

Wellbeing at Work Awards

Physical Activity, Healthy Eating and Healthier Weight

Name of Business:

Contact Name:

Contact Email:

Date Started:

Date Submitted:

Date Achieved:

Date of Three Year Review:

Employers should read through the [Physical Activity, Healthy Eating and Healthier Weight Toolkit](#) before completing the assessment.

Businesses should prepare for a review every three years for each toolkit completed.

- **Red = Poor progress:** There are issues with this particular action. It may be that action is yet to be taken or there have been some significant delays in implementing the action.
- **Amber = Good progress:** The action has been partially achieved and further evidence is required.
- **Green = We meet the action:** The action is fully implemented and is performing to a high standard and no further action needed.

Assessment Criteria	Narrative describing how you are meeting the Criteria	Evidence Required	Comments from Wellbeing at Work	Red Amber Green
1) Describe what you are currently doing to help employees: a) Be more active. How do you promote and help employees to work towards the recommended 150mins activity a week? How do you promote physical activity opportunities inside and outside the workplace? b) Make healthier choices for food and drink. c) Achieve and maintain a healthier weight, recognising that prevention and early intervention is best. d) What role do Wellbeing Champions have in helping and promoting employees to be more physically active, have a healthier diet and keep a healthier weight? e) Where can employees find out more information on physical health, healthy eating and healthier?		Examples of activities, events, etc.		
2) Describe how you ensure that initiatives are also provided for employees with physical				

disabilities and any employees working shifts.				
3) How do you promote breaks?		Copy of marketing		
4) What facilities are there for employees to prepare and re/heat/cook their own food at work? Do you provide enough fridges to store fresh food and packed lunches? If vending machines are available, what are they stocked with?		Photo/s		
5) Access to drinking water is essential. Tap water should be visible and freely available, and such provisions should be promoted, tell us how you provide and promote this facility.				
6) What facilities do you have at your workplace that supports active and sustainable travel?		Photo/s		
7) Provide evidence that you have undertaken a staff travel survey and site audit or included questions about active travel in a wider staff survey.		Copy of survey, audit & results		
8) Have you hosted or taken part in a staff focused workplace active and sustainable travel event?		Details of event/s		
9) Describe how you currently encourage employees and visitors to travel sustainably and actively to work/your workplace including as part of the working day. How have you promoted any national travel campaigns to staff?		Details of campaigns, sustainable travel examples etc.		
10) Provide evidence that the workplace has an active and sustainable travel plan or shorter travel action plan.		Copy of plan.		

Resources

- [One You Plymouth](#) offers advice, guidance, and support on becoming a healthier you!
- [Weight Management Support Livewell Southwest](#) provides a service if you are severely overweight and would like support. To access the program you must be a Plymouth resident with a BMI of over 40, or over 35 with other medical problems.
- [MECC \(Making Every Contact Count\)](#) is about using our everyday encounters with other people to support healthier lifestyles. MECC is based on having brief empathetic conversations, which can help support a person's motivation to change. Free virtual training course for businesses from Wellbeing at Work.
- [Sugar Smart Ambassador Training](#)
- [Live Well - NHS \(www.nhs.uk\)](#) NHS advice about healthy living, including eating a balanced diet, healthy weight, exercise, quitting smoking and drinking less alcohol.
- [Government Cycle to Work Scheme Implementation Guidance](#)
- [Sustainable Travel Events Calendar](#) Take advantage of the many national campaigns that encourage physical activity. Popular events include National Fitness Day and National Bike Week.
- [British Nutrition Foundation](#) Connecting people, food, and science, for better nutrition and healthier lives. We work with experts across the nutrition and food community to provide impartial, evidence-based information, education, and expertise, motivating people to adopt healthy, sustainable diets – for life.
- [Thrive Plymouth City Council](#) is led by the Office of the Director of Public Health, Plymouth City Council and is a 10-year plan to improve health and wellbeing and reduce health inequalities in the city. The programme is based on the knowledge that poor diet, lack of exercise, tobacco use, and excess alcohol consumption are risk factors for coronary heart disease, stroke, cancers, and respiratory problems which together account for 54% of deaths in Plymouth (i.e., 4-4-54). The Thrive Network runs regular meetings to help deliver city wide campaigns to tackle health inequalities and unhealthy behaviours.

Sustainable and Active Travel

- Find more information here: [Plymotion](#)

- Guidance on how to develop a workplace travel plan, carry out site audits and travel surveys is available through Plymouth City Council's [Travel Plan Support](#)
- Cycling and adult cycle training: Find out more here: [Cycling](#)
- Led rides and cycling groups: [Cycling Groups](#)
- Travel Devon. Sustainable travel for employers based in Devon but outside Plymouth. More information here: [Travel Devon](#)
- National cycling charities with lots of useful tips on how to promote walking and cycling in the workplace. [Sustrans](#) and [Cycling UK](#)
- Public Transport Planning tool: [Traveline South West](#)
- Car Sharing in Devon: [Car Share Devon](#)