

Healthy Eating Guidelines for Shift Workers

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Shift work is associated with many chronic diseases including obesity, type 2 diabetes, some cancers and heart disease. The impact of shift work on eating patterns, diet quality and intake of some vitamins and minerals alongside the metabolic impact of disrupted circadian rhythms are some of the factors contributing to increased chronic disease risk among shift workers.

Comprehensive but practical information from a reputable source on how to eat well when working shifts is not freely available.

Reflecting demand, Diabetes Queensland partnered with industry to develop evidenced based guidelines for healthy eating on shift. A literature review assessing the metabolic impact of shift work was conducted alongside consultation with shift workers which captured the social impact of shift work on food choices. The resulting guidelines were tested with shift workers before implementation and then proceeded through a robust consultative process with industry health professionals to make them applicable to all shift workers.

This presentation will showcase the guidelines for healthy eating and shift work and discuss the importance and application of these guidelines for the mining industry.

Additional Information:

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