



NATIONAL INSTITUTE FOR HEALTH AND WELFARE

Worksite Canteen Availability & Usage Among Finnish Employees

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Background:

- ❑ Lunch most important meal of the day in Finland
- ❑ Hot meal at lunchtime
- ❑ Mainly eaten at worksite canteens or as a packed meal
- ❑ 40% of economically active women and 35% of men eat a warm lunch at workplace
- ❑ 50% report that they have a possibility for hot lunch at workplace canteen
- ❑ Catering services at workplace
 - ❑ public health, well-being, nutrition education, safety
- ❑ Reduction of sick days, accidents, an increase in productivity
- ❑ More information of worksite canteen usage, socio-demographic and work related determinants

Aim:

- ❑ To study socio-demographic and work-related differences in the availability of worksite canteen
- ❑ To explain the socio-demographic and work-related variation in the use of worksite canteen and packed meals by the availability of the canteens



Materials:

- ❑ Health Behaviour and Health among Finnish Adult Population surveys (National Institute for Health and Welfare)
- ❑ Analyzed by logistic regression models



Variables:

- Eating place of the lunch was determined by:
”Where do you usually have lunch during working hours (between 10:00 a.m. and 3:00 p.m.).” The answer categories were:
 - 1) At home;
 - 2) In a restaurant or a bar;
 - 3) At worksite canteen;
 - 4) I have a packed meal
 - 5) Elsewhere; and
 - 6) I don't eat a meal at noon



Main socio-demographic variables:

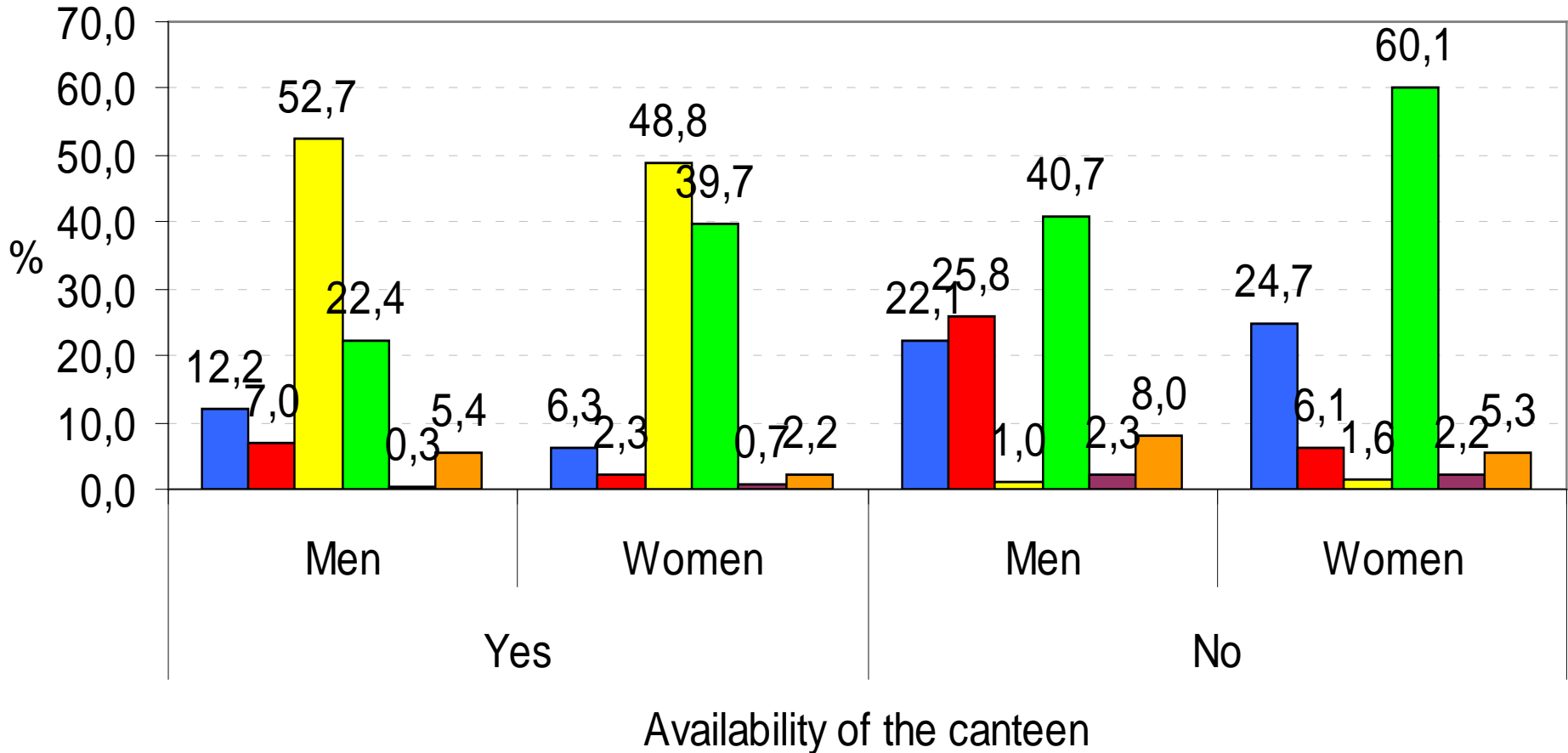
- Gender
- Age
- Education
- Place of residence
- Socioeconomic status
- Marital status
- Number of children under 18 years of age

Work-related factors:

- Size of the workplace
- Degree of physical burden of respondent's job



Lunchplace choice by the availability of worksite canteen



Worksite canteen availability among 19 to 64-year-old Finnish employees

- Adjusted for age and all the other factors in the model
- Odds ratios and 95% confidence intervals
- Statistically significant results are highlighted



	Men			Women		
Education, years						
0-9	0,7	0,46 - 0,95		0,6	0,39 - 0,82	
9-12	0,6	0,45 - 0,74		0,8	0,60 - 0,94	
>13	1			1		
Living area						
Helsinki capital area	1			1		
Other cities with 100 000 inhabitants and over *	0,6	0,40 - 0,87		0,9	0,65 - 1,32	
Cities with 50 000 - 99 999 inhabitants**	0,9	0,65 - 1,27		0,8	0,62 - 1,15	
Other cities	0,7	0,54 - 0,92		0,8	0,60 - 0,98	
Marital status						
Married or cohabiting	1			1		
Other	1,1	0,80 - 1,39		1,0	0,79 - 1,24	
Children under 18 years of age						
No	1			1		
Yes	1,0	0,81 - 1,30		1,0	0,84 - 1,29	
Socio-economic status						
Upper white-collar worker	1			1		
Employer, private enterpriser	0,3	0,22 - 0,47		0,2	0,15 - 0,36	
Lower white-collar worker	0,8	0,53 - 1,09		1,0	0,71 - 1,29	
Skilled blue-collar worker	0,6	0,45 - 0,85		0,7	0,54 - 1,01	
Unskilled blue-collar worker	0,4	0,27 - 0,62		0,3	0,22 - 0,50	
Size of the workplace						
1-19 persons	0,1	0,07 - 0,13		0,1	0,09 - 0,17	
20 - 249 persons	0,3	0,24 - 0,42		0,3	0,23 - 0,44	
More than 250 persons	1			1		
Degree of physical burden of respondent's job						
Job mainly involves sitting	1			1		
Work involves quite a lot of walking and/or lifting	1,3	1,05 - 1,69		1,8	1,45 - 2,28	
Work is physically very demanding	0,8	0,55 - 1,10		1,2	0,74 - 2,09	

Worksite canteen use among 19 to 64-year-old Finnish employees, canteen available



	Men		Women	
Education, years				
0-9	0,7	0,40 - 1,10	0,9	0,52 - 1,42
9-12	0,9	0,64 - 1,22	0,9	0,72 - 1,23
>13	1		1	
Living area				
Helsinki capital area	1		1	
Other cities with 100 000 inhabitants and over *	0,8	0,52 - 1,23	0,6	0,41 - 0,84
Cities with 50 000 - 99 999 inhabitants**	1,0	0,68 - 1,46	0,6	0,43 - 0,82
Other cities	0,9	0,69 - 1,25	0,6	0,44 - 0,74
Marital status				
Married or cohabiting	1		1	
Other	1,5	1,05 - 2,07	1,1	0,88 - 1,44
Children under 18 years of age				
No	1		1	
Yes	0,9	0,71 - 1,26	1,3	0,99 - 1,60
Socio-economic status				
Upper white-collar worker	1		1	
Employer, private enterpriser	0,7	0,42 - 1,30	0,2	0,10 - 0,39
Lower white-collar worker	0,8	0,59 - 1,22	0,5	0,36 - 0,63
Skilled blue-collar worker	0,6	0,43 - 0,90	0,4	0,28 - 0,53
Unskilled blue-collar worker	0,5	0,32 - 0,91	0,3	0,15 - 0,43
Size of the workplace				
1-19 persons	0,7	0,47 - 0,96	1,5	1,13 - 2,04
20 - 249 persons	0,7	0,55 - 0,93	1,0	0,80 - 1,32
More than 250 persons	1		1	
Degree of physical burden of respondent's job				
Job mainly involves sitting	1		1	
Work involves quite a lot of walking and/or lifting	0,7	0,50 - 0,87	1,4	1,10 - 1,82
Work is physically very demanding	0,8	0,46 - 1,24	2,0	0,98 - 4,05

Packed lunch use among 19 to 64-year-old Finnish employees, canteen available



	Men		Women	
Education, years				
0-9	1,8	1,07 - 3,20	1,1	0,70 - 1,85
9-12	1,2	0,82 - 1,72	0,9	0,69 - 1,18
>13	1		1	
Living area				
Helsinki capital area	1		1	
Other cities with 100 000 inhabitants and over *	1,6	0,95 - 2,70	1,5	1,02 - 2,12
Cities with 50 000 - 99 999 inhabitants**	1,4	0,88 - 2,26	1,4	1,02 - 1,97
Other cities	1,4	0,94 - 1,95	1,4	1,04 - 1,77
Marital status				
Married or cohabiting	1		1	
Other	0,6	0,40 - 0,93	0,9	0,67 - 1,11
Children under 18 years of age				
No	1		1	
Yes	1,2	0,88 - 1,71	0,8	0,65 - 1,06
Socio-economic status				
Upper white-collar worker	1		1	
Employer, private enterpriser	0,5	0,18 - 1,18	1,6	0,78 - 3,27
Lower white-collar worker	1,4	0,90 - 2,16	2,2	1,62 - 2,90
Skilled blue-collar worker	1,7	1,07 - 2,57	2,9	2,06 - 4,01
Unskilled blue-collar worker	1,3	0,70 - 2,37	2,8	1,65 - 4,63
Size of the workplace				
1-19 persons	0,6	0,40 - 0,96	0,5	0,40 - 0,73
20 - 249 persons	1,1	0,81 - 1,50	1,0	0,75 - 1,24
More than 250 persons	1		1	
Degree of physical burden of respondent's job				
Job mainly involves sitting	1		1	
Work involves quite a lot of walking and/or lifting	1,5	1,08 - 2,14	0,7	0,55 - 0,91
Work is physically very demanding	1,2	0,67 - 2,11	0,6	0,28 - 1,19

For discussion:

Barriers for canteen use?

- Price?
- Meals are too big? Not enough choices?
- Quality of food?
- Atmosphere at work? Workmates?
- Hurry? Stress?
- ???



For discussion:

Packed lunches

- Lower socioeconomic status/lower education?
 - Price?
 - Culture/habit/routine?
- Helsinki capital area vs. other parts of Finland?

