9 Most Effective Worksite Nutrition Strategies
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1. **Provide Tailored Email Interventions** (offer an employee health assessment with feedback, create a survey and follow up with tailored nutrition information, send out dietary facts and tips, and use email to encourage weekly goal setting complete with follow up reminders)\(^3,4,6,12,14,19,21\)

2. **Invol ve Employees in Planning/Implementation** (use employees as resources, create wellness committees to run programs, have co-workers teach nutrition classes to each other, and appoint employees to organize events and oversee individual programs)\(^16,18,19\)

3. **Enlist Family Participation** (invite spouses to kick-off events, make families part of assignments and goals, design programs to change family environment, and give families a participating role in employee programs)\(^16,17,19\)

4. **Change Worksite Culture** (offer healthy selections in vending machines, provide healthy meals in cafeterias, bring healthier foods to staff meetings and lunches, keep treats like cakes, donuts, and cookies in the break room to a minimum, and set up a kitchen with a staff refrigerator/microwave in kitchen)\(^1,2,10,11,13,17,18,19,20\)

5. **Always Inform and Educate** (provide lectures, classes or seminars, circulate newsletters, articles and internet resources, put up posters, send out online materials, distribute nutrition software, host health fairs, put up a health news bulletin board, and email employees healthy eating tips)\(^1,2,7,8,9,11,13,15,17\)

6. **Be Creative** (host entertaining lunch & learns, provide cooking classes, have healthy recipe contests, create a company healthy cookbook, hold competitions and taste tests, organize informative displays and provide expert demonstrations)\(^6,11,13,15,18\)

7. **Include Incentives** (use incentives such as money, gift cards, and small prizes in conjunction with wellness programs to increase participation/behavior change)\(^8,19\)

8. **Market to Employees** (announce program details in staff meetings, hold a kick-off webinar, pass out fliers, talk about events around the office, create excitement, and make wellness a big deal)\(^2,7,8,19,20\)

9. **Stick with it** (extend program over the course of 12-24 months or longer, give employees opportunity to work through stages of change, continue education long term, keep programs running and make some competitions and events annual, make culture changes permanent, and maintain enthusiasm for wellness indefinitely)\(^1,2,6,9,17,18,19,20\)

*A combination of these strategies is more effective than implementing just one, and implementing just one is more effective than doing nothing at all

**Interestingly, using lay versus professional group leaders did not affect program effectiveness**
Scientific References


