



NUDGES FOR PROMOTING HEALTH IN THE WORKPLACE

Nudges in office settings for preventive and promotional health can serve as subtle reminders or encouragements that lead employees towards healthier choices without being overly intrusive. These nudges can be strategically placed around the office and incorporated into the workplace culture. Here's a list designed to have a positive impact on employees' health:

1. **Healthy Eating Reminders:** Place visually appealing signs or posters near vending machines and the cafeteria that encourage the consumption of fruits and vegetables or other healthy options.
2. **Stair Usage Encouragement:** Creatively designed signage motivating employees to take the stairs instead of the elevator can promote brief, yet effective, physical activity.
3. **Water Station Prominence:** Ensure water coolers or stations are more visually prominent than soda or sugary drink dispensers. Adding cues like cups with motivational health quotes can be an added nudge.
4. **Walking Meetings:** Promote the concept of walking meetings for one-on-one catch-ups or small groups. Providing guidelines or mapped-out paths can facilitate this healthful practice.
5. **Fruit and Veggie Mondays:** Encourage or provide fruits and vegetables as free snacks on Mondays (or any day of the week) to kickstart healthy eating habits weekly.
6. **Sit-Stand Desk Promotions:** Offer sit-stand desks and encourage their use through information placed around the office about the benefits of alternating between sitting and standing.
7. **Healthy Recipe Share Board:** Create a space (physical bulletin board or a digital platform) where employees can share and find healthy recipes, encouraging healthy eating habits.

8. **Stretch and Move Alerts:** Incorporate periodic computer or app reminders for short stretching or movement breaks throughout the day to reduce prolonged sitting.

9. **Mindfulness and Relaxation Zones:** Designate a quiet area for relaxation and mindfulness practices, encouraging mental health breaks. Providing information on mindfulness benefits can enhance its use.

10. **Bicycle Racks and Incentives:** Provide secure bicycle parking and consider incentives for employees who bike to work, promoting physical activity and eco-friendly transportation.

11. **Ergonomic Workspace Assessments:** Offer periodic ergonomic assessments of workspaces to encourage adjustments that reduce strain and improve posture.

12. **Hand Sanitizer and Hygiene Stations:** Place hand sanitizers prominently around the office, especially in common areas, to promote hand hygiene.

13. **Flu Vaccination Drives:** Organize annual flu vaccination drives at the workplace and communicate their importance for individual and community health.

14. **Mental Health Awareness Campaigns:** Promote mental health awareness through posters, workshops, or guest speakers. Emphasize the availability of support and resources such as employee assistance programs (EAP).

15. **Sun Protection Reminders:** If your workplace has outdoor areas, provide sunscreen in these areas and place reminders about the importance of skin protection.

16. **Additional Nudges:**
 - Sun Break related posters
 - Front-of-Pack Labeling (FOPL) in food items given in the workplace
 - Green Tea as the default option
 - Periodic Health Checkups
 - Motivation groups for morning exercise
 - Periodic experience-sharing and Promotional health sessions

- Early healthy dinner before sunset at the workplace
- Periodic film/documentary shows related to health
- Posters on avoiding sugar and snacks
- Motivation for regular physical exercise

By embedding these nudges into the fabric of the workplace environment and culture, employers can greatly contribute to the promotion of healthy living and prevent potentially detrimental health issues among their workforce.