

Worksite dining as a collective good or individualization of health - a Danish perspective

Better food at work Tallinn '09

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Overview

- Overall status for work, health and food in Denmark – mainly from an ØFN-financed project
- Food at worksites
- The worksite cafeteria
- Health promotion at worksites
- Interventions on food at worksites
- Regulatory measures for healthier food at worksites
- Conclusion and perspectives



Overall status for work, health and food in Denmark (1)

- Social inequality in health – also in Denmark
 - National diet survey: Citizens with higher education eat more healthy food and are more interested in healthy food
- Diet interacts with other aspects of living conditions:
 - Healthier diet => more likely that the person also do sport, does not smoke and does not drink alcohol

Overall status for work, health and food in Denmark (2)

- Negative and long-term stress – where the person lacks control on own work – is harmful to the health
- Nurses: High job demand => increase in body weight – especially when obesity is genetically inherited
- Men: High job demand => changes in body weight: High BMI increases. Low BMI decreases



Food at worksites

- The meal is seen as functional – is supposed to ensure energy for the work
 - Big meal when physical work
 - Not too big meal when not physical work
- The lunch break:
 - Danish tradition: bringing lunch package from home
 - Eating at the same time, eating in shifts, eating independently
- The ability to handle hunger and diet depends on
 - The organisation of the meals
 - The food supply
 - The possibility to be part of a 'food community'



The worksite cafeteria

- Most cafeterias sell food from a desk
 - Increasingly self service at buffet
- Price mechanism and way of serving influence the consumption of fruit and vegetables
 - Buffet where fruit and vegetables are included in the buffet price
=> highest consumption
- Questionnaire among worksite cafeterias:
 - The national nutrition guidelines are not met
 - Especially open sandwiches are hard to find in healthy 'versions'



Health promotion at worksites (1)

- *Almost all worksites have some kind of health promotion
1997: 90%. 2007: 99,6%*
- **Could be one or more of the following initiatives:**
- Food scheme, including cafeteria
- Campaigns on healthy food, weight watcher groups, supply of healthy recipes etc.
- Fitness or sport
- Rules limiting smoking; support for quitting smoking
- Rules limiting alcohol consumption; support for handling alcohol problems
- Schemes with focus on psycho-social or stress aspects of working conditions

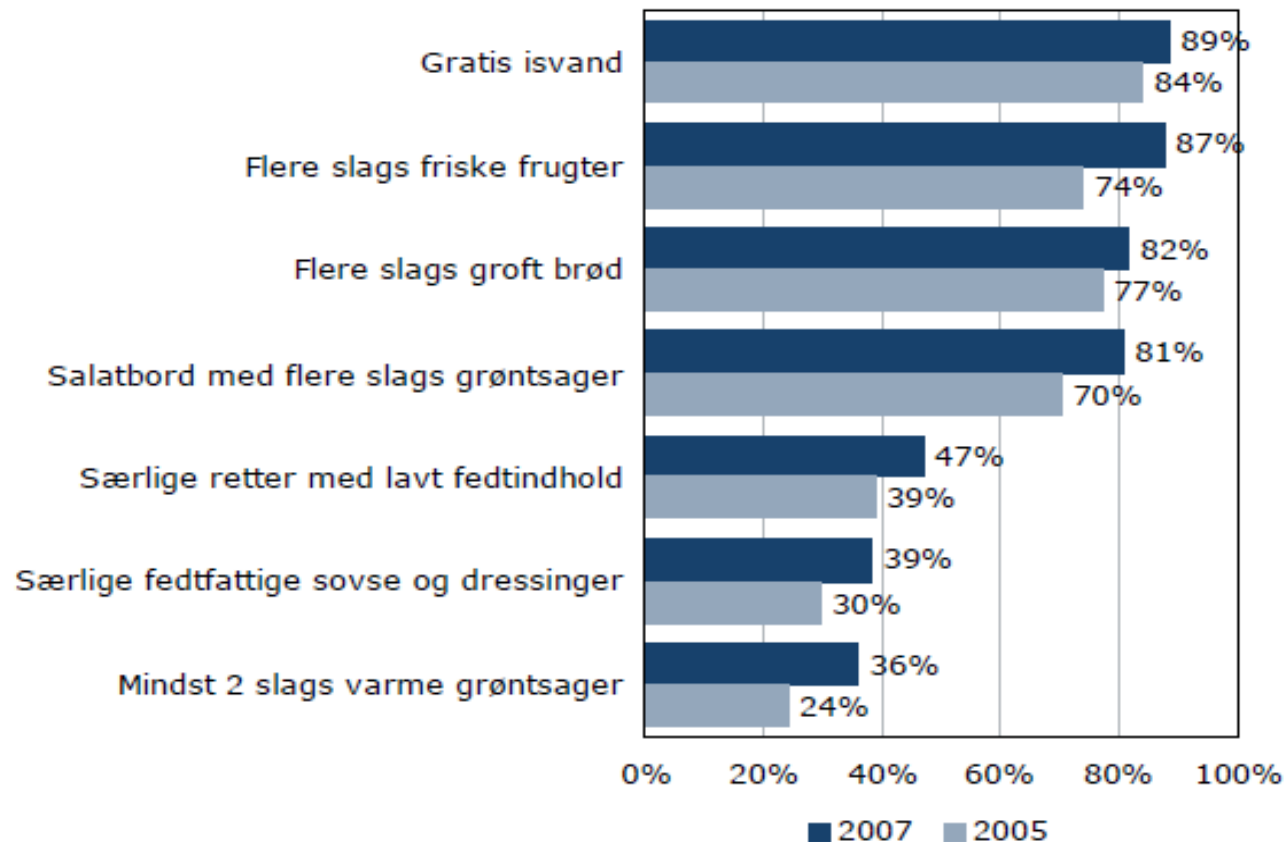


Health promotion at worksites (2)

- 60 % of the companies have some kind of food or fruit supply
 - 33 % with food scheme including cafeteria, 48% fruit scheme
- *Bigger companies, sites part of bigger companies and public owned companies:* more often food and fruit schemes than smaller, private and public worksites
- Especially companies within *the financial sector and within public administration* have food schemes (58%) and fruit schemes (73%)
- *The construction sector:* 70% of the companies **do not** have food schemes
- Especially schemes within *the Copenhagen region:* Food (55%) and fruit (61%) -
- Less within other regions: Food: 16-31%. Fruit: 36-48%

Bread and salad more than low fat dishes and hot vegetables

Figur 4.5 Indgår følgende i det daglige madtilbud?



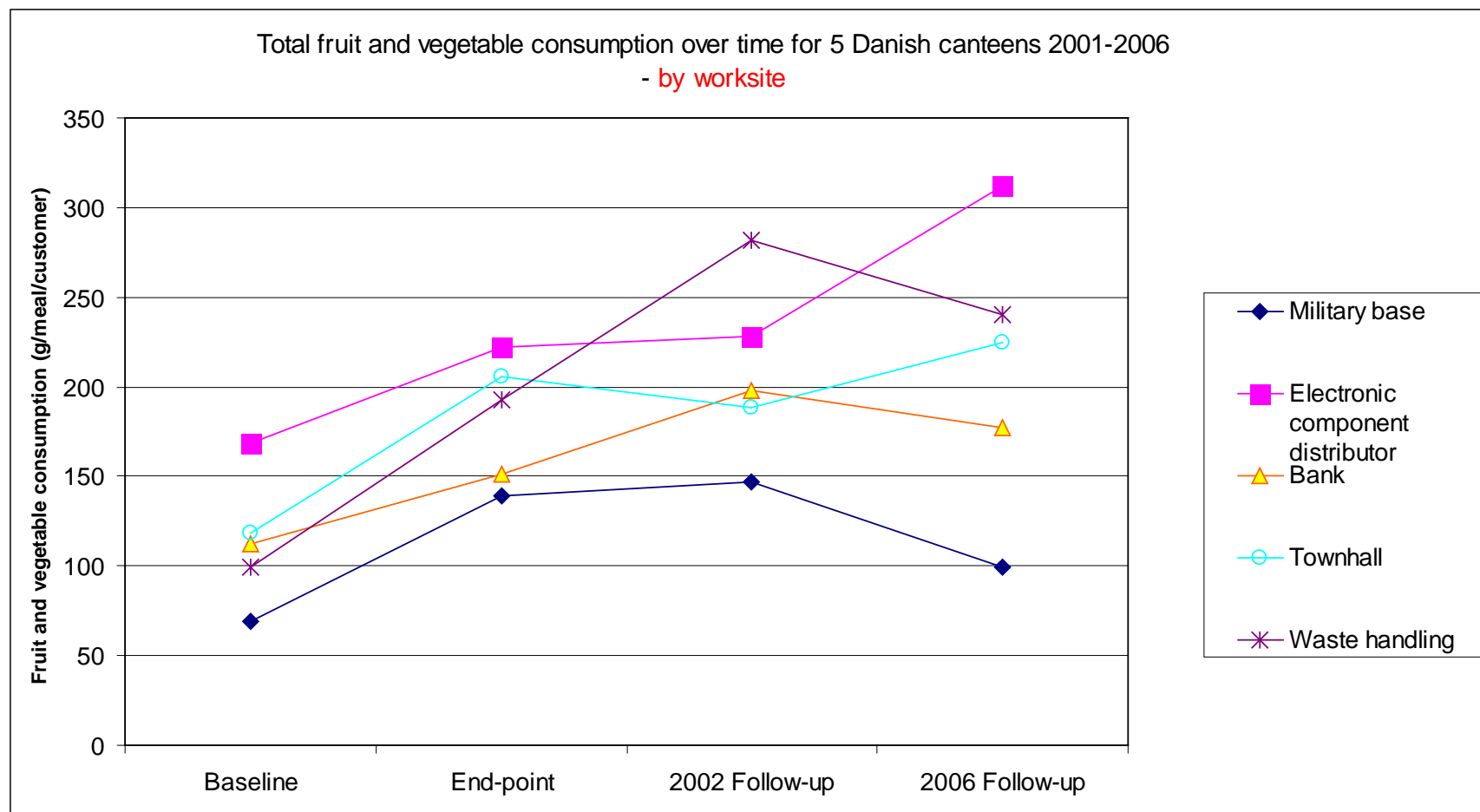
n(2007)=603; n(2005)=616

Endvidere viser undersøgelsen, at der er sket en lille stigning i antallet af virksomheder, der tilbyder...

Food based worksite interventions in Denmark

- A few bigger intervention projects:
 - 6-a-day. Food at work
 - Dissemination of experiences not known
- Intervention type: change of food supply combined with information and networking
 - Employee participation
 - Cafeteria participation
- Most recently: Canteen-take-away
 - Possible to buy food for eating at home

5 year follow up in 6-a-day canteens: sustainability in a changing environment



6-a-day seen as change process

- Important for sustainability: Changes in the conditions
- The workplace (budget restrictions, company restructuring, high staff turnover etc.)
- The cafeteria (outsourcing, management support)

Governmental regulatory measures (1)

- **Changes in calculation of VAT on cafeteria food:**
- VAT should at least include costs for purchase of food (ingredients) and salary for food production in the kitchen
- Aiming at avoiding indirect public subsidies: if employees pay less than the food (ingredients) cost => VAT subtraction **higher** than VAT payment
- **Probably more important: the prices on food in Denmark**
- Big supply of cheap meat – because of the big meat industry and its export of certain parts
- Organic food schemes: often reduced consumption of animal products because they are more expensive

Governmental regulatory measures (2)

- Public-private partnership for dissemination of national guidelines for healthy cafeteria food
 - Healthy food supply
 - Supporting healthy choices
 - Organic food important
 - Employee involvement
 - Diet guidelines – close to the national diet advices
- Mandatory for national public cafeteria

Conclusion

- Some kind of health promotion at most worksites
- The food schemes are inequally distributed
- Good experiences with participatory food interventions at worksites
- Dissemination of the experiences not known
- Not much Danish research about how work and working conditions shape the diet
- Future health promotion activities should include focus on work environment
 - Combine individualistic approach to health with a collective and interest-based approach