessment scorecards have been conducted in **48 countries**, and in more than **67 organizations**, with **49% achieving gold status**.

Looking ahead to 2025, we remain committed to these goals and look forward to advancing our efforts further.

Wishing you a peaceful and fun festive season, and a healthy, nutritious start to the New Year!

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

Nutrition and safety: A winning formula for workplaces

Closing the gap between occupational health and workforce nutrition

With over 60% of the global population being part of the workforce in 2024, workplaces hold immense potential to tackle malnutrition among employees. Integrating nutrition into Occupational Health and Safety regulations can pave the way for healthier, more productive work environments, but there is still much ground to cover.

Key findings from GAIN's latest report, Nourishing the Workforce: Nutrition Integration in

Occupational Safety and Health, include:

- **Limited commitment:** only 4% of the 52 international agreements reviewed explicitly committed to nutrition goals.
- **Partial recognition:** only 29% considered nutrition to some extent.
- **Critical need:** Strengthening workplaces' nutrition standards is essential to improving health and safety outcomes globally.

In the recent interview cruncher, global experts – including *Afshan Khan (Scaling up Nutrition Movement)*, *Joaquim Nunes (International Labour Organization)*, *Francesco Branca (World Health Organization)*, and *Lawrence Haddad (Global Alliance for Improved Nutrition)* – discussed strategies for embedding nutrition into labor policies. They emphasized that addressing nutrition within workplaces enhances employee well-being, organizational performance and resilience. Click to play the video!



[Click here to read the full report](#)

Google leads the way in workforce nutrition

Company progresses as an N4G 2021 commitment maker

As an *N4G 2021 Commitment Maker*, Google has made remarkable strides in workforce nutrition, setting an example for companies worldwide. The company's approach is grounded in data-driven strategies, strong leadership, and a dedicated team focused on delivering impactful nutrition programmes.

Key highlights of Google's workforce nutrition efforts:

- **Tracking progress:** Google uses the Workforce Nutrition Scorecard annually to measure impact.
- **Plant-forward innovation:** Partnered with the Culinary Institute of America to launch the Plant Forward Kitchen (PFK) program, training 931 culinary leaders since 2023.

- **Menu transformation:** Increased agro-biodiverse legumes and grains in menus from 8% to 15% between 2021 and 2023.
- **Global impact:** Piloted Food Choice Architecture standards in 61 MicroKitchens and promoted dietary diversity in 39% of Teaching Kitchen events globally.



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At Google we believe that our food and nutrition programs play an important role in helping our employees stay healthy and do good work. We know that information is key to making it easy for people to make nutritional choices that are right for them. This approach underscores our commitment to invest in the health and wellbeing of Googlers around the globe and fuel a thriving and innovative workforce.

Dr. Karen DeSalvo
Chief Health Officer
Google



Photo credits: The Consumer Goods Forum

Read the full case study by clicking on the button below.

[Learn more](#)

Harvard T.H. Chan School of Public Health: Midlife nutrition is key to healthy ageing

The role of workplace nutrition programmes in promoting long-term health outcomes

A study from Harvard T.H. Chan School of Public Health highlights the profound impact of midlife dietary habits on healthy ageing. Adopting a diet rich in fruits, vegetables, whole grains, and unsaturated fats significantly increases the likelihood of living into one's 70s with good physical, cognitive, and mental health.

According to the research, fewer than 10% of individuals are able to reach their 70s free of disease and functional decline. However, those who maintained a healthy diet in their forties were 43% to 84% more likely to remain mentally and physically well at age 70. Anne-Julie Tessier, the lead author of the study, said “*What you eat in midlife can play a big role in how well you age. Our study provides evidence for dietary recommendations to consider not only disease prevention but also promoting overall healthy ageing as a long-term goal.*”



Photo credits: David Davies/ PA Archive

Workplaces, where people spend one-third of their lives, present a unique opportunity to shape long-term health outcomes. By implementing workforce nutrition programmes, employers can empower employees to adopt healthier food choices, fostering environments that support nutritious habits and healthy ageing.

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

[Learn more](#)

Early nutrition matters: Limiting sugar intake during the first 1000 days of life reduces the risk of chronic illnesses

The role of workplaces in supporting breastfeeding mothers

A new study published in the journal *Science* emphasizes the critical impact of limiting sugar intake during the first 1,000 days of life, from conception to age two. The research demonstrates that early reductions in sugar intake significantly lowers the risk of chronic illnesses later in life. For example, individuals with lower sugar exposure during early

childhood showed a 35% reduction in type 2 diabetes risk and experienced a four-year delay in its onset. Similarly, high blood pressure prevalence in adulthood dropped by 20%, with an onset delay of two years.

Tadeja Gračner, a research scientist at the University of Southern California in Los Angeles, highlighted the challenges of reducing sugar in young children's diets. *"We all want to improve our health and give our children the best start in life, and reducing added sugar early is a powerful step in that direction. But it's far from easy. Added sugar is everywhere, even in baby and toddler foods, and children are bombarded with TV ads for sugary snacks."*

"Exposure to lower sugar intake during the first 1,000 days after conception reduces the risk for type 2 diabetes by 35% and hypertension by 20%"

Euro News: World War 2 sugar restrictions linked to reduced risks of diabetes and hypertension
November 2024



Breastfeeding provides a natural way to support infant health by offering a nutrient-rich source of nourishment without the added sugars often present in processed formula and toddler foods. Workplaces can play a pivotal role by fostering environments that support breastfeeding mothers. Such initiatives can help improve infant nutrition, reduce future healthcare costs, and improve employee well-being, ultimately contributing to a more productive and healthier workforce.

Read the full journal article by clicking on the button below:

[Learn more](#)



WORKFORCE
NUTRITION
ALLIANCE

WE WISH YOU A NUTRITIOUS
FESTIVE SEASON AND GOOD
WELL-BEING FOR 2025

FROM YOUR TEAM AT
WORKFORCE NUTRITION ALLIANCE



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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