



Healthy Eating, Weight Management and Hydration

Employer: Byron Medical Practice

Area: Healthy Eating, Weight Management and Hydration

Theme: Healthy Eating and Weight Management



Healthy Eating and Hydration- During the summer period we focused on physical wellbeing, healthy eating and Hydration. The activity was promoted to staff via the monthly newsletter and whatsapp group. The use of the Whatsapp group ensured that those who work remotely or were on leave felt included. Staff members recieved a quiz which outlined calories in processed and fast food and also the benefits of healthy food. The team were suprised by the facts in the quiz! The quiz was done during a training day which allowed staff to share thoughts and opinions. For those who work remotely a copy of the quiz was sent to them via email. A prize fruit hamper was awarded for the winning member of staff.



Sugar Free week- All staff took part in sugar free week. A member of the team had recently had intentional weight loss due to following a low sugar diet. She had been sharing information of a low sugar diet with colleagues who were interested in the benefits. She placed information on the staff notice board including tips to cut down on sugar, hidden sugars and Oral Health. For the duration of the week, sugar was removed from the staff room and sweeteners were provided. On the Thursday of that week, staff decided to participate in bringing health snacks to work. The snacks were available for all to access and included, fruit, vegtablets, sugar free drinks. Certificates were provided to all staff for completing a sugar free week. Employees have continued to implement sugar free choices in their diets and have continued to omit alcohol in their diets. Staff members have expressed an interest in having regular sugar free weeks as they have described an increase in energy and an overall improvement in their health.

Hydration- The staff were provided with waterbottles to hydrate throughout the day- especially during the summer months. Water fountains are located throughout the building in staff areas to fill up waterbottles. Staff members brought in lemons to create lemon infused water to encourage them to drink more throughout the day. The practice supplied flavoured teas with different health benefits as an alternative to drinking tea/coffee to encourage hydration through the working day. These are now purchased as part of the coffee room supplies shop.

Recipe sharing- The staff have shared their own personal recipes with the team, including sharing of recipe books. During the winter months various staff members had purchased soup- making machines. Staff have brought in soup recipes for others to try and create themselves at home. One staff member created a range of natural/ organic recipes to be enjoyed by all. These were presented during the team during team meetings to be enjoyed outside of the working day.

In the team May 2025 newsletter, information was shared to team members living with obesity. The information was to register for a free 12-week NHS digital Weight Management Programme. A QR code was added to the staff room notice board. Information was added to the newsletter for those wishing to access from home.

Activities have taken place during practice-led sessions, which have allowed the organisation to close on certain afternoons. We have taken the opportunities to implement the above healthy eating buffets, recipe sharing and educational quizzes during this time for all to be involved and enjoy. Employees were actively involved throughout the development of the healthy eating commitment, to ensure the commitment reflected their needs, preferences, and workplace culture. Engagement included:

Regular meetings with the team to gather employees' views on current eating habits, barriers to healthy eating, and long term goals to maintain a healthy lifestyle. Their involvement ensured the commitment aligned with workplace culture and operational realities.

Open communication through healthy eating campaigns, employees were actively involved during



awareness events and activities; these were tailored to key priorities of employees.

As an organisation we have communicated healthy information via notice boards, campaign activities and newsletters.

