



Healthy Eating Program E-Learning

REFLECTION

Do you know someone who has transformed from when they joined the job?



HOUSTON WE HAVE A PROBLEM





Three Areas of Concern

- Obesity
- Heart Disease
- Stress

POLICE OFFICERS AT AN INCREASED RISK FOR OBESITY



Obesity = ↑'d risk for **chronic** diseases

- Chronic disease costs employers
- Direct vs Indirect costs





**Police officers are
four years ahead of
the average citizen in
the progression of
heart disease.**

-Dr. John Violanti

JOURNAL OF OCCUPATIONAL AND
ENVIRONMENTAL SCIENCE, 2003

**Four of the ten most
costly health
conditions are
related to Heart
Disease and Stroke**




Buffalo Police Mortality Study

**Police Officers
life expectancy
is nine years
less than the
general
population**



STRESS





The Canadian Policy Research Networks
has estimated that stress-related absences
cost employers approximately...

\$ 3.5 billion yearly

The Healthy Eating Program: E-Learning

Eight, ten-minute blocks

- Nutrition 101: The Action Plan
- Healthy Waist Line Strategies
- The skinny on Fat & Protein
- Reading Labels: Facts & Fables
- Eating on the Run
- Sleep, Stress & Shift Work
- Heart Healthy Living
- Supplements User Manual



Nutrition Facts	
Serving Size 1/2 cup (125g)	
Amount Per Serving	
Calories 100	
Total Fat 10g	
Saturated Fat 2g	
Total Carbohydrate 15g	
Dietary Fiber 5g	
Protein 5g	
Percent Daily Values are based on a diet of 2000.	



