

Better Food at Work

Closing remarks

NordBalt Conference - Tallinn

23. – 25. September 2009

Mie Bendtsen

Øresund Food Network, www.oresundfood.org



Better Food at Work

- the Nordic & Baltic experience

- Synthesis of experiences across countries
- Conference → Literature analysis; Identification of evidence based studies; Identification of best practices; Communication to authorities, researchers and practitioners
- Have we succeeded? And how do we proceed from now?

AALBORG UNIVERSITY 



www.foodandwork.net



Better Food at Work

Take-home messages (1)



Worksites provides valuable settings for health promotion

Healthy eating interventions at worksites have documented effects on health and lifestyle

It's possible to influence the employees from several approaches

- The individual – Networks – Settings - Sectors

It's possible to achieve management support because of visible benefits of fx. fewer sick days (= saved money!)

Better Food at Work

Take-home messages (2)



In order to change health behavior it's important to:

- Take into account the social contexts, working environment and population characteristics
- Remember that worksites and working hours are *very* different – approaches should be tailor made
 - Working at odd hours; Fishermen at sea; Truck drivers; Physical versus non-physical work;
 - Coin offer; Canteen take-away; Fruit and vegetable schemes
- Support, motivation and follow-up is crucial for succes
 - Management; Kitchen chef and staff; Counselling; ...

Better Food at Work

Take-home messages (3)



A meal is *not* just nutrients – a meal is also a (social) experience, and eating is a behavior!

Design and architecture in the worksite environment – can it improve the meal experience and promote health?

Keep up communication & dialogue, and keep the top-down management at a low level

And, it even seems possible to bring worksite health promotion into your private home!

Better Food at Work

Take-home messages (4)



Cooperative partnerships are important

- Clear vision(s) & leadership
- Commitment
- Academia – Health authorities – Health NGO's – private entrepreneurs

Remember the consumer!

Better Food at Work

Perspectives on the future



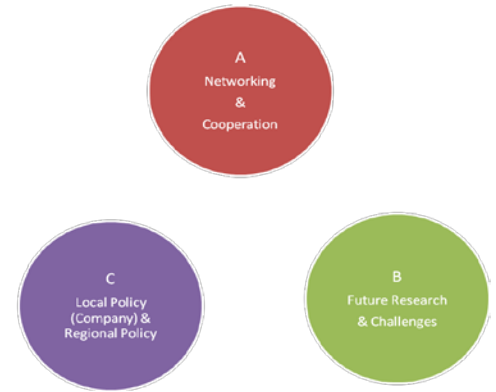
Future research areas

- How does changes occur? Mechanisms and processes
- How does work environment shape the diet?
- Development of strategies to improve social contexts for change
- What are the barriers and facilitators for dissemination of best practices?

The Nordic & Baltic countries have different histories and traditions regarding food at worksites and research in this area – similar but different!

Better Food at Work

Café discussions (1)



Cooperation & networking

Future research and challenges

Local (company) and regional policies

Future collaboration across the Nordic & Baltic countries?

- Are we interested and motivated in joining forces across our country borders?
- What should be our main focus and goals?
- How can we achieve valuable cross-border collaboration?



Food at work 24h?

Work – Time - Meal

Collaboration between
researchers from
Denmark & Sweden

LU: Anna Lisa Lindén, Maria
Nyberg, Magnus Lagnevik

DTU: Michael S Jørgensen,
Bent E Mikkelsen, Anne
Vibeke Thorsen

Authors © 2009

ISBN 978-87-993206-0-8

Download from www.oresundfood.org
or order a free copy from
mib@oresundfood.org



Mat på arbejdet dygnet rundt?

Arbete – Tid – Måltid

KUNSKAAPSINVENTERING I SVERIGE OCH DANMARK
KORTLÆGNING AF VIDEN I SVERIGE OG DANMARK

Magnus Lagnevik
Anna-Lisa Lindén
Maria Nyberg

Michael Søgaard Jørgensen
Bent Egberg Mikkelsen
Anne Vibeke Thorsen

Food at work 24h? Work – Time - Meal

A comprehensive collaboration between researchers from the Nordic & Baltic countries???

- Knowledge
- Competencies
- Experiences
- Best practices
-



Mat på arbetet dygnet runt?

Arbete – Tid – Måltid

Researcher Network across the Nordic & Baltic countries?

- Possible **NordForsk** call in 2010:
Researcher Network
 - Approx. 900.000 NOK over a three year period;
 - Deadline approx. April 2010
 - Participants from *at least* three Nordic countries, or alternatively two Nordic and one Baltic country



Thank you for your attention!

We hope you have enjoyed the conference
&
Have a safe trip home 😊

AALBORG UNIVERSITY



Tervise Arengu Instituut
National Institute for Health Development

norden

www.foodandwork.net

THE EUROPEAN UNION
The European Regional
Development Fund 
Investing in your future

