

The Better Tomorrow Plan Case study

Nutrition, Health & Wellness

OUR COMMITMENT: We will develop and promote health and wellness solutions for our clients, consumers and employees in all the countries where we operate by 2015.



65% of Singaporeans (aged 15+) are in the workforce



Performance:

- 95% of participants attended
- 30% attended more than 1 session

SINGAPORE

Workplace Health Promotion Programme

Launched in 2010 from various units across Singapore, this program focuses on employees' health in the workplace. The "Workplace Health Promotion Programme" aims at creating healthy environments, ensuring that organisational policies are conducive to good health and providing special programs and services at work, in order to influence positively employees' health.

Creating value for our clients

Through this program **working adults between ages of 18 – 69** will benefit from positive **improvements in their health status**. Along with government assistance and grants, workplace health promotion is a major lever for improving employees' lifestyle. Staff having positive influences and good health will lead to greater work efficiency, enthusiasm and less tardiness.

General context

The workplace is a key and ideal setting for promoting the health of adults:

- Working people spend a lot of time at work;
- There are existing mechanisms at the workplace to communicate and influence behaviour;
- About **65% of Singaporeans over 15 years of age** are in the workforce.

Sodexo launched this program to develop a healthy workforce so as to contribute to Singapore's clients and the company's productivity and prosperity for a better quality of life.

The concept

The Workplace Health Promotion Programme has a holistic approach that aims at promoting health at the workplace by initiating health activities related to physical, mental and social well being.

The various programs offered to employees are:

- **Lose to win:** weight reduction program that runs for 4 months and includes help from medical and nutritional professionals to guide the participants through their journey of weight loss.
- **Mental health workshops** covering various topics such as stress management, anger management, team building, happy working, etc.

Key Components of the program

- Physical Health
- Mental Health
- Social Well-being



- **Smoking control program:** includes anti smoking posters, health talks, helpline information, incentives for smokers to resign from smoking and counselling services.
- **Cholesterol management program:** health talks, free blood cholesterol test, informative booklets.
- **Physical activities** such as yoga, dancing, wall climbing, etc. Sodexo believe that these types of activities will develop teamwork among other units and HQ staff.
- **Series of informative health talks** on various topics such as cancer, holistic healing, health management, bone health, etc.

All Sodexo Singapore employees are welcome to attend. Some limitations are made on the number of participants per session so that activities have a personal touch. For each of the 8 activities offered per year on average, a maximum of 40 participants can attend.

Our partners

Singapore government: In September 2000, the government has created the Workplace Health Promotion (WHP), to provide financial support to help organisations start and sustain their workplace health programmes.

Health Promotion Board link: Established in 2001, its goal is to increase the quality and years of healthy life and prevent illness, disability and premature death.

External Recognitions

On November 26th 2010, Sodexo won the **Singapore 'HEALTH'** (Helping Employees Achieve Life Time Health) Award and **Singapore 'NUTRITION' Award**.



Singapore HEALTH Award is an esteemed National recognition to organisations with commendable **Workplace Health Promotion Programmes**. It is an important way of showing appreciation to organizations that strive to help their employees leading a healthy and vibrant life. This award recognises the efforts made by an organisation to **improve its employee's health and well being**.

Sodexo is **one of the only three companies** out of whole of Singapore to **win 'NUTRITION' Award** in 2010. The NUTRITION Award recognises the efforts made by an organisation specifically in providing dietary and nutritional benefits to their employees.



In the years to come, Sodexo aims to get higher **recognition standard in form of HEALTH award** from the Singapore government in terms of the quality of health initiatives taken.

More information on <http://www.hpb.gov.sg>

More information

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