



Comprehensive Workplace Health Promotion

How to Use the Creating a Healthy Workplace Nutrition Environment Toolkit

In the toolkit you will find all the tools you need to work on each of the Nine Essential Elements to create a Healthy Workplace Nutrition Environment. See the **Nine Essential Elements** fact sheet, available at www.osnpvh.on.ca/workplace-nutrition-advisory-group for a description of each.

The toolkit is organized into sections based on the **Healthy Eating in the Workplace Checklist**. The checklist has items to complete that work towards meeting the definitions of success for each Essential Element. You may choose to work on all of the items together or one at a time.

Remember, each workplace is different and you can only take action on items that apply to your workplace. If an item does not apply to your workplace, then it is considered to be completed.

Healthy Eating as Part of Workplace Health

Employee health is fundamental to organizational success.

Healthy eating may be the only health topic that your workplace chooses to work on, or it may be part of a larger wellness approach.

In each case, the steps to create a Healthy Workplace Nutrition Environment are the same.

In practice, these steps do not always happen in the order shown in the following diagrams. More than one approach can work.



The Comprehensive Workplace Health Model

The Comprehensive Workplace Health Model focuses on four areas: Occupational Health and Safety, Health and Lifestyle Practices, Organizational Culture and Organizational Social Responsibility.

Figure 1. The Comprehensive Workplace Health Model

Occupational Health and Safety

Reducing work-related injury, illness and disability by addressing the physical environment and other aspects of the workplace environment.

Health and Lifestyle Practices

Implementing strategies to address individual behaviours and organizational health-related practices.

Organizational Social Responsibility

Participating in the community to improve the health of workers, their families and other members of the community.

Organizational Culture

Focusing on factors that affect the interaction between people, their work and the organization. Addresses psychosocial issues in the workplace environment.

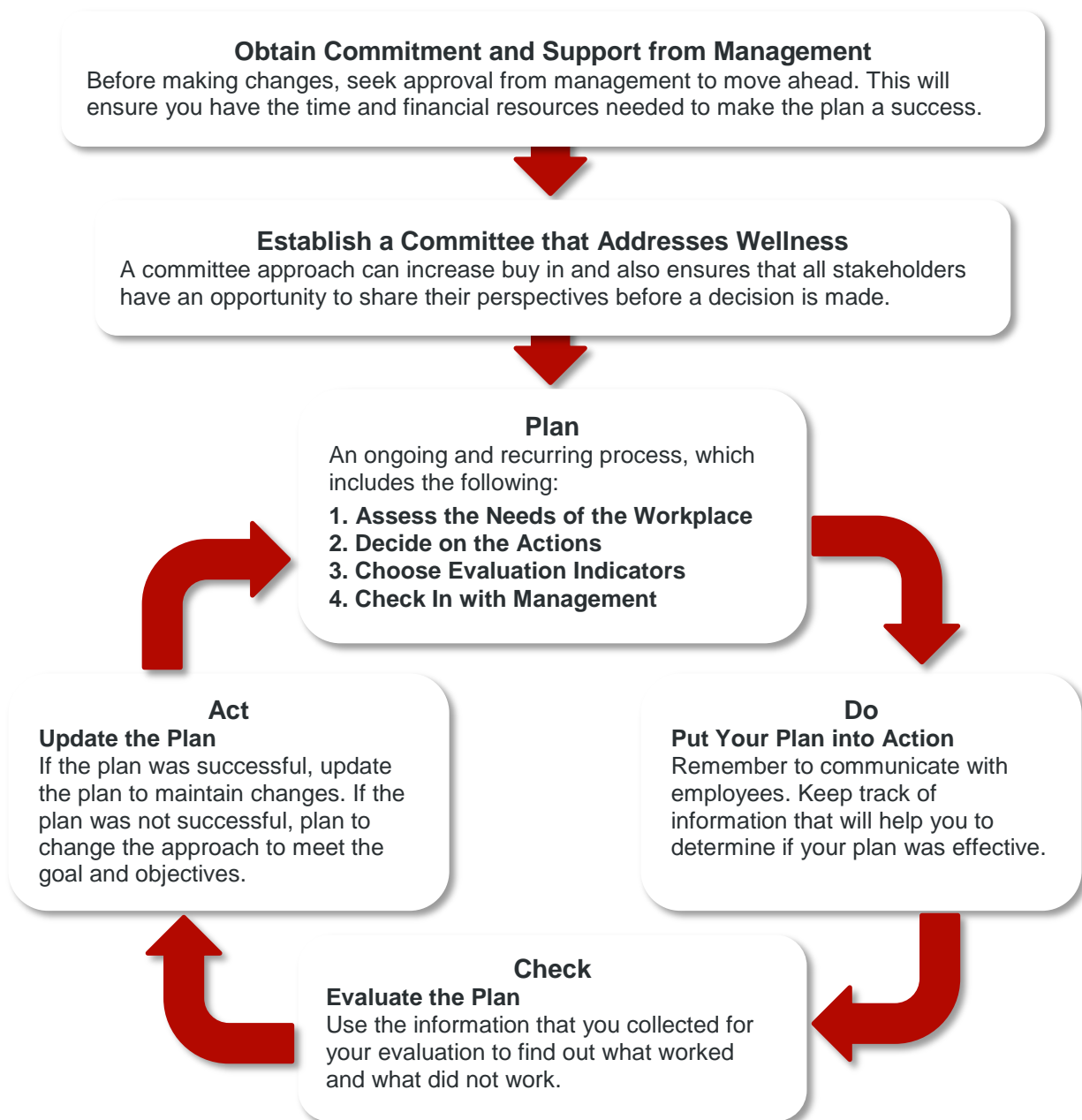


Adapted from the Ontario Workplace Health Coalition Comprehensive Workplace Health Model

Steps in the Adapted Comprehensive Workplace Health Model

The Adapted Comprehensive Workplace Health Model acts as a guide to develop an effective workplace wellness strategy.

Figure 2. Steps in the Adapted Comprehensive Workplace Health Model

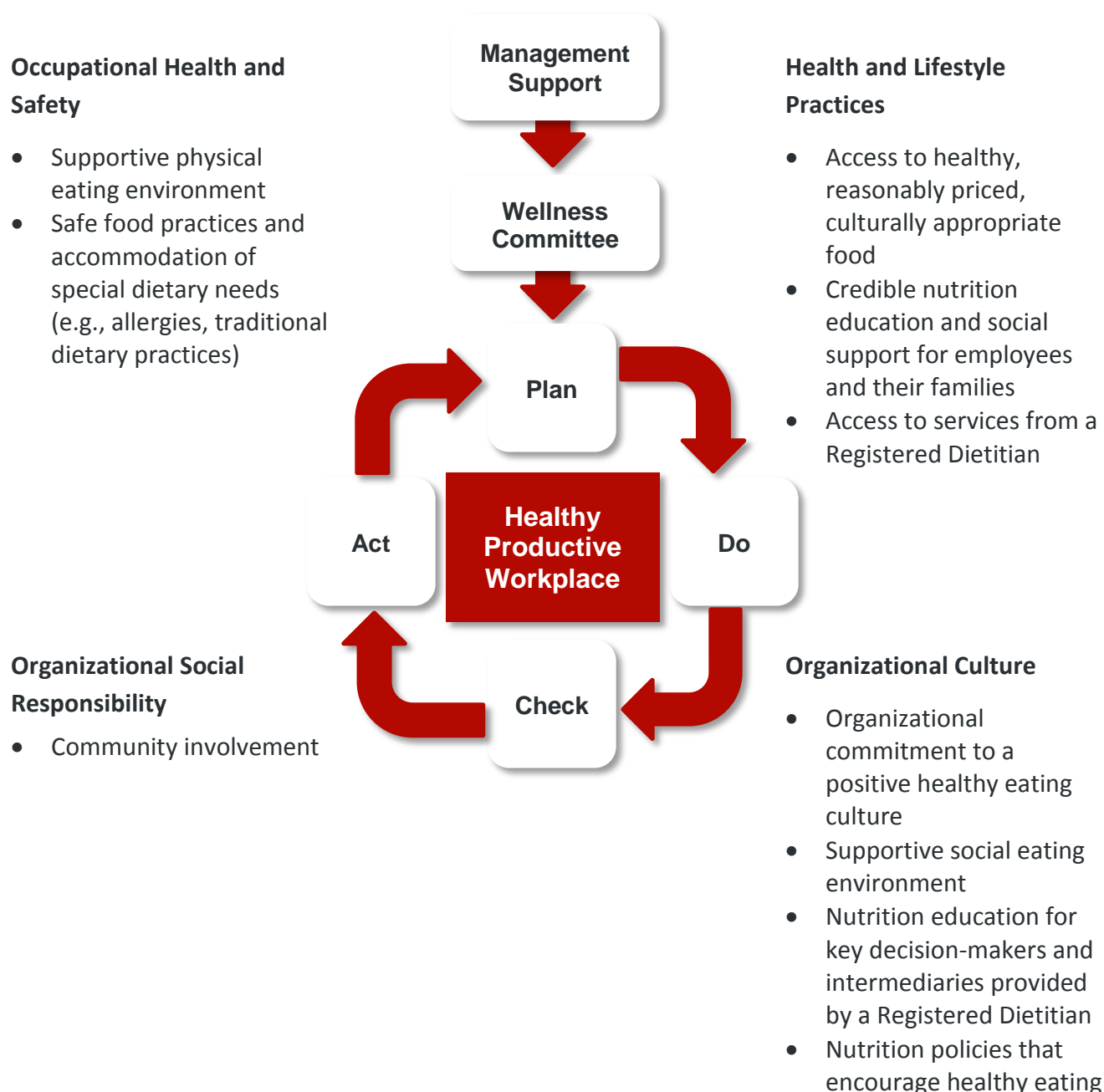


Adapted from the Ontario Workplace Health Coalition Comprehensive Workplace Health Model

Nutrition Promotion within the Adapted Comprehensive Workplace Health Model

A Healthy Workplace Nutrition Environment is made up of Nine Essential Elements. The Nine Essential Elements align with the Adapted Comprehensive Workplace Health Model.

Figure 3. Adapted Comprehensive Workplace Health Model with the Nine Essential Elements



Adapted from the Ontario Workplace Health Coalition Comprehensive Workplace Health Model

You may already have some successes. For example, you may have support from management or already have a committee that addresses wellness.

Even if you do not have formal support from management or a committee, you may still be able to move forward on some activities to promote healthy eating in your workplace.

Sometimes, small changes can lead to future successes!

Credits:

This factsheet has been adapted from:

The Ontario Workplace Health Coalition “Comprehensive Workplace Health Model” available from: www.owhc.ca/pdf/OWHC_Website_CWH_Model_23Dec2014.pdf.

Region of Waterloo Public Health, “Rethinking Healthy Eating in the Workplace” available from: www.projecthealth.ca.

The OSNPPH Workplace Nutrition Advisory Group thanks Communication Services of the Haldimand-Norfolk Health Unit for the design of this fact sheet.

Want to Learn More?

Visit www.osnpph.on.ca for more information on creating a Healthy Workplace Nutrition Environment.

Contact your local public health agency for support.



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