

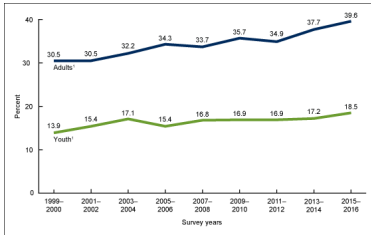


Objectives

- Understand how the environment influences eating behaviors
- Identify tools you can use to create an Environment of Success
- Create a workplace environment that supports your company's culture of wellness



Figure 5. Trends in obesity prevalence among adults aged 20 and over (age adjusted) and youth aged 2–19 years: United States, 1999–2000 through 2015–2016

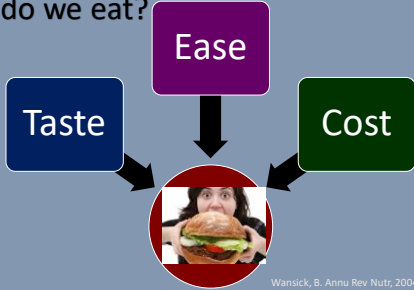


Hales et. al (2016). National Center for Health Statistics

How do we create an Environment of Success?



Why do we eat?



Wansick, B. Annu Rev Nutr, 2004 Mar (24): 455-79

Establish Healthy Habits at Home



Toss out Junk Foods and Toss Out Food Triggers





Wansink B. Mindless eating: why we eat more than we think. New York: Bantam Books; 2006.

Plate Sizes

8.5-inch Each plate contains
 10-inch 3 oz Tuna
 11-inch 1 cup Carrots
 12-inch 1/2 cup Wild Rice



At Meal Times

- Use tall, narrow glasses
- Use smaller plates
- Keep the TV off
- Eat at the dinner table
- Avoid serving family style

Wansink B. Mindless eating: why we eat more than we think. New York: Bantam Books; 2006.



Establish Healthy Habits at Work

Scenario 1:
Candy Dish
on the Desk



Move the Dish!
and weigh 15lbs less

Clear Dish = 9 candies (250 calories)

- Move the dish to end of desk
 - [Save 55 calories!](#)
- Move the dish 6ft away
 - [Save 125 calories!](#)
- Place the dish in desk drawer
 - [Save 160 calories!](#)

**Let me keep my
candy, and I'll move
it off my desk.**



Brian Wansink
SLIM BY DESIGN

Smart Snacking

- Keep portions small
- 100-150 calories
- Protein + Carbohydrate
- 1-2 Snacks per day



Mozaffarian D et al. (2011). New
England Journal of Medicine

Smart Snacking

- ¼ Cup unsalted nuts or seeds
- ½ Cup edamame, shelled
- Piece of Fruit + 12 almonds or 20 peanuts or 6 Walnuts or 1 T Natural peanut butter
- Piece of fruit with low fat cheese stick
- 100 calories of popcorn with low fat cheese stick
- Trail Mix: 2 T low sugar whole grain cereal, 2 T nuts, 2 T dried fruit
- 6 oz nonfat plain greek or regular yogurt with ½ cup fruit
- ½ cup low fat cottage cheese with fruit
- 6 whole wheat crackers + 2 Laughing Cow Wedges
- 1 Rice Cake with 1 T Natural Peanut Butter
- 1 cup non-starchy vegetables with ¼ cup Hummus
- 3 celery stalks with 1 T Natural Peanut butter + 1 T dried raisins

Scenario 2: Eating Lunch at your Desk



Update the
Breakroom





Pack your Lunch

- Provide Nutrition Education Programs
- Host a "Brown Bag" Lunch Challenge
 - Provide ideas for what to pack
 - Most people pack a lunch when they are full from dinner or breakfast
 - People buy their lunch when they are already hungry





Scenario 3: Vending Machines



Example of a Beverage Vending Machine that Meets the Standards

Use this machine as an example of how to stock your beverage vending machine.



- Refrigerated space advertises a healthy beverage choice.**
 - Water:
 - At least 2 slots are stocked with water.
 - Water is placed in the highest selling position.
 - Clear beverages are 20 calories or less per 8 ounces.
- High Calorie Beverages:**
 - No more than 2 slots are stocked with these beverages.
 - Beverages are placed in the lowest selling position.
 - Beverages are 12 ounce minimum or smaller.

- Move healthier choices – water, zero calorie drinks – to eye level
- Limit number of high calorie drinks
- Place high calorie drinks at the bottom
- Limit portion size of high calorie drinks to 12 oz (can)
- Offer a price differential for healthier choices
- Add point-of-purchase signage
- Logos

New York City Health Department Food Standards; Kahn-Marshall, JL (2012) Health Edu & Behav

Plan-o-gram example 1 (34-slot machine):

baked chips		popcorn		multi-grain crackers		baked chips		trail mix	
pretzels		pita chips		apple chips		tropical fruit trail mix		popcorn clusters	
chocolate	berry cereal bar	peanut butter granola bar	raisins	peach flap	peanuts	cherry crackers	fruit leather	pumpkin seeds	dried apricots
fruit bar	fig bar	mixed nuts	peppa cereal bar	peach cereal bar	trail mix	mixed nuts	chocolate chip granola bar	peanut granola bar	peach/mint granola bar
			sugar free mints	sugar free mints	mint gum	mint gum			

Key: Grain-based foods are shown in green. Recommend no more than 50% of the machine be stocked with grain-based foods.

New York City Health Department Food Standards

Sample Vending Machine Guidelines

- Snacks
 - Packages cannot contain more than one serving
 - 200 Calories or less
 - 10 gm Fat or less
 - No Trans fats or partially hydrogenated oils
 - No more than 2 gm saturated fat per serving
 - Exceptions: nuts, seeds
 - No more than 200 mg sodium
 - No more than 8 gm added sugar
 - Exceptions: trail mix with dried fruit, freeze dried fruit or whole/fresh fruit
 - Offer only whole grains
 - Must contain at least 3 gm fiber
 - Dairy
 - Serve low fat or fat free





Sitting is the New Smoking

Scenario 4

Move More!

- Offer a variety of exercise of programs
- Fitness Trackers
- Discount gym memberships for participation





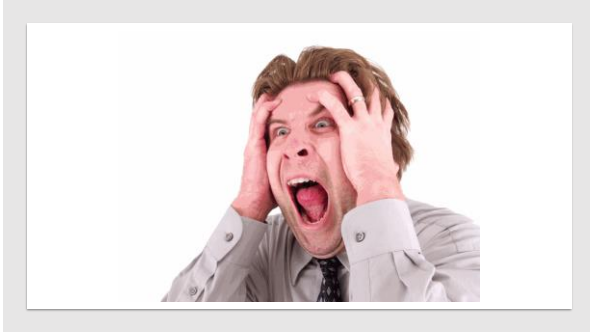
Scenic Walks



Move the Printer!

Move parking spots!





Thank you



References

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