

# An evaluation of a



## initiative in a Northern Irish workplace

*Désirée Schliemann BSc (Hons)*

*Prof Jayne Woodside & Dr Michelle McKinley  
Queen's University Belfast, Centre for Public Health*

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# Overview



- Background
- Study design
- Baseline results
  - Quantitative data
  - Qualitative data
- Changes to date
- Conclusion

# Diet at work – why is it important?

Time at work:  
~ 33 % DAY



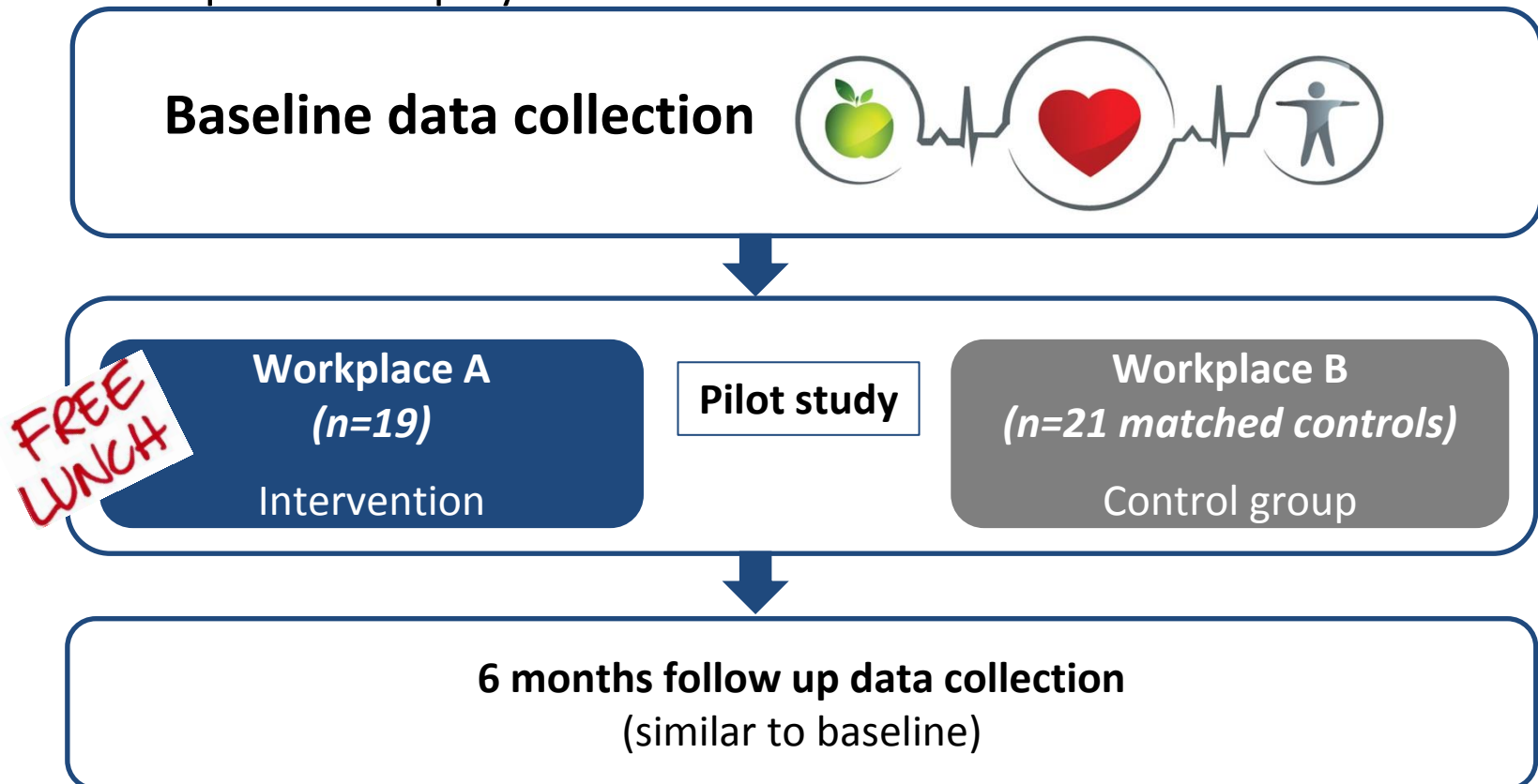
Potential to promote  
**sustainable lifestyle changes**  
in a large number of people.



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# Brief summary

- Workplace: Manufacturing company in NI (2 sites: 400 and 20 employees)
- **Aim:** To explore the acceptance of free, healthy lunches by employees and their impact on employees overall diet and health



# Baseline results\* - Health

	Site A (intervention)		Site B (control)		P-value
	Males (n=10)	Females (n=9)	Males (n=11)	Females (n=11)	
Age, mean (SD)	50.4 (4.8)	43.4 (11.1)	42.2 (10.2)	44.6 (7.4)	NS
Job-type (n)					
Office	0	5	3	6	♀ 0.005
Manual	10	4	8	5	
BMI (kg/m <sup>2</sup> )	30.8 (7.0)	27.8 (7.7)	26.5 (2.6)	25.8 (4.1)	NS
WC (cm)	99.0 (17.7)	86.8 (20.3)	92.6 (9.6)	86.2 (12.4)	⚠ 0.058
Systolic BP (mmHg)	129.6 (11.35)	121.6 (11.9)	137.2 (12.1)	123.5 (15.1)	⚠ 0.009 ♀ 0.03
Diastolic BP (mmHg)	78.1 (10.17)	76.2 (10.2)	83.4 (10.9)	73.8 (10.5)	♀ 0.048

\*Results are from preliminary analysis

\*All values are reported as means (SD)







Worksite differences



Gender differences

# Baseline results\* - Diet

	Site A (intervention)		Site B (control)		P-value	DRVs
	Males (n=10)	Females (n=9)	Males (n=11)	Females (=11)		
Energy kcal	2002.0 (742.9)	1781.1 (708.2)	2217.2 (1002.7)	1537.4 (455.2)	 0.006	M: 2500 F: 2000
Fat (%**)	38.3 (6.2)	33.0 (7.3)	35.0 (9.6)	30.7 (9.6)	 0.012	≤ 35%
SFA (%**)	15.4 (3.5)	14.1 (4.4)	12.5 (4.3)	11.0 (5.0)	 0.002	≤ 11%
Fruit (g/d)	106.7 (68.4)	114.7 (81.8)	126.6 (81.8)	123.1 (79.8)	NS	~160g
Veg (g/d)	77.8 (91.9)	63.5 (45.2)	77.8 (57.0)	62.5 (54.9)	NS	~240g
Vitamin C	72.4 (55.0)	102.1 (88.8)	89.0 (56.1)	124.8 (78.2)	 0.036	40 mg

\*Results are from preliminary analysis  
 \*All values are reported as means (SD)  
 \*\* % of total energy intake



Worksite differences



Gender differences

# Stakeholder's interviews

## Motivation to provide lunches



*'[...]maybe over time [...] we can **help [employees] to see the benefits of healthier eating.** Not just in terms of the foods that they eat but the effect that that has on their body and maybe family, friends, other colleagues...'*

*'[...]I think there's a socio-economic side to healthy eating as well [...] we can do our best to help I suppose **support initiatives and to introduce people.** We can't force it, [...] we can do our best to maybe just get people to question what they're doing and see if we can get them to try something different.'*

# Employee's interviews

## Factor influencing lunch choice



- Availability
- Time
- Convenience
- Colleagues
- Knowledge



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# Employee's interviews

## Expectations on the food court



*'[...]it has to be **seasonal** you know I have salads throughout the summer but coming to the cooler weather I want something warm.'*

*'[...]you know it's just a lunch. [...] I'm going home at night time and having my main meal as well so **I wouldn't want my lunch to be turned into another main meal** and then a main meal at home cause I think I'd be eating too much then...'*

*'[...]the food would need to be a **different variety**. It can't be the same food all the time.'*

# Employee's interviews

## Concerns about the food court



*'[...] as long as the supply was kept you know correct. I don't know what style of lunches they're intending to bring in but I think there are worries that the **last one in the queue won't get anything** and maybe they have possibly nothing else with them so you don't want anyone not to have any lunch ...'*

*'[...] it's very difficult to cater for a large group of people and sort of **keep everybody happy.**'*

... 2 months later

# Canteen changes



Before



After





# Feedback (informal)

- Most employees have free lunch on a regular basis (n=16)

Follow up in  
May/June 2015

- Cho
- Tas
- Ava
- Staff friendliness
- Cleanliness
- Worried about paying in future

# Conclusion



Healthy lunch habits →  
better diet & health?

July  
2015



- Overweight study population
- Diet low in FV & high in SFA's



- Interest in employee's health
- Employees would like seasonal, light & varied lunches



# Acknowledgement

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