

Driven to Wellness

Work-Life Balance Fact Sheet: NUTRITION

- [According to the U.S. Department of Agriculture Economic Research Service](#), Americans eat out frequently and spent more money on food away from home than they spent on food at home for the first time in 2014.
- [A study in Tempe, Arizona](#) found that the availability of fast food along workers' route to work linked to extra pounds. Commuters who passed a greater number of fast-food restaurants were found to have higher BMIs.
- [Obesity is associated with lower productivity at work, more sick days, and higher health care costs.](#)
- [According to the National Institutes of Health National Heart, Lung, and Blood Institute](#), obese individuals are at increased risk for chronic diseases and health conditions including diabetes, heart disease, hypertension, high cholesterol, osteoarthritis, and sleep apnea.
- [A recent study](#) highlighted at Nutrition 2018 in Boston MA found that 22 percent of U.S. employees obtained food from the workplace during the week.



- [The 2016 National Center for Health CDC Statistics Health Interview Survey](#) estimated that 37.1 percent of employed adults were classified as overweight based on their body mass index, and 28.5 percent were classified as obese.
- A concern with designation of 'healthy foods' is false marketing. Many "low-fat" and "low-sugar" foods are often unhealthy and cause insulin spikes, based on flour and artificial ingredients.
- Food such as fruit leathers, canned fruit, low-fat crackers and granola/fruit bars are often high in sugars/carbs, as well as low in fiber and protein, which creates an insulin spike and leads to obesity and heart disease.
- Providing healthy options in the workplace can help to promote healthy eating.



"Navigating safe driving through healthy habits and lifestyles".