

QUEENSLAND MINING INDUSTRY

HEALTH & SAFETY CONFERENCE

2015



Healthy Eating Guidelines for Shift Workers

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Background - the development of the guidelines

- Lack of definitive evidence for shift workers and what to eat when
- Partnership with Pacific National
- Conducted a literature review
- Developed guidelines and a draft resource – Nutrition on Track
- Market tested through focus groups
- Launched resource



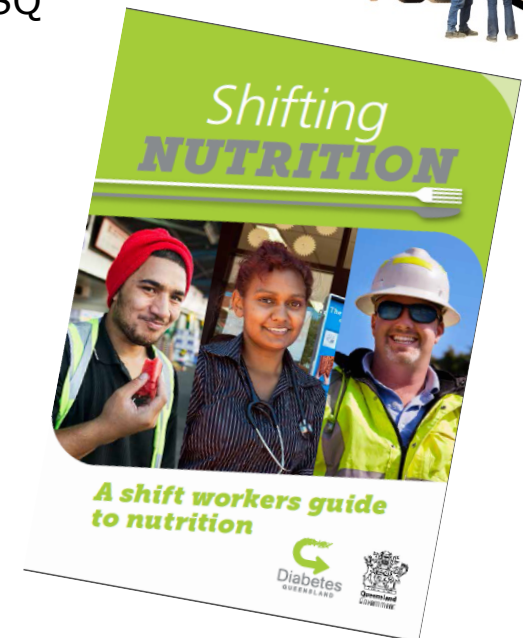
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Background - the development of Shifting Nutrition

- Grant from WHSQ
- Working group – Diabetes Qld, QUT, Nutrition Australia, WHSQ
- Reviewed Nutrition on Track
- Drafted a tool for shift workers more generally
- Market tested
- Launching resource at 2015 Mining Conference



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Healthy eating guidelines for shift workers

Enjoy a wide variety of nutritious foods from the five food groups every day.

Aim to maintain a regular eating pattern, regardless of your shift:

- Eat every three to four hours: aim for three main meals and two to three snacks in a 24 hour period
- Eat according to the time of day: breakfast foods in the morning, lunch foods in the middle of the day and dinner foods in the evening
- Late at night, eat snacks that contain protein instead of a large meal at a time when you would normally be sleeping
- Eat a small meal after your shift so you don't go to bed hungry
- Watch your portion sizes – make sure you don't overeat.

Choose healthy drinks:

- Drink plenty of water
- Limit your intake of sugary drinks, alcohol and caffeine
- Avoid caffeine at least 6 hours before sleeping.



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Planning your meals

Day shift ☀️

☀️ When you wake

Breakfast meal to provide you with energy for your day.

☀️ During your shift

Lunch meal and snacks to keep you alert and energised.

☀️ After your shift

Dinner meal (small meal if immediately before sleeping) and stop you from waking due to hunger.

Night shift 🌙

🌙 After your shift and before sleep

Small breakfast to help you sleep and stop you from waking.

🌙 After your sleep

Lunch meal to provide you with energy for your day.

🌙 Night time meal breaks

Early in your shift: small dinner meal or snack.

Late in your shift: a small snack every few hours to keep you energised.

Remember

All meals should include a balance of protein, low GI carbs, including fruits and vegetables. See page 8 & 9 for some work food ideas, or head to the Healthy Shopping website: diabetesqld.org.au/healthy-shopping

Shift your food ideas

Breakfast ideas:

- Wholegrain breakfast cereals such as rolled oats, muesli, wheat biscuits or bran cereals with milk and fruit
- Wholegrain toast, sandwich or wrap with toppings such as beans, eggs, cheese and tomato, banana and honey, banana
- Breakfast cereal drink and a piece of fruit
- Homemade mini quiche or vegetable slice.

Don't skip meals as you are more likely to overindulge the next time you eat.

Snack ideas:

- Fruit – fresh or pre-packaged. Try adding yoghurt, rolled oats or nuts and seeds.
- Wholegrain crackers with a tin of tuna or baked beans
- Natural nut mix or air popped popcorn
- Vegetables sticks with dip such as avocado, hummus, tzatziki or peanut butter
- Fruit toast or homemade vegetable or fruit muffin
- Smoothie or bowl of breakfast cereal.

Healthy takeaway tips

Takeaway foods can zap your energy and leave you feeling flat. They are often high in salt, fat and sugar, and can contribute to excess weight gain and lifestyle diseases like type 2 diabetes. If takeaway is the only option available, choose wisely and make a healthy choice.

No matter what type of takeaway store you visit, be sure to choose an option containing vegetables or salad, or ask to add a side serve of these. Don't be tempted to upsize or add extras like hot chips or soft drink and remember water is the best choice of drink!

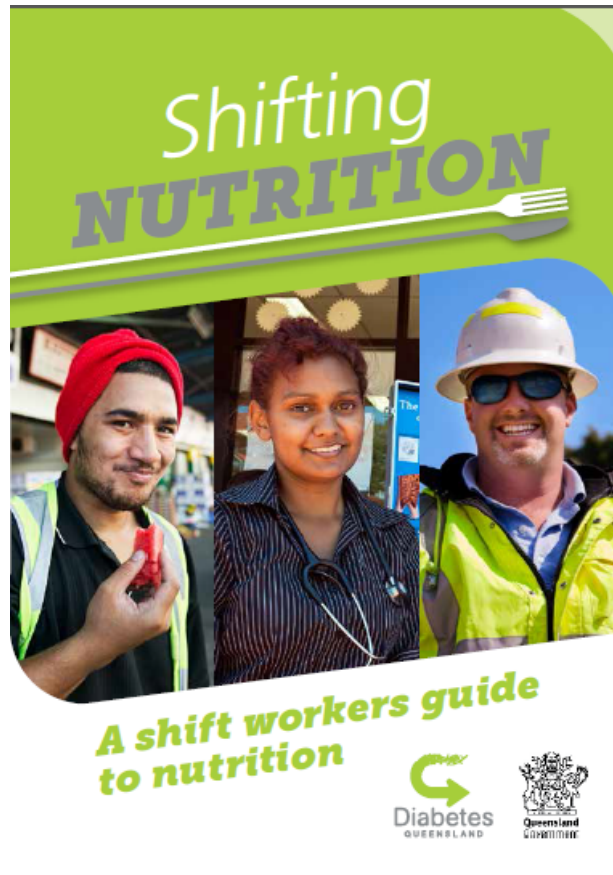
If you are on the road or travel as part of your work, pack some healthy snacks such as trail mix, fruit and tinned tuna or beans.



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Available at:

- Worksafe.qld.gov.au
- Diabetesqld.org.au



www.qldminingsafety.org.au

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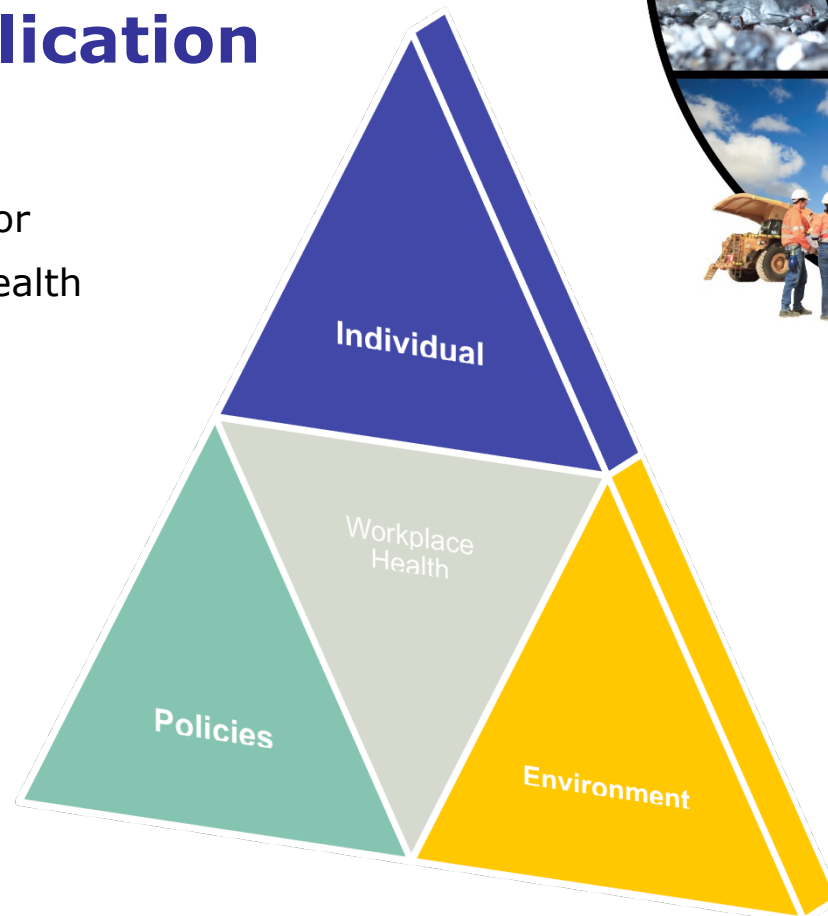
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Shifting Nutrition - application for the Mining Industry

- Information alone does not change behavior
- Workplace health also needs to consider health workplace policies and creating supporting environments.



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Individual strategies

- Promote guidelines at induction sessions or through induction packs
- Run information sessions / Toolbox talk
- Training on meal preparation
- Use table talkers to support workers where nutrition choices are made
- Access to a dietitian for individualised healthy eating support.



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Challenges for workers

- Challenging rostering system
- Lack of time to purchase and cook foods – staff skip meals and then subsequently overeating at the next meal
- Finish work in the middle of the night when the only option is fast food outlet
- Long travelling times – foods safety is an issue
- Fatigue/tiredness leads to craving sweet food/carbs/sugar for energy and comforting feeling
- Limit to how much can be taken on shift – worksite resources
- No designated breaks
- Irregular eating times and sleep time and amount.



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Creating supportive environments – physical environment

- Conduct a food audit within the workplace
- Provide healthy options within vending machines
- Review access to fresh fruit and vegetables within the workplace
- Remove biscuits and fundraising chocolates
- Review access to healthy meals for late shift workers
- Provide facilities to store, prepare and consume food
- Talk with canteen operators/cooks and discuss healthy foods
- Use clear labels to help employees make healthier choices
- Subsidise available healthy food options.



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Creating supportive environments – cultural and social environment

- Encourage staff to take breaks
- List healthier takeaway, roadhouse & service station options
- Healthy selfie
- Healthy BBQ
- Regularly promote health eating messages
- Healthy messages in communal areas
- Incorporate workers family.



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Workplace Policies

- Implement policies to make the healthy choice the easy choice:
 - ✓ Healthy canteen policy
 - ✓ Healthy catering policy
 - ✓ Healthy vending machine policy
 - ✓ Alcohol policy
- Review shift times and breaks to ensure workers alertness is maximised by maintaining regular eating patterns throughout rostered shifts
- Monitor and review the effectiveness and adherence to workplace policies and procedures implemented to manage fatigue of workers.



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Benefits for workplaces

- Decrease in worker's compensation claims of **32%**
- Healthy workers are **3X** more productive than their unhealthy co-workers
- Increase of **15%** by upgrading the workplace environment
- Saving of **\$5.56** for every **\$1** invested in employee health
- **25%** reduction in absenteeism



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Key messages

- Shift workers are at increase risk of chronic disease
- Shift workers are confused about what to do to mitigate the risks of shift work
- Documents such as Shifting Nutrition can assist
- Whilst education is an important component, more than education is needed
- The workplace environment and workplace polices also need to be addressed
- What can you do at your workplace?



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Questions?



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Thank you

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