



Working together to improve the health and wellbeing of our communities

Healthy Workplace

Supporting local employers with health and wellbeing in the workplace

This monthly newsletter, for workplaces of all sizes across Milton Keynes, Bedford Borough and Central Bedfordshire, is designed to support health and wellbeing in the workplace.

For more information on anything covered below, including our Healthy Workplace Standards, free training and workshops, plus a range of information and resources, please visit our website or email the Workplace Health Team at public.health@milton-keynes.gov.uk

[Visit our website - Workplace health and wellbeing](#)

Local workplace health support



If you are interested in finding out more about how to improve the Health and Wellbeing of your workplace, including improvements in productivity and retention, click on the link below to see what the team can offer.

[Meet the Workplace Health Team and hear about the workplace offer in this short video](#)



Healthy Workplace Standards

We can support your organisation to make time for wellbeing whilst recognising your achievements.

Our eight healthy workplace standards offer a framework to improve the health and wellbeing of your workforce. The scheme is free and covers all aspects of health and wellbeing from healthy weight to inclusive employment and is designed to structure your progression, helping you achieve a healthy workplace in all areas of your organisation.

[Learn more about The Healthy Workplace Standards](#)



Our 18 month progress and impact report for the Healthy Workplace Standards has recently been published and can be accessed using the link below.

[Take a look at our report](#)

Monthly focus



May 2024 - A Focus on Healthy Eating and Nutrition



Further information can be found on our webpages under Healthy eating and physical activity.

The rising rate of overweight and obesity in adults is a national public health crisis. The most recent [UK National Diet and Nutrition Survey \(NDNS\)](#) data shows that population intakes of saturated fat, sugar, and salt are above the government recommendations whereas intakes of fibre, fruit and vegetables, and oily fish are below government recommendations. As an employer you have an opportunity to be a role model for a healthier and more sustainable food environment.

Why does healthy eating at work matter?

A third of our daily intake is whilst working, whether in the office or at home. Often a change in eating habits can make a big difference. Not eating regular well-balanced meals is similar to not drinking enough water as you may get headaches, feeling sluggish or having difficulty concentrating. Often a change in eating habits can make a big difference to productivity and sickness absence rates.

How can you support your employees?

Workplaces can take steps to lead the way. These include:

- ensuring that vending machines on work premises adhere to the healthier vending guidance, increasing the availability of healthier snacks and drinks delivering healthy and affordable options for staff - see our [webpage](#) on healthy eating resources
- ensuring you provide free access to fresh drinking water and promote healthy food options across your catering provision, considering the range of dietary requirements and allergies
- providing information on local weight management programmes, including any support provided by your employment assistance programmes. (See below)
- sharing information on healthy eating and nutrition on your staff intranet or bulletin boards (for example the [British Nutrition Foundation - Homepage](#) or [Eatwell Guide \(publishing.service.gov.uk\)](#))
- running campaigns and offer webinars on the benefits of health eating and the risks of poor nutrition (for example from [Campaigns | Campaign Resource Centre \(dhsc.gov.uk\)](#))
- consider appointing healthy eating champions
- developing a healthy eating policy as part of your health and wellbeing policy (you may like to use this [template](#))

Further information and support services

- [Better health](#) provides advice on getting active, weight loss support and an NHS weight loss plan App which can be downloaded via Apple Store or Google Play.
- [Morelife](#) provide **free** weight management services for employees living in Milton Keynes, Bedford Borough and Central Bedfordshire, as well as a range of **free** advice services and training to Milton Keynes, Bedford Borough and Central Bedfordshire workplaces. Please see the [Workplace Health and Wellbeing Service Offer](#).

Campaigns



[Living Streets](#) – [National Walking Month](#)

Walking is one of the easiest ways to improve our health and stay connected to our community, helping us feel less lonely and isolated. This year, you are invited to discover the #MagicOfWalking and celebrate the many health and happiness benefits of walking and

wheeling. 20 tips have been put together to help you and your employees fit 20 minutes of walking into your day.

Street Tag – Street Tag is a fun, free smartphone app for Bedford workplaces, that rewards individuals or your workplace for moving. Users run, walk or cycle and collect virtual tags through the app, giving them Street Tag points and then help their team move up the leader board, turning Bedford Borough into a giant virtual playground.

Healthy Eating week – Healthy Eating Week will be running from Monday 10 June to Friday 14 June 2024. The campaign encourages everyone, including early years settings, schools, workplaces and community groups, to ‘Give it a go’ this Healthy Eating Week.

Oesophageal cancer – Do you or do you know someone who suffers from persistent heartburn? It could lead to oesophageal cancer. Ask your GP Practice about the risks. We are currently testing patients registered at London Road Health Centre – Bedford but there are checks available in other areas. If you’d like to learn more about the heartburn health check, visit the website:
www.heartburnhealthcheck.com



Bite Back Stop Loan Sharks

As part of BiteBack Week 2024 (3-7 June) to raise awareness about loan sharks a training webinar, open to professionals on Thursday 6 June, at 11.00 -12.30pm on Microsoft Teams. This talk will enable you to know more about loan sharks, how they operate, the tactics that they use, the effects that they can have on borrowers, their families and communities, and how the England Illegal Money Lending Team is combatting the loan shark

menace.

If you would like to attend, kindly reserve your place by [registering here](#) on Microsoft Teams.

Thank you for reading our newsletter. If you would you like to be added to our mailing list or for more information on:

- [The Healthy Workplace Standards](#). A best practice framework and award scheme
- [Free training and workshops](#) on a range of health and wellbeing topics
- A range of [information and resources](#) covering all aspects of workplace health

Please email the Workplace Health Team at public.health@milton-keynes.gov.uk

Please do not reply to this email

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