



# Night nudges

Creating a healthier food and drink environment for night-shift workers

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# Background

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Unpredictable meal breaks



Limited access to healthy food & drink options



Risk of obesity and diet-related chronic health conditions

**Project aim** Develop strategies with night-shift staff to improve the dietary environment and “nudge” people towards making healthier dietary choices

# Study design



## Data

- Attitude & beliefs (VAS)
- Fruit, vegetables and water intake (VicHealth Indicators)
- Food choices motives\* (Food Choices Questionnaire)
- Focus group discussions\*
- 24-hour dietary recall\*

\* Not reported in this presentation

# Baseline results

## Respondents



- Female (86%) nursing staff (95%) aged 25-34 yrs (35%)
- Mostly worked in acute setting (55%)
- Mostly worked mixed/rotating night shift (70%)

## Belief and confidence



- Emergency setting respondents had lower scores for food items than other work locations
- Low to negative scores for healthy choices support from colleagues and organisation

## Food and drink intake



- Reported average 1.8 serves of fruit per day
- Reported average 3.0 serves of vegetables per day
- Reported average 5.4 cups of water per day

# Intervention development

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- ★ Healthy dietary choices are important to people working night shift
- ★ People working night shift are less confident making healthy food choices than drink choices

## Questions

Is there a food and drink culture among night shift staff that negatively impacts dietary choices? (focus group analysis)

Are there unique factors within the emergency work setting that impact on people's dietary choices? (focus group analysis)