

E

The supervisor/
management
newsletter of
INVEST EAP

A L E A D E R



P

Supporting a Healthy Organization

Cut Down on Sugar for a Healthier Workforce!

Lots of employees eat at work. Whether it's a snack at our desks or a soda during a break, we eat and drink to keep ourselves going on the job. But what we eat and drink might sabotage our efforts to be energetic and productive. It turns out that consuming a lot of sugar can leave us feeling drained, whether that sugar comes from sugary drinks, sweets, or from the hidden sugar in so many packaged foods. Additionally, the large amounts of sugar found in the American diet can cause lots of serious health issues that affect both our working and personal life. The medical evidence is overwhelming: too much sugar is not good for us. Here are some of the ways that too much sugar can be harmful to you and your employees:

- 1. can cause weight gain
 - 2. can increase your risk of heart disease
 - 3. has been linked to acne
 - 4. increases your risk of Type 2 diabetes
 - 5. may increase your risk of certain cancers
 - 6. can increase your risk for depression
 - 7. may accelerate the skin aging process
 - 8. can accelerate cellular aging throughout the body
 - 9. drains your energy after a brief energy spike
 - 10. can lead to a fatty liver
 - 11. increases kidney disease risk
 - 12. negatively impacts dental health
 - 13. increases the risk of developing gout
 - 14. accelerates cognitive decline and may increase risk of dementia
- The overall health and well-being of your employees is important and any of these health issues may have an adverse effect on their work, but of special importance for the workplace are #9, the "sugar crash" after taking in a lot of sugar, and #14, the gradual loss of cognitive function from consuming too much sugar. These negative outcomes directly impact on how well employees perform at work. Some businesses and organizations have found that putting up informational material in lunchrooms and break rooms may help educate employees about sugar consumption. If you are interested, the UCSF sugar science site listed in our references has downloadable posters and information you can print and display in your workplace. Another possibility is for a business or organization to provide healthy snack and drink alternatives in their lunch and break rooms, or at meetings. These alternatives could include vending machines filled with low sugar drinks and snacks, or even setting out fresh fruits and vegetables.
- Here are some suggestions for snacks and drinks to have at meetings or in the lunchroom if you have one.

- nice cold water – add a splash of lemon juice
- plain, unsweetened yogurt – add some fresh or frozen berries for a real treat
- nuts, such as almonds and walnuts and cashews
- trail mix with nuts and fruit and maybe some chocolate to replace cookies and candies
- sliced raw veggies such as carrots, celery, cauliflower, and broccoli, with a low-sugar dressing or dip

Many businesses and organizations are discovering that offering low-sugar options for eating and snacking at work may pay big dividends in both improved productivity and improved health when implemented in conjunction with other efforts to keep employees healthy and energized. If you need help creating healthy alternatives for your employees, give Invest EAP a call on our management consultation line at 1-888-392-0050.

REFERENCES

<https://www.healthline.com/nutrition/too-much-sugar-good>, clear explanations of the dangers of too much sugar

<https://sugarscience.ucsf.edu/>– this site has lots of useful information, and you can click on Resource Kit to get access to lots of free posters and information sheets for your business or organization.

EAP SERVICES

EAP is here to help. For more information about articles in this newsletter, or any other EAP-related topic, please call one of our trained counselors at our toll-free number:

For Management Consultations please call our VIP line: 1-888-392-0050

EAP Clinical Line: 1-866-660-9533 • www.investeap.org • Create a login

