



drink health

Take Action to Drink Well

Because most people spend about 60% of their waking hours at work, which usually includes at least one mealtime and a couple of tea breaks, a workplace's environment and culture can significantly influence employees' health.

There are many ways a workplace wellbeing initiative can support people to make healthy choices about what they drink.



Below are some ideas you might choose to put in place with your team. By no means must you – or could you – do everything. Use this list to inspire ideas that might work for your people and be appropriate for your workplace. To be sustainable and effective, the approach needs to be integrated across the whole workplace, including:

Organisational practices: Ensuring a workplace's policies and practices create a culture that supports healthy drink choices (such as adopting healthy beverage guidelines).

Workplace environments: Creating workplace environments that make it easier for employees to make healthy drink choices (including increasing availability of water to staff).

Support for individuals: Creating ways to help workers develop the knowledge, skills, and ability to make healthy drink choices, including at home with their families, while out and about and when being active.

Organisational practices

- ✓ Adopt healthy beverage guidelines – these can apply to an onsite café or canteen, vending machines and drinks the workplace provides at meetings and events.
- ✓ Ensure there are a variety of water options available eg on-site water coolers, jugs of water at meetings, water flavoured with fruit / herbs. This will support healthy drink options being consumed at your workplace.
- ✓ Consider subsidising healthy drink options in the staff café and promoting activities that support making “the healthy choice the easy choice”. Regularly include healthy drink information / advice / links in staff communications.
- ✓ Support breastfeeding in the workplace. See the employers' guide to breastfeeding in the workplace and consider applying for certification as a breastfeeding friendly workplace.





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Workplace environments

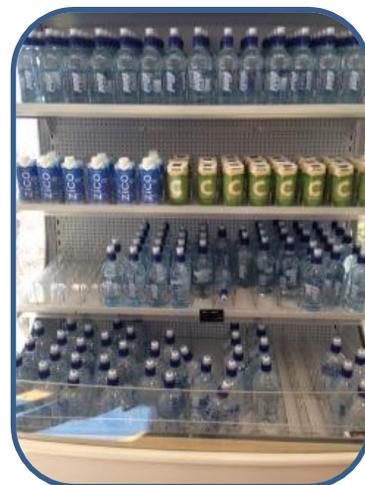
- ✓ Put up posters and information promoting healthy drink choices / nutritional information in staff break and work areas.
- ✓ Advertise upcoming awareness campaigns that support wellbeing including choosing healthy drinks. Support staff initiatives to make “the healthy choice, the easy choice”
- ✓ Have water coolers or other water options available to give people easy access to 100% water.
- ✓ If you have vending machines on site, stock them with a variety of water options eg different sized bottles, different brands / reduce sweet drink options.
- ✓ Subscribe to healthy food magazines for staff to read during breaks.
- ✓ Provide areas for breastfeeding mothers to feed or pump and store breastmilk.



Support for individuals

- ✓ Promote water as the choice of drink by putting up posters and making pamphlets available in break rooms that educate and inspire workers to choose healthy drinks.
- ✓ Advertise upcoming awareness campaigns that support wellbeing including choosing healthy drinks. Support staff initiatives to make the healthy choice, the easy choice.
- ✓ Hold regular “learning events” for staff; including topics such as how to calculate the amount of sugar in drinks, acidity of sweet drinks, best drinks for kids and good news stories.
- ✓ Encourage participation in local and national health initiatives such as the New Zealand Dental Association 30 day Water Challenge.

A healthy workplace with a wellbeing culture in supporting people to stay well both physically and mentally, will improve the health and wellbeing of your staff and organisation.



A “water only” fridge at NMDHB

Have fun during the journey and celebrate your successes



Adapted from www.wellplace.nz/ideas/take-action-to-eat-well (with approval from Health Promotion Agency NZ)

