

# Dietitian-led wellbeing for employers and workers



**The British Dietetic Association (BDA) is Europe's largest professional body for nutrition professionals. This new programme supports healthier working lives through dietitian-led wellness initiatives and has been developed based on the latest evidence and approaches.**

**We are the partners that will measure and report change, and assess progress to ensure a programme of continuous improvement.**

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## **The BDA Work Ready programme**

How it works



The BDA has established a national network of dietitians who are accredited to deliver the BDA Work Ready programme using quality-assured tools and measures.

# Workplace Tools



## Organisational Nutritional Needs Assessment

**This activity is the roadmap to using nutrition interventions to help your organisation be Work Ready.**

Your dietitian will visit your organisation and develop a personalised report. During the day they will undertake the below:

- develop insights on your objectives for a wellbeing programme
- understand the employee characteristics and the work environment
- review elements of workplace health promotion already offered or under development
- meet with the occupational health team or the person who looks after the health and well-being of the employees in the organisation
- speak to staff champions (if you have them)
- understand and review the facilities which are available in the workplace regarding food and drink provision
- access policies which impact on wellbeing



## Workshops for staff

**Your dietitian will deliver one of the BDA Work Ready presentations tailored to your staff. These are designed to:**

- show how food affects mood
- assist in developing a healthy eating mindset
- effect positive behaviour change for the workforce
- help improve resilience and mental wellbeing

Advice is brought to life with group activities and sessions are interactive, educational and fun. The dietitian will leave free BDA factsheets with participants and will share anonymised outcomes with you so you can measure impact.



## Employee needs assessments

**Employee needs assessments for planning health promotion activities** can also be undertaken by your dietitian to help you understand what your employees would most value from a nutritional programme. Evidence shows that staff engagement with wellbeing programmes is a key component of ensuring good return on investment.



## Food demos

**Food demos are also a good addition to workshop sessions – demos vary but can include recipes for a healthy lunch from items which you can keep in your desk drawer or locker.**



## Review of food provision

**Practical and unbiased consultancy on your current offer.**

Your dietitian will look at any food and drink provision for staff including:

- Canteen or on-site restaurants
- Vending machines
- Catering for meetings
- Kitchen areas for food preparation

Advice will be tailored to meet your wellbeing priorities and in-line with guidance for any local award schemes the organisation is working towards.

**There is evidence that nutrition interventions can support strategies to reduce sickness absence, presenteeism, accident reduction, improvements in customer care and productivity. For your full evidence review from the BDA visit [www.bdaworkready.co.uk](http://www.bdaworkready.co.uk)**

## Other tools include



Training on team building and 'Workplace Champion' teams to develop shared ownership, drive momentum and sustainability



Prioritisation and promotion of wellness services to ensure awareness and commitment



Development of tailored materials



Integration of wellness into workplace policies



**I found it very helpful to have all the advice drawn together as one normally picks bits up in dribs and drabs. The full picture is very persuasive and makes me want to do something about it.**

**I know from what others have said that they really valued the session too. (The dietitian) managed to pack a great deal of information into a limited time, and ... did it in a very energetic and engaging way that kept everyone interested throughout!**



**Worker who attended dietitian-led workshop**

### **The British Dietetic Association**

Head office for the BDA Work Ready programme

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**The elements of the BDA Work Ready programme can be tailored to your organisation's needs.**

**Contact us - or your local accredited dietitian - to tell us about yourselves and find out how you can work with a dietitian to encourage good nutritional practices during working hours.**

Contact your local accredited BDA Work Ready dietitian:

**WORK  
READY!**  Accredited BDA  
Work Ready Dietitian