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CTD: 22FG - FOOD, GROWTH AND NUTRITION
SUB-DOMAIN: 2. FOOD AND HEALTH

PANEL TITLE:
OCCUPATIONAL HEALTH AND REQUIRED FOOD AND NUTRITION

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ABSTRACT

In a beneficial way, proper nutrition influences workplace safety, health, and productivity. Deficiencies in macro and micronutrients can lead to malnutrition, and it's no secret that eating poorly increases the risk of gaining weight and developing chronic diseases. The results in both cases are harmful to a robust, well-equipped workforce. All the social partners—unions, employees, employers, and governments—should do what they can to promote proper nutrition and a balanced diet in the workplace because it benefits workers' health and productivity. The effects of food on health and efficiency vary according to the diet followed. Undernourishment is common among the poor of many developing nations. On the opposite end of the spectrum, an obesity epidemic is rapidly spreading to regions where cheap, high-fat, and sugary foods are widely available in excessive quantities. Countries going through what is being called a "nutrition transition" have the worst problems, as a large percentage of their low-wage workforce is malnourished due to a deficient diet caused by a combination of nutritional deficiency and increased access to processed foods in large quantities at low prices. Aside from being the right thing to do from a social and economic perspective, it also makes good business sense to provide your employees with healthy, inexpensive meals, a reasonable meal break, and clean, comfortable eating areas. Most people in the workforce consume at least one full meal while they are on the clock. A direct intervention would be to make sure that the workers are getting enough nourishment from this lunch. About nutrition, having easy access to potable water is often disregarded. One way in which workplaces might help is by fostering a culture that supports and promotes healthy eating habits. It is possible to tailor valuable, practical food solutions to the needs of businesses of varying sizes and budgets. Worker participation is essential in any strategy.

Keywords: Health, Food, Nutrition, Occupational Health, Workplace

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