



UNIVERSITÀ DEGLI STUDI DI TORINO
Scuola di Medicina
Dipartimento di Scienze della Sanità Pubblica e Pediatriche
CORSO DI LAUREA IN INFERMIERISTICA
Sede di Ivrea



EATING HEALTHILY TO WORK BETTER: YOU CAN!

Dott.ssa Roberta Sturaro
Prof. Diego Targhetta Dur
Dott.ssa Ilenia Vercellinatto
Prof.ssa Consolata Bracco

Introduction



In our society, more and more people work shift schedules, which is recognized as risk factor for health and safety .

Proper nutrition is essential for a good quality of life; indeed, thanks to it, you will supply the body with all the necessary substances useful as nutritional requirements and for work performance; therefore the diet of workers has a very important role.




Objectives



Identify issues related to the eating habits of shift workers .

Suggest behavioral and culinary strategies to combine a healthy diet with work shifts .



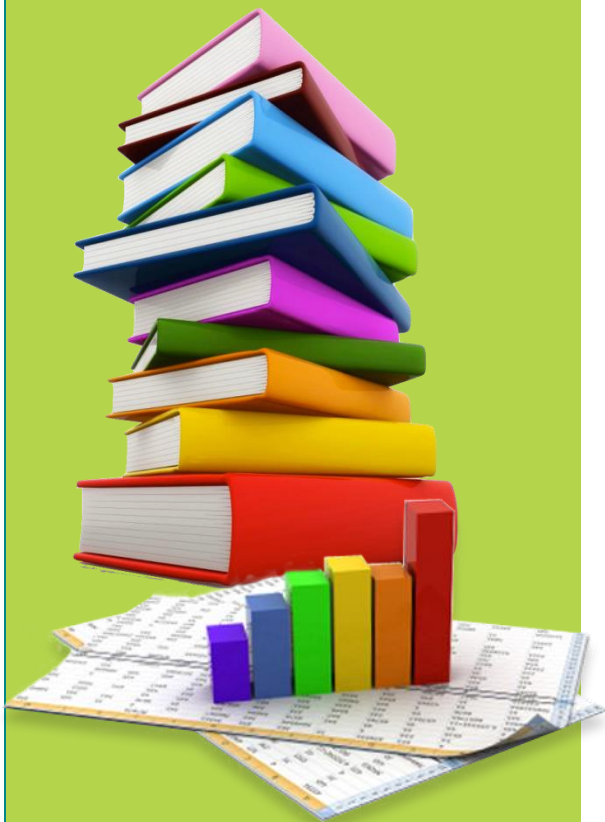
Material and Methods

- ❖ Research on literary sources and databases
- ❖ *Focus group* with 7 nurses
- ❖ **Survey on eating habits:**



questionnaire administered directly to **241 health care workers** at the Hospital of Ivrea, Chivasso, Ciriè and Cuorgnè ASL TO4 and Casa per la Salute della Mente di Brusson.

- ❖ **Processing and analysis** of 191 samples
- ❖ **Creation of an informative brochure** containing some behavioral and culinary strategies.





Results

Description of the sample

Gender



Women (85%)

Men (15%)



Household



One (10%)

Two (25%)



Three (26%)

More than three (39%)



Prevalent age



From 41 to 50 years old (40%)

Results

Eating meals



Breakfast

56% have just a **coffee or nothing for breakfast** before starting the morning shift.

Skipping meals

76% sometimes skip meal during working hours to meet the needs of the ward

Meal after shift

71% have breakfast after the night shift

6% eat a big meal

Food used to overcome sleep

72% use food as a means to overcome fatigue during the night shift.



Results

Consumption of coffee during shift

“the Italians’ favorite beverage”



up to three(44%)

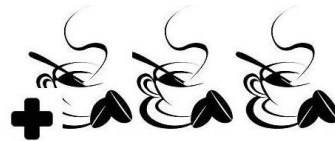


White sugar (44%)

Without sugar (36%)



One (25%)



More than three (14%)



White sugar (38%)

Without sugar (27%)

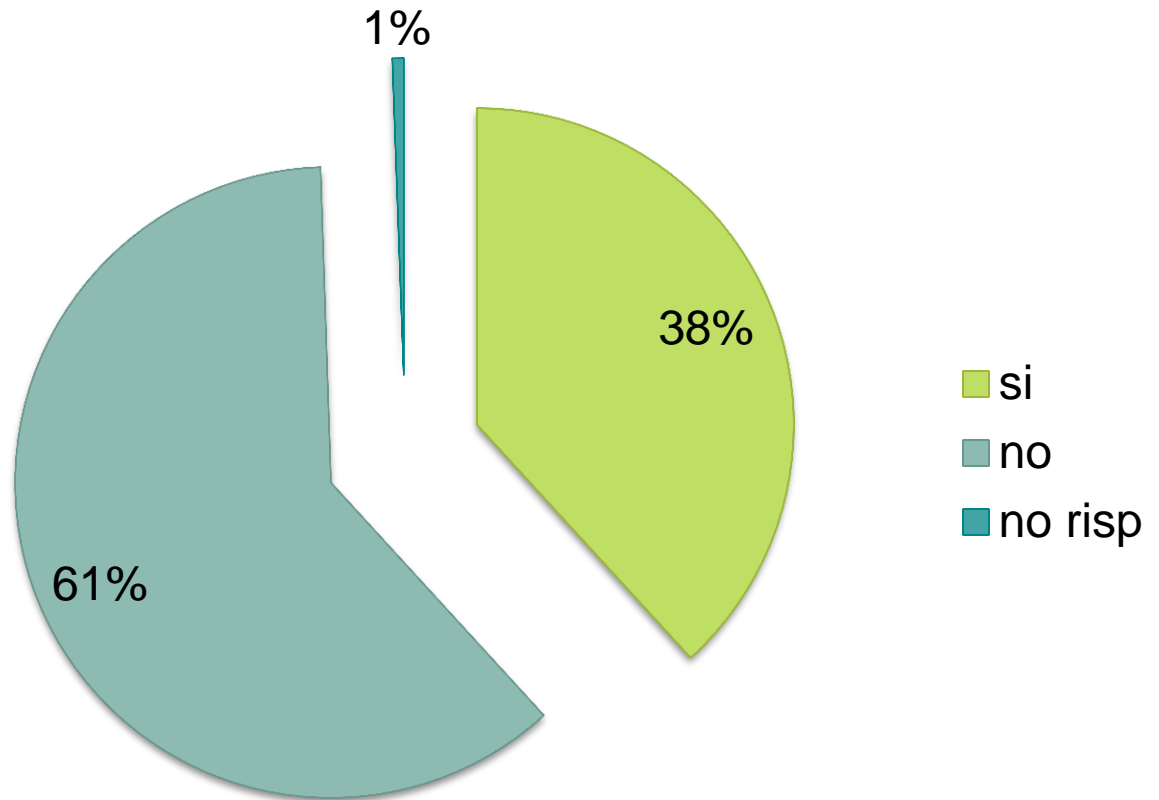


None (17%)



Results

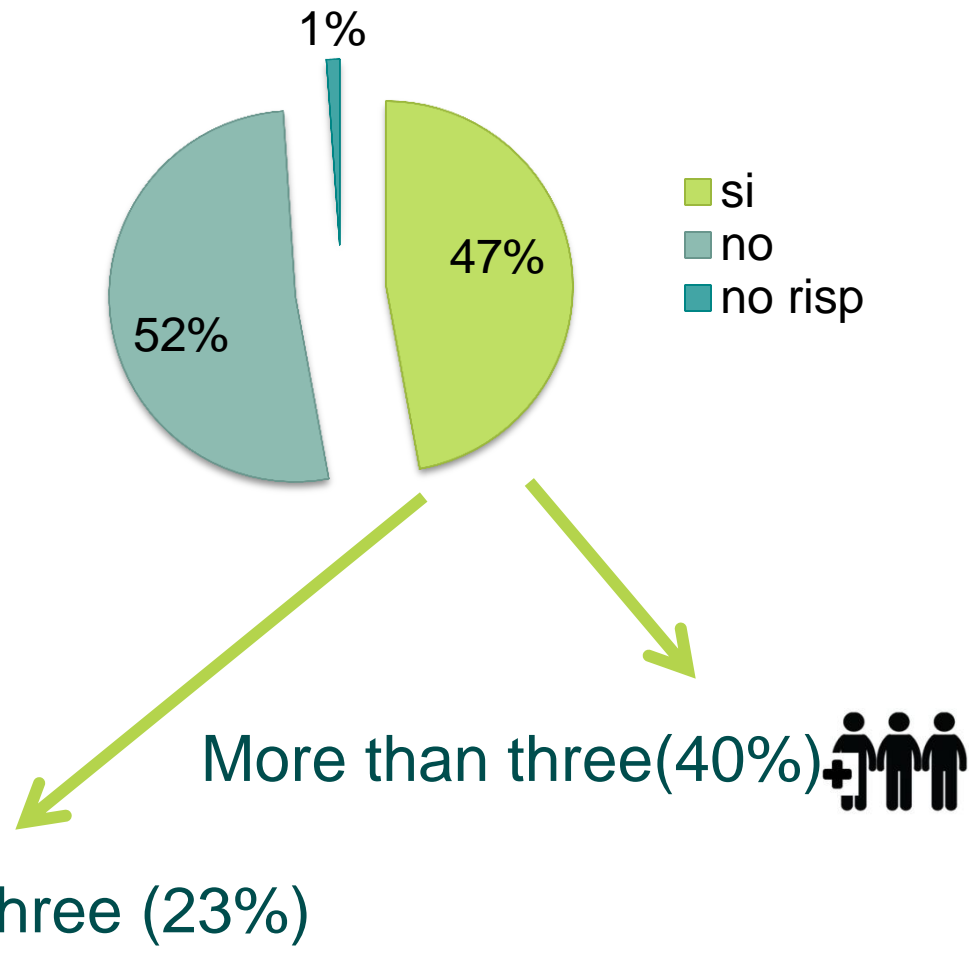
Eating and Job Performance





Results

Junk Food



Conclusion



Food is seen as a source of sustenance for the body, it also represents the traditions and the culture of a nation, and of its people. For workers, in particular shift workers, all this is jeopardized by irregular hours and by the frenetic rhythm of modern life.

Since shift work is a condition and not a problem I have made a brochure containing information and practical quick recipes to satisfy the taste, the quickness of preparation and not least the low cost.



**“Let food be your medicine and
medicine be your food”**

Hippocrates of Kos, 400 B.C.