


Workplace strategies to promote healthy weight

Workplace health and wellbeing programs can be effective at reducing body weight when there is a focus on increasing physical activity participation and improving food choices available in and around the workplace. Currently, more than 65% of South Australians are overweight or obese. Listed below are ideas on how to best promote healthy weight and its relationship to general health, through education, promotion and creation of a supportive environment.

Ideas to get you started

Strategies	Healthy vision	Healthy places	Healthy people	
Promote annual healthy weight week with promotions and materials			•	Australia's Healthy Weight Week
Encourage recognition of healthy food, activity and healthy living with posters and promotion materials			•	Order free workplace resources from Healthy Workers – Healthy Futures
Host a general wellness challenge over several weeks with a healthy eating and activity focus, for example, increased fruit and vegetable intake, trying a new activity or new foods and recipes			•	
Encourage employees to seek the assistance of accredited and trained health professionals for specific dietary or physical activity advice			•	Dietitians Association of Australia: Find an APD Exercise and Sport Science Association : Find an AEP



Promote Workplace Employee Assistance Programs (EAP) that often offer services around behaviour change and goal setting			•	Employee Assistance Program Association of Australia
Promote visits to the local general practitioner. There are several referral options to health professionals and a general practitioner can conduct overall health risk assessments			•	National Health Services Finder
Organise a question and answer nutrition session or a drop in day with a dietitian			•	Dietitians Association of Australia: Find an APD
Organise an on-site questions and answer session or a drop in day with an exercise physiologist or qualified personal trainer			•	Exercise and Sport Science Association : Find an AEP
Offer confidential body mass index checks with your organisations nurse or local medical centre			•	National Health Services Finder Service Providers can come to your workplace and offer a range of health checks for your staff
Promote and provide work time access to free phone health information and coaching service			•	SA Health Get Healthy is a free and confidential phone-based information and coaching service 1300 806 258 8.00am-8.00pm Monday to Friday (excluding public holidays)
Consult with workers about interest in and options for weight maintenance groups and consultancy services			•	

