

EAT WELL, LIVE BETTER.

Nutrition Best Practices

Presented By: Jessica Somar
Engagement Director, Cigna



Together, all the way.®



FOR TODAY:

- Why is it important to care about Nutrition as an employer?
- Nutrition Best Practices for employers
- Simple tips for Eating Well





JONNY HAWKINS FOR AHA NEWS NEWS.HEART.ORG

Reprinted with permission © American Heart Association, Inc.

Source: "AHA's cartoons by Jonny Hawkins," American Heart Association. Accessed March 7, 2019, <https://newsarchive.heart.org/hearty-humor-by-jonny-hawkins/>.

Confidential, unpublished property of Cigna. Do not duplicate or distribute. Use and distribution limited solely to authorized personnel. © 2019 Cigna



Healthy nutrition: Why?

Eating well in the workplace can have a significant impact on overall health and well-being.

Nutritious foods can improve concentration and cognitive function, boosting an employee's workplace performance.

Healthy employees are happier, calmer, more engaged, sleep better and get sick less often.



Prevent and control many health problems

- Heart disease
- High blood pressure
- Type 2 diabetes
- Some types of cancer

Help them make it a lifestyle change, not a temporary diet



Nutrition in the Workplace - Best Practices

Increase
Awareness
& Education

Promote and
Offer Tools &
Resources

Provide
Ongoing
Support

Get Creative



Increase Awareness and Education

- Host Nutrition Educational Seminars
- Share and post nutrition focused newsletters
- Conduct Cooking Demos with a local chef or Registered Dietician
- Feature healthy recipes, nutritional podcasts and videos on your intranet, wellness microsite or other communication platforms



Promote and Offer Tools & Resources

- Leverage and promote nutrition technology and apps
- Offer and consider incentivizing nutritional coaching programs (online and telephonic)
- Educate employees on finding an in-network registered dietician
- Conduct nutrition focused challenges and campaigns
 - Increase fruits and veggies challenge
 - Meatless Mondays Challenge
 - Rethink Your Drink - Hydration Challenge
 - Pack your lunch challenge
 - Fridge "Selfie" Challenge or healthy meal picture challenge



Provide Ongoing Support

- Support healthy choices by implementing healthy policies and corporate behaviors:
 - Evaluate vending and onsite cafeteria options
 - Offer healthy food for company sponsored meals/events
 - Re-evaluate Food Trucks that visit the worksite
 - Offer Free Fruit in the breakrooms
 - Coordinate with onsite food vendors/cafeteria to provide healthy nutrition options, education
 - Explore subsidizing healthy options



Get Creative

- Healthy Recipe Contests or Healthy Potlucks
- Partner with community farmers markets or vendors to make eating healthy at home convenient
 - Bountiful Baskets
- Create a Healthy Employee Cookbook
- Gear prizes towards healthy food options:
 - Home Meal Delivery
 - Healthy Grocery Gift Cards (Sprouts, Whole Foods, Trader Joe's)
 - Cooking appliances and cookbooks
- Start a gardening club - focused on growing fruits and veggies at home
- Celebrate Nutrition Month (in March)



Simple Ways to Eat Right

We all know fruits and veggies are key to a healthy lifestyle and diet. Here are a few things you might **not** know about healthy eating:

Choose good fats. Stick to monounsaturated and polyunsaturated fats, such as those found in avocados, nuts, fish, olive oil and seeds (sesame, pumpkin and flax). Avoid trans fats, which tend to be in processed foods, and limit saturated fats, such as fatty meats and full-fat dairy products.

Go nuts. Grab a handful of nuts, such as pistachios, walnuts or almonds. They're rich in good fats, fiber, folic acid and other good nutrients.

Drink more water. Make today the day you start drinking enough water. Use your thirst as your guide. Mix it up and add fruit or herbs to your water for a great calorie-free way to satisfy your thirst.

Get your protein. Eat a variety of foods high in protein, including seafood, lean meats and poultry, eggs, beans, peas, nuts, seeds and soy products. Protein helps maintain muscle mass and promotes muscle growth.

Limit sodium (salt) to less than 2,300 mg per day.* It adds up fast, so watch out for packaged foods that are high in it. Salt contains sodium chloride, which is listed on food labels as just sodium.

Watch out for added sugars. You may not even realize that your favorite beverages and snacks are filled with added sugars (and calories). Limit those fruit drinks, sugary sodas and sweet coffee drinks. Cut back on desserts and sweets and aim for less than 10% of your daily calories from added sugars.*



Six Simple Strategies

1

Read labels

2

Create a healthy plate with a variety of food groups

3

Eat as many whole foods as possible

4

Pay attention to portions

5

Stay hydrated

6

Plan ahead and shop smart



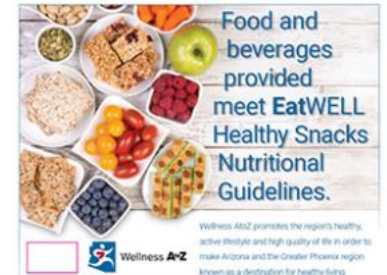
Resources

Additional information and support is literally at your fingertips!

Check out these great digital resources for more information:

- <https://phoenixchamberfoundation.com/wellness/eatwell/>
- Cigna.com/individuals-families/health-wellness
- www.choosemyplate.gov
- www.heart.org
- <https://www.cdc.gov/workplacehealthpromotion/tools-resources/workplace-health/nutrition.html>

EatWELL Toolkit



DOWNLOAD



SUMMARY AND QUESTIONS

Thank you for attending!



The information provided here is for educational purposes only. It does not constitute medical advice and is not a substitute for proper medical care provided by a physician. Cigna assumes no responsibility for any circumstances arising out of the use, misuse, interpretation or application of this information. Always consult with your doctor for appropriate examinations, treatment, testing and care recommendations, including prior to undertaking a new diet exercise program.

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company, Cigna Behavioral Health, Inc., Cigna Onsite Health, LLC, and HMO or service company subsidiaries of Cigna Health Corporation. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc. All pictures are for illustrative purposes only.

843186 f 11/19 © 2019 Cigna. Some content provided under license.

