

Healthy eating

How do you know if your strategy has been a success?

The best way to find out if the strategies you have used within your program have been successful is to look at the impact your program has had on the workplace, the people within the workplace (this might include customers and visitors as well as employees and contractors) and the way the workplace operates to integrate health and wellbeing into everyday actions.

Healthy eating

It makes sense to start to work out how you will gather some of this information at the start of your program planning. Some useful questions to ask yourself, in conjunction with using your *Action Plan* (which sets out the goals and objectives of your nutrition related activities) are:

Vision:

- > Is there an understanding of your nutrition policy?
- > Are employees aware of its existence?
- > In general is there support for the policy?
- > Has there been any impact on the types of foods offered in catering for meetings and/or events and/or general food services?
- > Has the organisation followed up with the objectives of the nutrition policy (for example if the policy mentions access to fresh water for all employees, is it readily available)?
- > Do you have the right resources in order to be able to implement the policy?

Places: Are employees taking part or utilising what has been offered as part of the program?

- > Are employees taking part or using the information provided to them?
- > Are employees attending the healthy eating activities provided to them? Are they supportive of these activities being run again?
- > What prevented employees from attending?
- > What has been the reach? Are the same employees participating each time?
- > How many other nutrition related activities have employees participated in (for example, self-reported use of fruit bowls or involvement in lunches)?

- > Have employees made use of facilities? With or without changes to these facilities? With or without promotion of these facilities?
- > Are employees using recommended/referred health providers as a result of recommendations from the workplace?

People: What has been the direct impact on employees?

- > Are employee's reporting changes towards healthy eating?
- > Have employees habits changed in terms of purchasing, or foods that they are bringing from home?
- > Have employees reported a change in knowledge or motivation to make healthier food choices?
- > Do employees think this is a way to improve their eating habits?

Some of the information to collect from the start, and throughout your initiative to assist you to answer the above questions might be:

- > Observations of the environment and practices, through audits or other records both initially and throughout your program
- > Current and ongoing attendance records to events/ seminars/ groups
- > Collect data on numbers of healthy eating resources delivered to or requested by employees
- > Counting waste and consumption levels of provided fruit
- > Noting changes to food fundraising
- > Percentage of healthy food offered from workplace sales outlets
- > Sales of healthy and unhealthy foods offered at workplace sales outlets



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- > Survey questions to assess employee motivation to change, current knowledge and awareness levels and changes in practice

Acknowledgements

Healthy Workplace Resource Kit, Tasmania
Department of Health and Human Services

Guide to Evaluation, SA Health

For more information

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