



Wholesome Nutrition Contributes to Better Overall Health

Healthy eating can have a major impact on the workforce.

Eating healthier prevents many chronic diseases, increases productivity, creates community, and supports mental health. Some communities have more challenges accessing wholesome food, but employers can play a role in helping to address these disparities for a healthier workforce.

Increase productivity and overall well-being by providing resources and education for ALL employees.

Approximately 33.8 million people live in food-insecure households. About half of all American adults — or 117 million individuals — have 1 or more preventable chronic disease (1 in 7 have diabetes and 1 in 3 have pre-diabetes), many of which are related to poor-quality eating patterns and physical inactivity.

To address nutrition at a national level, the Department of Health and Human Services launched the Food is Medicine initiative. This is a call to action to end hunger and reduce the prevalence of chronic disease in the United States by 2030. As the employer, you can do your part in supporting your workforce by conducting educational campaigns, offering nutrition webinars and cooking demos, sharing community resources for food security, including healthier options in the workplace, ensuring access to lunch breaks, and exploring team challenges and incentives.