



Night nudges

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

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Background



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

Participants



- Female (86%) nursing staff (95%) aged 25-34 yrs (35%)
- Mostly worked in acute setting (55%)

Attitude & beliefs



- Staff value healthy dietary choices
- More confident with drink choices than food choices

Choice motivation



- Sensory appeal, convenience, health & price
- Mood, ethical considerations and familiarity

Overall intake



- Fruit, vegetable and water intake is similar to the state average but below Australian dietary guidelines

What next?



- ★ Forum with night nursing staff to develop strategies
- ★ Establish working group, including nursing staff, researchers and stakeholders