

# Conference Programme – Better food at Work Tallinn '09

## 23<sup>rd</sup> September

19.00-20.30 *Opening reception*

## 24<sup>th</sup> September

9.30-10.30 *Opening Session*     *Moderator: Professor, PhD. Bent Egberg Mikkelsen*

Welcome address

Mr. Hanno Pevkur

Minister of Social Affairs, *Social Affairs, Estonia*

The NordBalt programme presentation

Professor PhD. Bent Egberg Mikkelsen,

Aalborg University, Denmark

Key note speech: What is the evidence on the effectiveness of healthy eating interventions at workplaces?

Dr. Glorian Sorensen (US.),

Harvard School of Public Health, USA

10.30-10.45 *Coffee break*

10.45-11.40 *Eating at work site*     *Moderator: Anneli Sammel*

Worksite dining as a collective good, or individualization of health?

A Danish Perspective by: Michael Sjøgaard Jørgensen

Technical University of Denmark

Does worksite provided meals lead to healthier eating?

A Finnish Perspective by: Dr. Eva Roos

Public Health Research Forum, Finland

11.40-12.40 *Food, Health, & Irregular Working Hours (Part 1)*     *Moderator: Professor Maria Lennernäs*

Nutrition, shift work and chronobiology – when to eat?

Professor Maria Lennernäs

University of Kristiansstad, Sweden

Lots of food but poor meals – a study of the worksite as a meal arena

PhD. Maria Nyberg

University Lund, Sweden

12.45-13.45 *Lunch*



13.45-14.35 *Food, Health, & Irregular Working Hours (Part 2)* Moderator: Professor Maria Lennernäs

Successful intervention with physical activity and nutrition at sea

Sonja Sif Jóhannsdóttir, Anna Sigríður Ólafsdóttir & Erlingur Johannsson

Centre for Research in Sport and Health Sciences, School of Education, University of Iceland

Effects of diet intervention on mood, driving skills, and cardiovascular risk factors among Danish truck drivers

PhD MSc. Jens Steen Nielsen

Institute of Sports Science and Clinical Biomechanics, University of Southern Denmark

14.35- 15.00 *Coffee break & Poster session*

15.00- 16.15 *Best practices from work sites & case stories* Moderator: PhD. Docent Eva Roos

Coin offer – Meal “Diastole”, Healthy eating at healthcare institutions

Michael Allerup Nielsen, Catering Manager

Herlev University Hospital, Foodservice Unit

New possibilities in influencing eating patterns through healthier canteen take away

Dr. Gitte Laub Hansen - The Canteen takeaway Partnership

Danish Cancer Society, Denmark

Eating Habits in the Baltic States

PhD. Sirje Vaask, Nutrition expert Tagli Pitsi & Sirje Pontisepp, Director Association of the Estonian Food Industry

Department of Food Processing, Tallinn University of Technology & the National Institute of Health Development, Estonia

16.15- 16.45 *Coffee break & Poster session*

16.45-18.15 *Research projects* Moderator: PhD. Sirje Vaask,

Worksite Canteen Availability & Usage among Finnish Employees

Susanna Raulio, Eva Ross & Ritva Prättälä

National Institute for Health and Welfare, Finland

Strategies for influencing eating patterns through the worksite - A Review

PhD. student Signe Poulsen

Aalborg University, Denmark

Designing food spaces for better meal experiences at work sites

M.Sc. Tenna Doktor Olsen

Aalborg University, Denmark

19.00- 24.00 *Conference Dinner, the Academy of Science*

## 25<sup>th</sup> September

9.00- 9.45 *Company fruit schemes* Moderator: Gitte Laub Hansen

Healthy eating at work – The BAMA way

Gunn Helene Arsky, Nutritionist M.Sc. & author of nutrition literature

BAMA Group A/S, Norway



A Partnership approach to fruit and vegetable provision at work  
Morten Strunge Meyer – Director of project,  
Danish Cancer Society, Denmark

9.45-10.00 *Coffee break*

10.00-12.00 *Policy initiatives, regulations & recommendations Moderator: Morten Strunge Meyer*  
Better food at work in a European perspective – Guidelines for the Prevention of Obesity at the Workplace  
Dina Zota, Pania Karnaki, Afroditi Veloudaki, Athena Linos  
Institute of Preventive Medicine, Environmental and Occupational Health, Prolepsis, Greece

A partnership approach to development of eating at workplaces  
Jesper Lund-Larsen, Health, Safety and Environment Coordinator  
United Federation of Danish Workers

A multisectorial approach to planning implementation of policies and actions towards health at workplace  
Triinu Täht, Tagli Pitsi, PhD. Sirje Vaask Food Processing, Tallinn University of Technology, Anneli Sammel  
Ministry of Social Affairs, Public Health Department, Estonia

Governance of Food & Nutrition at Work site - overview of research, policy and best practice in the Nordic Countries  
Professor PhD. Bent Egberg Mikkelsen & B.Sc. Mia Brandhøj  
Aalborg University, Denmark

12.00- 13.00 *Lunch*

13.00-14.45 *Healthy worksite foodscapes for the future Moderator: Mie Bendtsen, Project Leader of Oresund Food Network, Denmark*

Café Discussions to start a debate and exchange experiences on the themes listed below:

- Cooperation & Networking opportunities
- Future Research Issues & Challenges
- Local (company) and regional policy

14.45-15.15 *Coffee break*

15.15- 15.45 *Plenary debate*

*Moderators: Anneli Sammel, National Institute of Health Development, Estonia & Bent Egberg Mikkelsen, Aalborg University, Denmark*

15.45-16.15 *Closure of conference*

Closing remarks from the NordBalt conference

Mie Bendtsen, Project Leader of Oresund Food Network

