



Employer session

Healthy Nutrition at Work

Presented by Susan Okonkowski, M.P.H., R.D.

Blue Cross[®] **Virtual Well-Being**

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“A healthy outside
starts from the
inside.”

— *Robert Urich*

“You don’t have to cook fancy or complicated masterpieces — just good food from fresh ingredients.”

— *Julia Child*



Well-being opportunity for schools



Building Healthy Communities: Step Up for School Wellness is a free program designed to create a healthier school environment, prevent childhood obesity and address mental health. The program provides schools with funding, training, curriculum and equipment to implement resources that improve the health and well-being of students and staff.

- Applications accepted until **Sept. 30, 2019**
- Program designed for Michigan schools serving grade levels K-12
- Full eligibility information, program description and application information available at buildinghealthycommunities.arenwehealthy.com



The webinar will begin momentarily.
Please stand by ...

- If you have a question or want to respond to the presenter, click the raised hand icon.
- Download your slide handouts from the GoToWebinar panel.

If you have technical difficulties or questions, call GoToWebinar at 1-888-646-0014.

The screenshot displays the GoToWebinar interface. On the left is a dark sidebar with icons for chat, microphone, hand, question mark, document, and a red circle. At the bottom of the sidebar is an 'Exit' button. The main area is titled 'Handouts - 3' and contains three document thumbnails. The first is 'Blue Cross V... Peek.pdf' (2 MB) with a photo of people. The second is 'How to regis...' (119 KB) with a screenshot of a registration page. The third is 'VW Q1 webina.' (126 KB) with a photo of a person at a computer. Red arrows point from the text on the left to the hand icon and the document icon in the sidebar.

Welcome to Healthy Nutrition at Work



The session will begin at 12 p.m.



This is an interactive session.



Minimize distractions.



There will be a Q&A at the end of the session.



“Health is not about the weight you lose, but about the life you gain!”

Dr. Josh Axe

“The food you eat can be the safest form of medicine or the slowest form of poison.”

— *Ann Wigmore*





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Supporting Staff Who Work Remotely

- Oct. 1, 2019
- 12 to 12:20 p.m.

Mark your calendar

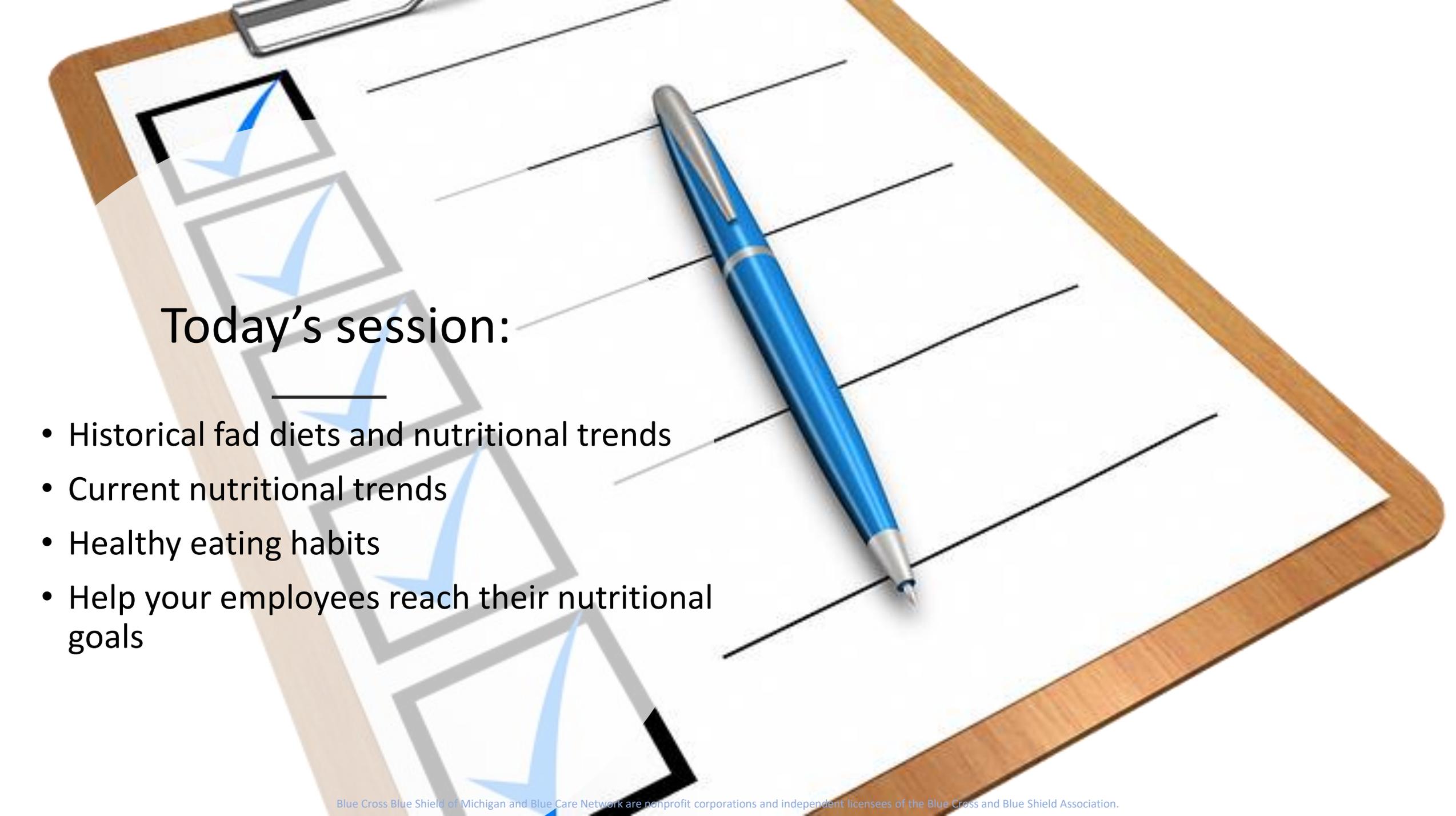
**Join us for our next weekly
meditation session on your
computer or mobile device.**

Topic: Self-Love Meditation
Wednesday, Sept. 25, 2019
8 to 8:10 a.m. Eastern time
[Register today.](#)





Today's presenter:
Susan Okonkowski, M.P.H., R.D.



Today's session:

- Historical fad diets and nutritional trends
- Current nutritional trends
- Healthy eating habits
- Help your employees reach their nutritional goals

Historical fad diets and nutritional trends

- Cabbage soup diet
- Grapefruit diet
- SlimFast
- Master Cleanse
- Atkins is the Answer
- Alli drugs
- HCG diet
- Juicing cleanses
- Fat replacers
- Give up gluten
- Artificial sweeteners
- Powders



Current nutritional trends

- Fasting
 - Intermittent fasting
 - Time-restricted eating
- Ketogenic diet
- Plant-based diet
- Mindful eating practices
- Focus on gut health
- Convenience superfoods
- Protein-powered foods
- Sustainable foods





Develop long-term healthy eating habits

- Set realistic expectations for what's right for you and your family.
- Balance your meals.
- Remember portion sizes.
- Choose healthy snacks.
- Be sure to hydrate.
- Plan and prep where you're able.
- Don't be too restrictive.
- Keep it simple and make small changes.



Help employees reach their nutrition goals

- Ensure onsite cafeterias and vending machines are stocked with healthy food options.
- Offer refrigerators and microwaves onsite so employees can bring their own meals.
- Offer programs that help employees improve their eating habits and move more rather than focusing directly on weight loss.
- Point employees to credible resources where they can assess nutrition trends and make informed decisions.

For more information ...



- Virtual Well-Being site: bluecrossvirtualwellbeing.com
- Virtual Well-Being email: BlueCrossVirtualWell-Being@bcbsm.com



Next session: Supporting Staff Who Work Remotely

Oct. 1, 2019

12 to 12:20 p.m.

In this session, learn:

- How to best support your employees who work at remote locations



Questions?