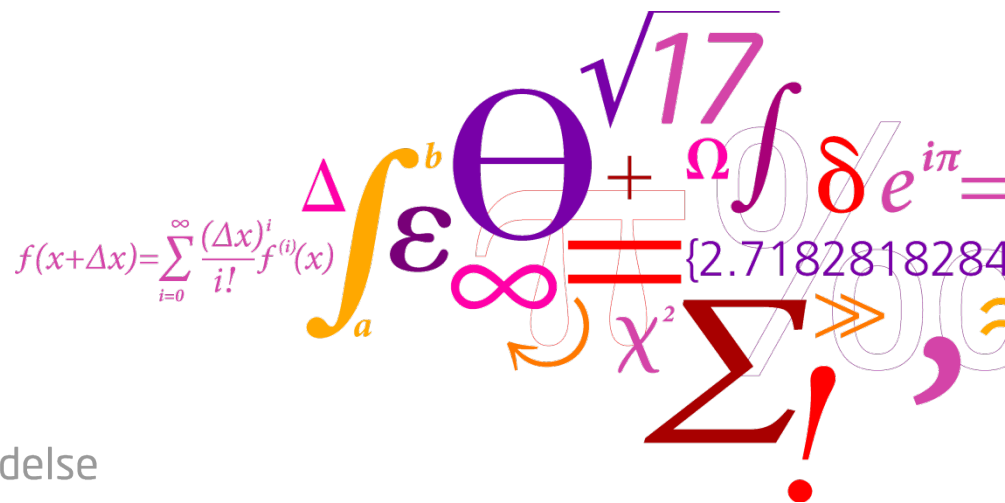


# Strategies for influencing eating patterns through the worksite - A Review

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# Background

- Other projects comparable to the Canteen Takeaway (CTA) project
- Important experiences



# Methods

- Search strategy:

Worksite OR work site OR workplace OR work place

AND

Healthy eating OR health promotion OR healthy meals



# Results

- No initiatives comparable to CTA
- Participation
- Organizational support
- Social context
- Influence of peers
- Different worksite characteristics
- Environmental changes



# Results

- Employee participation<sup>1</sup>
- Organizational support<sup>2</sup>
- Social context<sup>3</sup>



<sup>1</sup> Sorensen, Linnan & Hunt, 2004, Lassen et al. 2007

<sup>2</sup> Sorensen, Linnan & Hunt, 2004,

<sup>3</sup> Sorensen, Linnan & Hunt, 2004,

# Results

- Influence of peers<sup>4</sup>
- Different worksite characteristics<sup>5</sup>
- Environmental changes<sup>6</sup>



<sup>4</sup> Buller et al., 1999, Buttriss et al., 2004

<sup>5</sup> Lassen et al., 2007, Harden et al., 1999

<sup>6</sup> Engbers et al., 2005, Steenhuis et al., 2004

# Discussion



- Why are these aspects important in relation to CTA?
- Combining health promotion initiatives with other initiatives

# Discussion

- Limitations
  - Language
  - Databases



# Thank you

