

Is nutritional counselling part of your employee health plan?

Seize the Opportunity

Amend the list of covered practitioners to include all those able to provide the service and supported by CANNP.

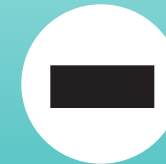
Chronic disease cause **65%** Canadian deaths each year.
1 in 5 Canadians are living with a chronic disease.
 About **4 in 5** Canadian adults have at least one modifiable risk factor for chronic disease, including healthy eating.
 Canada has among the **highest adult obesity rate** of the OECD countries.
 More than **50%** of Canadians aged 12 years and older consume **less than 5 fruits and vegetables per day**.¹



ACCOMPLISH

Educate to help modify habits in a more natural & sustainable way
Improve eating habits & weight control
Encourage healthier lifestyles to lower chance of disease
Answer massive public swing toward more natural health alternatives

The industry needs to provide benefit plan programs that encourages and supports all employees to maintain or improve their health before the consequences of poor habits decrease the quality of their lives.²



DECREASE

Illness, less occurrence & severity
Absenteeism of employees
Presenteeism, working while ill leads to reduced productivity
Benefit plan costs by way of reduced drug & para-medical claims
Disability claims & other related costs

Implementing healthy food prescriptions within healthcare programs to promote healthier eating could generate substantial health gains and be highly cost effective. Findings support these programs in private and public systems.³
 Those who improved their diet significantly improved their presenteeism (Pelletier et al., 2004).
 Reductions in health risks, such as poor diet, are associated with positive changes in work productivity.⁴



INCREASE

Choice/Control by employee of health practitioner/approach and health outcome
Productivity with improved physical wellbeing and reduced stress & anxiety
Happier, more energetic optimally nourished employees
Attraction/retention of health-focused employees
 Healthier employees mean a **healthier bottomline**

CANNP members are graduates from select educational institutions and must meet strict annual upgrading criteria.
 Each member is an expert in the field of nutrition.
 Members must carry professional liability insurance to protect their clients and themselves.
 Each member is bound by a Code of Ethics, Scope of Practice, & Disciplinary Procedures.
 CANNP Members hold a wide variety of impressive credentials and accomplishments.



CANNP Members

Expert in the field of nutrition & healthy living
Explores employee needs as a whole, understanding each person is unique
Preventative approach, not responsive or reactive
Advice founded on evidence-based and holistic principles
Supported by CANNP as NNCP and/or RNT

It should be!

1 <https://www.canada.ca/en/public-health/services/publications/healthy-living/how-healthy-canadians.html>
 2 <http://www.wellkit.ca/blog/contrary-to-popular-belief-canadian-employers-do-not-provide-health-benefits>
 3 <https://journals.plos.org/plosmedicine/article?id=10.1371/journal.pmed.1002761>
 4 https://www.who.int/dietphysicalactivity/Proper_K.pdf