Workshop 2
Five ways to being a great health champion
Speaker 1
Erin York
Warwickshire County Council
Developing a Health & Wellbeing Champion's Community in the Workplace

erinyork@warwickshire.gov.uk
Create A Brief

What do you as an organisation require from your Health Champion community?

But, more importantly....

What does Health & Wellbeing look like in your workplace?
Have A Visual Identity

Why is a Visual Identity important?

- Easy for other staff to recognise and approach champions for support
- An easy way to promote your organisations workplace wellness initiatives when your champs are out and about!
- Provides a unique distinction for those within your organisation who have stepped up to promote wellness in your workplace
- Team Comradery!
Community Communication

COMMUNICATION IS KEY!

Good Practice Communication:

- NHS monthly health initiatives (Quit4Good)

- E-Learning/CPD opportunities for your champs

Lastly....

Share your Successes!!
Corporate Games 2019

It is almost certain by now that you (maybe possibly) have heard something about the 2019 Corporate Games.

Founded in 1988 the Corporate Games are the world’s largest multi-sport festivals for businesses with great sports and fabulous celebrations for everyone to enjoy regardless of their age, ability or level of fitness. Great leaders like Nelson Mandela, Princess Anne, Francois Mitterrand and many more have been Patrons.

Held over three days in Coventry, over 31 teams participated this year. This worldwide event was a fantastic opportunity to highlight the city of Coventry whilst encouraging comradery, fitness and the positive impact on a person’s wellbeing. It was wonderful to see our very own Warwickshire County Council finishing in the Top Ten! Go Home Team!!

On such an important occasion, supporting both health & wellbeing, can you guess who we might have spotted participating? If you guessed some of our super-duper health champions then you would be correct! Health Champions were spotted doing their best as members of teams competing to bring home the gold for Warks, and they did not disappoint!

As a matter of fact, just because we love boasting about our council and our champs, we came in fifth out of over fifty teams for medals collected. Total for WCC came to a whopping 36 medals, 11 of those being gold medals.

From all of us at Warwickshire County Council, and especially from the Health Champions community, we would like to send out a big thank you to everyone who went out to show the competing the best of what Warwickshire has to offer.

Be SMART at Work

My daughter is doing diabetes research at Leicester Hospital and has sent me the following link to encourage office workers to be a little more active! The Stand More at Work [SMART Work] team are world-leading researchers in the field of occupational health and sedentary behaviour. In the UK, half a million employees annually suffer from work-related musculoskeletal issues. Currently, £12.2 billion is spent annually on presenteeism and £10.6 billion on sickness absence. The amount of time staff spend sitting could be contributing to these issues. SMART Work is a free resource kit for organisations to use to help their employees sit less whilst at work. Too much sitting is bad for health and wellbeing and could be costly to employers. https://www.smartworkandinfo.co.uk/ (contributed by Gayle Tompkins)

NEW Newsletter for Food & Health Tips

The Warwickshire Food For Health Group (WFFHG) produces a monthly newsletter with the aim of helping people to eat and drink better. It includes features on healthy eating, recipe suggestions, advice on what fruit and vegetables are in season, social media know how, top tips, case studies, event details and more!

WFFTG is a multi-agency partnership offering people who use food projects to promote health the opportunity to meet and learn from each other. The group meets four times a year in different localities across Warwickshire. If you would like to subscribe to the Food for Health newsletter, email: ruth.reece@swft.nhs.uk

Warwickshire is Made for Walking

Health Champ Rina Sarna has updated us on the walking challenge within her team. So the results are in and are as follows:

<table>
<thead>
<tr>
<th>RECORDS WALKED APRIL TO JUNE</th>
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<tbody>
<tr>
<td>Walkers</td>
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<tr>
<td>Lori</td>
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<td>Mike</td>
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Lori Wins the Quarter by 229,072

The Steps Challenge has continued in the Locality Working Service and Community Safety Team with just a handful of colleague taking part. Hats off to Lori and Mike for recording and completing the most steps in the 3rd quarter! (contributed by Rina Sarna)

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Additional Tips to Communicate

Don’t be a Technophobe – embrace your inner geek!

Some available options for setting up an online community:
- Google+ Community
- Microsoft Teams
- Trello
- Yammer

TIP: Try to avoid spamming your champs with emails
Develop A Toolkit

First, what do we mean by toolkit?

**Toolkit:** Resources that can be used to signpost individuals to services that can support their needs.

Important to remember:
- Each toolkit is as unique as the Champion, there is no ‘One size fits all’
**A Few Useful Links**

**Five Ways to Wellbeing:**

**Citizen’s Advice:**
[https://www.citizensadvice.org.uk/](https://www.citizensadvice.org.uk/)

**Mental Health Directory:**
[https://www.wcava.org.uk/directory-of-mental-health-provision](https://www.wcava.org.uk/directory-of-mental-health-provision)

**Making Every Contact Count (MECC)**
For training in Warwickshire contact [erinyork@Warwickshire.gov.uk](mailto:erinyork@Warwickshire.gov.uk)
- A toolkit of resources are provided to every individual who completes the training
Questions?
That’s All Folks!
Thank you for Attending

If you would like to begin receiving the Warwickshire Health Champion newsletter, or wish to learn more about MECC please email me at erinyork@warwickshire.gov.uk
Speaker 2
Isabella Nyambayo
Coventry University
Nutrition and Wellbeing at work

Dr Isabella Nyambayo
Assistant Professor Nutrition & Food Science
SFHEA, MRSC, MIFST, IFST-SSG, RNutr(AfN), MNutriSoc, ANSWER (Africa Region)
Aims and objectives

Be able to:

• Understand some of the factors which influence food choices and/or preferences
• Discuss some tips on substituting unhealthy options with healthier foods.
• Discuss some tips on portion sizes and portion guides
Introduction

**Nutrition is:**
- Core of wellbeing at work
- The missing piece of the workplace wellness puzzle
- What we eat and drink impact our physical, mental wellbeing, and performance at work.
- We spend most of our time of the day at work therefore important to plan our work–related diets
- Contribute to a wide range of health benefits for both individuals and organisations, e.g.
  - Boost energy levels – required to perform
  - Decrease stress and anxiety
  - Boosts mood levels
  - Lower risk of diet related disease including degenerative diseases such as cancer
- Diet planning
Introduction

• **Diet Planning**
  – Fluid intake – water, fruit juices beverages (tea, coffee, & alcohols)
  – Food intake
    • Five a day of fruits and vegetables – rainbow of colours
    • Carbohydrates – Fibre, soluble sugars
    • Proteins – Plant based, animal sources and dairy products
    • Fats – Saturated fats, unsaturated fats including omega - 3, - 6 fatty acids or fish oils
A. Food: Choices & Preferences

• Appearances – shopping and food preparation
  (capitalise on this to match the sugary and chocolatey products)

• Taste

• Safety/ Allergens

• 21st Century drive
  – Calorie content
  – Free from foods
  – Healthy options – weight management
  – Environmental friendly foods or diet plans
  – Clean eating
  – Reducing waste
Appearances: what you need to know?

Health Benefits of rainbow of fruits and vegetables

Controlling sugar level

Sugar content of common Fruits

EAT A Rainbow For Health!

Eat Less
High Sugar Fruits which spike blood sugar

Eat More
Low Sugar Fruits for balanced energy

facebook.com/livetolovefruit

CONTROLLING SUGAR LEVEL
Apple varieties

Which of these apples is the sweetest? Which of these apples is the most bitter?
Understanding Taste: An open secret

Love them? Hate them?

It could be in your genes...
Subjective/Sensory Evaluation

• **Sensory evaluation** – scientifically testing food, using the human senses of sight, smell, taste, touch and hearing.

• **Sensory characteristics** – the qualities of a food identified by the senses. How it looks, tastes, smells, sounds and feels when eaten.
Why do I like certain foods bitter?

- Example: The ability to taste PTC (phenylthiocarbamide), a bitter organic compound, is dominant.
All tastes can be perceived equally well everywhere on the tongue. People used to think that there were specific zones for sweet, sour, salty and bitter. But this has been proven to be wrong.
Taste

• Tasters 50%
• Non tasters 25%
• Super tasters 25%
• Phenylthiocarbamide (PTC) or 6-n-propylthiouracil (PROP) and sodium benzoate are chemicals that some people taste or do not depending, on their genetic makeup.
• Sensitivity to these chemicals may influence food preference and eating behaviour
Taste Activity

The activity is to characterise your perception of PTC using taste papers impregnated by a small amount of the chemical or nothing (control)

• Rinse your mouth with water prior to starting the experiment (if you have something to eat in the last 1 hour)
• Put the control strip of paper on your tongue, note how it tastes by letting me know.
• If it tastes like paper you can go on to the next step, but if you detect some taste on it, do not continue to the next step.
• Put the PTC strip of paper on your tongue, record how it tastes.
• If it's:
  – bitter/very bitter you are classified as a super taster
  – Mildly bitter you are classified as a mild taster
  – Tasteless you are classified as a non-taster
Results – Activity

How do you classify your PTC taste perception?

<table>
<thead>
<tr>
<th>Session/Participant</th>
<th>Control</th>
<th>Super Taster TT</th>
<th>Mild Taster Tt</th>
<th>Non Taster tt</th>
<th>Gender</th>
<th>Favourite Fruit/vegetable</th>
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Food choices

• Greater Sensitivity to bitter taste predicts low preference for bitter fruits and vegetables (usually by the mild tasters or tasters)
• Bitter tastes is usually improved by food additives (e.g. in a burger – onions’ taste is masked by sauces)
Genetics of PTC Tasting

- Gene for tasting PTC (Tas2r38) is located on Chromosome 7.
- **PAV** = taster (T), **AVI** = nontaster (t), **AAV** = another allele
  - PAV-PAV = TT = very bitter
  - PAV-AVI = Tt = somewhat bitter
  - AVI-AVI = tt = nontaster
- General Population: 70% Tasters, 30% Nontasters
B. Tips to control and measure portion sizes

- Use a Portion guide
  - Smaller dinnerware
  - Use your plate as a portion guide
  - Use your hands as serving guide
  - When eating out as a team ask for half the portion size, ~2.5 times larger than standard size
  - Start meals with a glass of water – differentiate between hunger and thirsty
  - Do not eat from the container
Size it Right

- Be aware of suitable serving size (could be staked in the office) e.g.
  - **Cooked pasta or rice**: 1/2 cup (75 and 100 grams, respectively)
  - **Vegetables and salad**: 1–2 cups (150–300 grams)
  - **Breakfast cereal**: 1 cup (40 grams)
  - **Cooked beans**: 1/2 cup (90 grams)
  - **Nut butter**: 2 tablespoons (16 grams)
  - **Cooked meats**: 3 ounces (85 grams)
<table>
<thead>
<tr>
<th>Grain Products</th>
<th>Vegetable and Fruit</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup of cereal flakes</td>
<td>Fist</td>
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<tr>
<td>1 pancake</td>
<td>Compact Disc</td>
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<tr>
<td>1/2 Cup of cooked rice, pasta, or potato</td>
<td>1/2 baseball</td>
</tr>
<tr>
<td>1 slice of bread</td>
<td>Cassette Tape</td>
</tr>
<tr>
<td>1 piece of cornbread</td>
<td>Bar of soap</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Dairy and Cheese</th>
<th>Meats and Alternatives</th>
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<tbody>
<tr>
<td>1 1/2 oz. cheese</td>
<td>3 oz. meat, fish, and poultry</td>
</tr>
<tr>
<td>1/2 cup of ice cream</td>
<td>3 oz. grilled/baked fish</td>
</tr>
<tr>
<td>1 tsp. margarine or spreads</td>
<td>2 Tbsp. peanut butter</td>
</tr>
</tbody>
</table>
Nutrition at Work Toolkit

Based on 1K3P2S:

- **Know your Preference**
  - know your individual and team food preferences (taste, lifestyle (vegans), medical (intolerance, sensitivities)
  - information collected using sheets on notice boards eg [https://images.app.goo.gl/Lh6iH8ej974M6RS9A](https://images.app.goo.gl/Lh6iH8ej974M6RS9A)

- **Plan**
  - weekly diet plans and shopping list - [https://images.app.goo.gl/CyipkmcLYX5dMe9M9](https://images.app.goo.gl/CyipkmcLYX5dMe9M9)

- **Portion sizes** – Share the unconventional methods of measuring portion sizes [https://images.app.goo.gl/EaqZYxRCgFjBmJPA7](https://images.app.goo.gl/EaqZYxRCgFjBmJPA7)


- **Share food information on noticeboards or team social media** - [https://images.app.goo.gl/CpNMgqqitf91KLjk8](https://images.app.goo.gl/CpNMgqqitf91KLjk8)

- **Share** – team can use templates to share information about allergens in foods brought to work - [https://images.app.goo.gl/MLBjsbMoHGBQW1BQ8](https://images.app.goo.gl/MLBjsbMoHGBQW1BQ8)
Summary

• It’s a team effort to implement Nutrition at workplace from shopping to serving
• Know your colleagues’ food choices and preferences – it’s not their fault to be picky
• Know your portion size – once it’s a culture of serving the right sizes it will be practiced everywhere home, office or eating out.
• Enjoy eating without guilty but being healthy is paramount to health and wellbeing
• For more information you can email Isabella Nyambayo on Isabella.Nyambayo@coventry.ac.uk
Useful links

- Eating a balanced diet [https://www.nhs.uk/live-well/eat-well/](https://www.nhs.uk/live-well/eat-well/)
- Portion sizes [https://www.healthline.com/nutrition/portion-control#section4](https://www.healthline.com/nutrition/portion-control#section4)
- Food safety at home or work - [https://www.food.gov.uk/](https://www.food.gov.uk/)
- Questions for the professionals - [https://www.ifst.org/organisations](https://www.ifst.org/organisations)
Speaker 3
Gary Bromley
Coventry and Warwickshire MIND
5 Ways
To Wellbeing
So what is good mental wellbeing?

• To feel good and live life well
• To cope with change and life events
• To overcome simple everyday issues
• To live in the moment
The 5 Ways to Wellbeing
The 5 Ways to Wellbeing

We have all heard of the saying eat ‘5 a day’, you know fruit, vegetables etc…to improve your physical health. Well likewise there are 5 ways you can improve your mental wellbeing. **The 5 ways to Wellbeing. They are, Connect, Keep Learning, Be Active, Give, and Take Notice.**
The 5 Ways to Wellbeing

• physical, emotional, social, spiritual, and intellectual
The 5 Ways to Wellbeing

Let's begin with connect
Connect

Connect with people around you: at home, work, school or in the local community. Join a new group, help out a friend, neighbour or colleague. Simply building these connections and social networks can prove important for your wellbeing.
The 5 Ways to Wellbeing

Let's now look at keep learning.
Keep Learning

Try something new such as a course, Just like your doing today!, learn to play an instrument. Learn how to fix a bike or cook a meal. Learning new things will prove great for your confidence, it can also be a fun and good way to meet and make new friends.
The 5 Ways to Wellbeing

Let's now look at...
Be Active

Try something physical, an activity such as dancing, walking, running, cycling or gardening. It may not feel it at times, but being active isn’t just good for us physically it also can help us mentally.
The 5 Ways to Wellbeing

Let's now look at...
Do something nice for a friend or stranger. Thank someone, or volunteer your time. You know what, simply smiling at someone else will not only make you feel good but may just brighten up someone else's day.
The 5 Ways to Wellbeing

Let's now look at

take notice
Do you remember the Green Cross Code?
Take notice by simply stopping, looking and listening. Savour the moment. By becoming more aware of the present moment you will find a great way to feel good.
Putting it in to Practice

By simply being aware of the 5 ways to wellbeing, you can build the 5 ways into your new healthier lifestyle.

You will see a increase in your own development, your own strengths and resources which in turn will make you more resilient and more able to deal with challenges when they arise.
Recap time

- *What are the 5 ways to wellbeing?*

  - C
  - KL
  - BA
  - G
  - TN
How have you used 5W2W?

• Do you recognise the 5 ways to wellbeing?
One thing for my wellbeing

• Connect –
• Keep learning –
• Be active –
• Give –
• Take notice –
One thing for my wellbeing

Feedback

One Thing
5 ways to wellbeing

Connect, Give

• A – “I’ve not spoken to my mum in 5 weeks”
• B – “would you feel better if you spoke to her?”
• A – “Yes, I miss her and she helps me look after the kids”
• Outcome – sleeping, eating and mum has the kids on Saturdays. The client had 2 one to one sessions.
5 ways to wellbeing

That, is one of hundreds of occasions when the 5 ways to wellbeing has been used to change a persons life. Maybe even thousands.

We promote 5W2W on every interaction we have. WBW interacted over 5000 times last year
5 ways to wellbeing

Imagine this!!

• Every practitioner, in every sphere of public life promotes and understands the 5W2W
• Imagine the knock on effect
• You don’t need to be Einstein to understand it
• You don’t need to be Stephen Fry to communicate it
Round up

Any Feedback?
Any questions?