

Healthy eating strategies for employees



Employees spend a significant amount of time at work, often consuming multiple meals and snacks. Navigating unhealthy food options can affect their weight, health and overall well-being.

A Registered Dietitian Nutritionist can help.

Through our comprehensive nutrition programming, employees gain valuable knowledge to make healthy food choices. They can receive coaching tailored to meet their individual needs and enjoy improved food options in the workplace. This holistic approach fosters a healthier, more energized workplace.

\$173B

Approximate health care expenses due to obesity

Centers for Disease Control and Prevention

RDNs empower employees to incorporate healthy nutrition into their lifestyle to manage weight, lower health risks or meet their health goals



Expertise

The RDN guides employees to create sustainable behavior changes around healthy eating choices.



Coaching

Working one-on-one or in small group settings, the RDN transforms nutrition trends and guidelines into real-life applications.



Engagement

Nutrition services are promoted through workplace engagement campaigns and wellness partner referrals.

Proven results

Through the leadership of their nutritionist, a financial services company promoted a SMART Weigh program to educate employees on proper nutrition to guide healthy lifestyle modifications.

The nutritionist led three training sessions, each 10-weeks long. The program was promoted via the company intranet and email. The program had 121 participants with an average 64% attendance rate.

“I’m so grateful for this program with the instructor-led guidance and educational references on nutrition.” – Employee testimonial



A restaurant chain realized broad employee engagement of its nutrition coaching offering, with the following results:

- 1,164** total nutrition coaching sessions
- 34%** of employees focused on general nutrition
- 26%** of employees focused on weight loss
- 3.6** average number of visits per employee
- 8 lbs** lost per engaged employee



“I really appreciate the nutrition advice that you’ve given me over the year. It’s been measured not just in weight loss, but also in managing stress eating. I think that the differences in eating habits that I’ve built up over this past year are quite apparent.”

– Employee testimonial

Our solutions are tailored to create a supportive environment that encourages employees to embrace wellness, leading to a healthier, more productive workforce. Let us help you transform your workplace into a hub of health and well-being.

Ready for a balanced approach to workplace well-being?

[Schedule a discovery call.](#)



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