Wellness – Eating Habits Stats and Facts



FACTS

1. **Poor Dietary Choices:** Diets high in processed foods, sugar, or saturated fats contribute to obesity, heart disease, and diabetes, reducing overall wellness and workplace productivity.
2. **Irregular Eating Patterns:** Skipping meals or irregular eating due to busy work schedules disrupts metabolism, leading to fatigue, poor concentration, and increased stress.
3. **Limited Access to Healthy Options:** Workplaces or communities with few nutritious food options (e.g., vending machines, fast food) hinder employees' ability to maintain healthy eating habits.
4. **Stress-Induced Eating:** Workplace stress or financial pressures can lead to emotional eating or reliance on unhealthy convenience foods, negatively impacting mental and physical health.
5. **Lack of Nutrition Education:** Many adults lack knowledge about balanced diets (e.g., adequate fruits, vegetables, whole grains) or portion control, limiting adoption of healthy eating habits.
6. **Time Constraints:** Long work hours or demanding schedules discourage meal preparation, pushing individuals toward quick, less nutritious options that undermine wellness.
7. **Mental Health Connection:** Poor eating habits exacerbate anxiety and depression, while a balanced diet with nutrients like omega-3s and B vitamins supports mental wellbeing.

STATS

- The CDC's 2022 National Health and Nutrition Examination Survey reported that 49% of U.S. adults consumed less than one serving of fruits and vegetables daily, contributing to poor health outcomes.
- Statistics Canada's 2021 Canadian Community Health Survey found that 28% of Canadians aged 19–64 consumed ultra-processed foods as over 50% of their daily calories, linked to obesity and diabetes.
- A 2023 American Journal of Public Health study estimated that poor dietary habits cost U.S. employers $159 billion annually due to chronic disease-related absenteeism and reduced productivity.
- Health Canada reported in 2022 that 62% of Canadian adults exceeded recommended sodium intake, increasing risks of hypertension and heart disease.
- A 2024 Journal of Occupational Health survey indicated that 40% of U.S. workers skipped meals or relied on unhealthy snacks due to workplace time constraints, impacting energy and focus.
- The Canadian Centre for Occupational Health and Safety (CCOHS) noted in 2023

that workplaces offering healthy cafeteria options or nutrition workshops reduced employee obesity rates by up to 10%.
- A 2022 Nutrients study found that 35% of U.S. adults with poor eating habits reported higher levels of stress and anxiety, compared to 20% with balanced diets.