



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

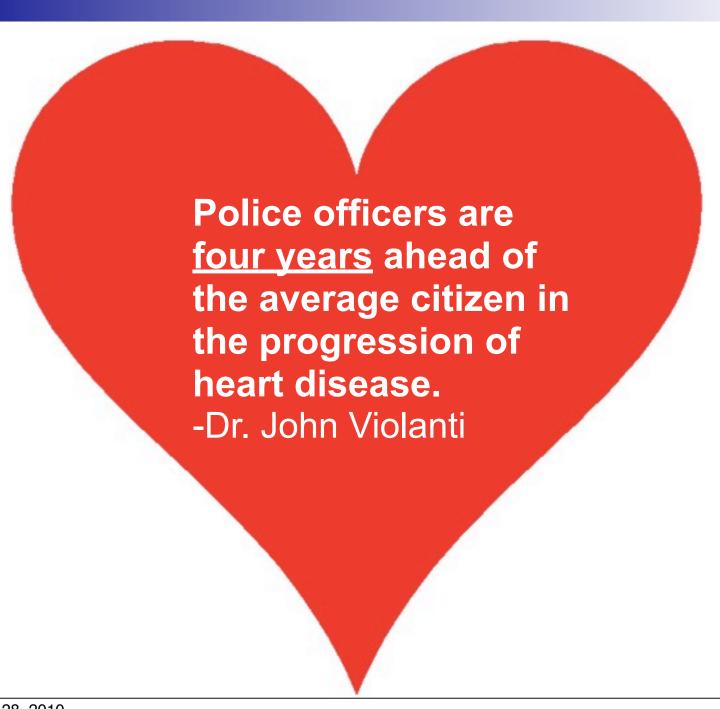




Obesity = ↑'d risk for chronic diseases

- Chronic disease costs employers
- Direct vs Indirect costs







JOURNAL OF OCCUPATIONAL AND ENVIRONMENTAL SCIENE, 2003

Four of the ten most costly heath 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









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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



