DESK EATING HABITS REPORT

MAR 2020

CITY PANTRY

INTRO

- **The purpose of this report is to gather insights into the lunch habits of UK workers, to investigate how much of a priority day-to-day healthy eating and exercise is for businesses.**

- **To gather these insights, City Pantry conducted a survey of 2,000 full-time employees in the UK with office-based jobs.**

*Please note, uses of ‘men’ and ‘women’ throughout refer to the gender respondents identified with when surveyed.

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KEY TAKEAWAYS

42%

of office workers spend their lunch break at their desk every day, with

34%

(over a third) stated that they often feel unmotivated at work.

62%

of workplaces make no conscious effort to encourage their employees to be fitter and healthier at work, while...

32%

of employees often feel sluggish at work.

34%

of workers eat unhealthy food three or more times a day, with...

32%

saying that incentives from their employer would improve their eating and exercise habits at work.

Other incentives for improved health at work were if a workplace provided free fruit (30%) and if free or discounted gym memberships were provided by the employer (30%).

71%

of employees don't do any form of exercise during their lunch break.

44%

of office workers say that physical inactivity is one of the biggest reasons for being unhealthy at work.

Other reasons cited by employees for being unhealthy at work are that unhealthier foods are more convenient (46%) and unhealthier foods are more affordable than healthier alternatives (28%).

Q1

On Average,

what percentage of your lunch break do you typically spend at your desk each working day?

26%

Overall, those who work in marketing, advertising and PR spend the least amount of time working through lunch, with 26% of respondents spending no time at their desk on their lunch break.

The creative arts and design sector ranks the lowest for spending 100% of their lunch break at their desk, with just 1% of respondents staying at their desk for the full break duration.

This is a huge contrast to law enforcement and security with 28% of those surveyed spending between 91-100% of their lunch at their desk.

Age Analysis

21%

of people 55+ spend 0% of their lunch break at their desk.

19%

of people 55+, however, also spend around 91-100% of their lunch at their desk.

14%

of 35-44 year-olds are likely to spend 0% of their lunch break at their desk.

10%

of 18-24 year-olds spend around 91-100% of their lunch at their desk.

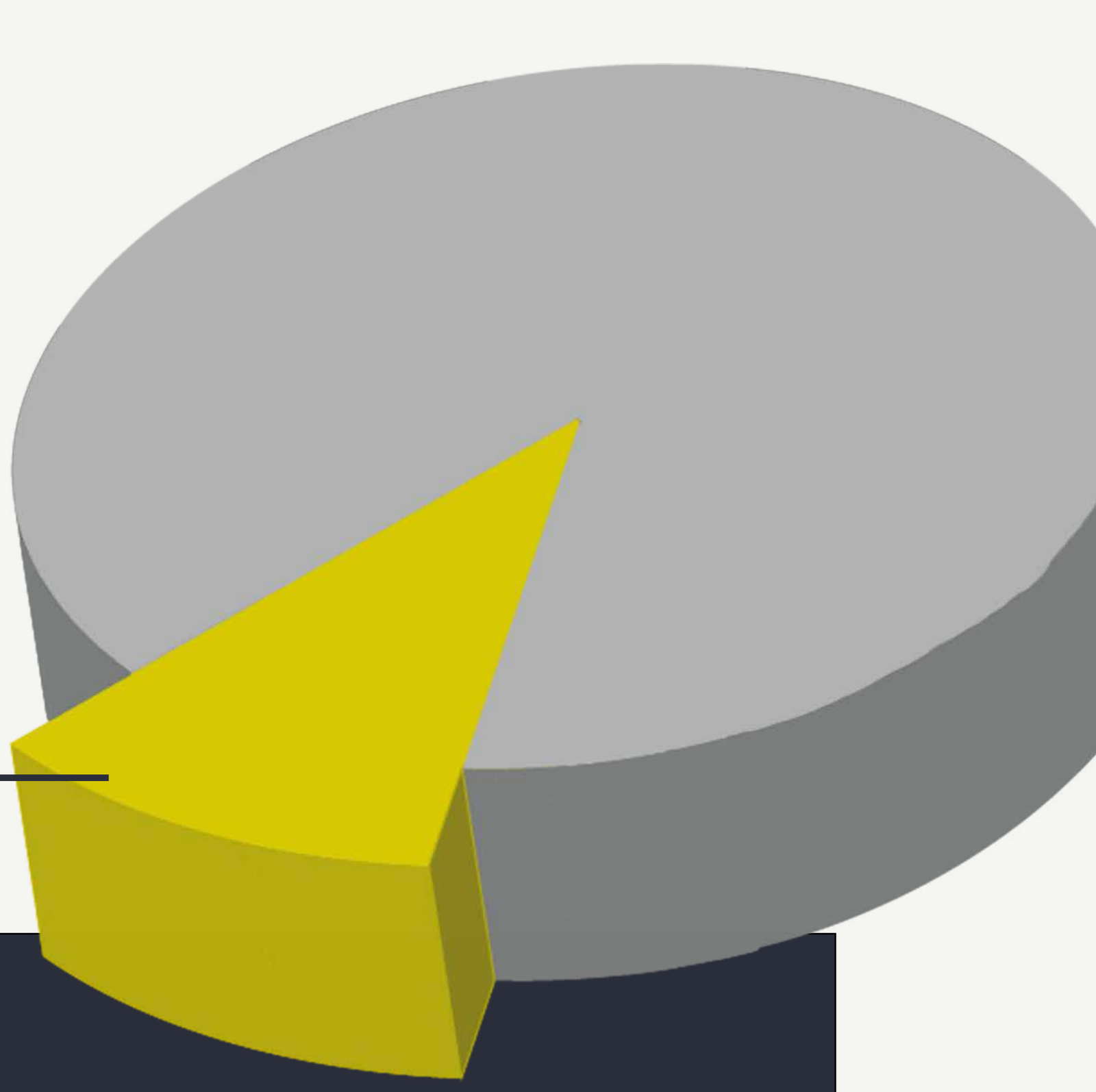
22%

Respondents aged 55 and older are the most likely to spend their entire lunch break away from their desk, with just 22% spending some time at their desk over lunch. Interestingly, this age group also ranks the highest for spending almost all their lunch at their desks, with 19% being in the office for between 91-100% of the break.

In comparison, those aged between 18-24 are least likely to spend the entirety of the break at their desks, with just 9.8% reported as working for 91-100% of their lunch.

Regional Analysis

Scotland spend the **least time** at their desk compared to the resk of the UK



Scottish workers spend the least amount of time at their desks, with 23% of respondents spending no time working on their lunch. The England region that's most likely to spend no time at their desks over lunch is the North West with 22% of respondents doing so, while those working in London are more likely to work through lunch with just 8% of workers spending no time at their desk.

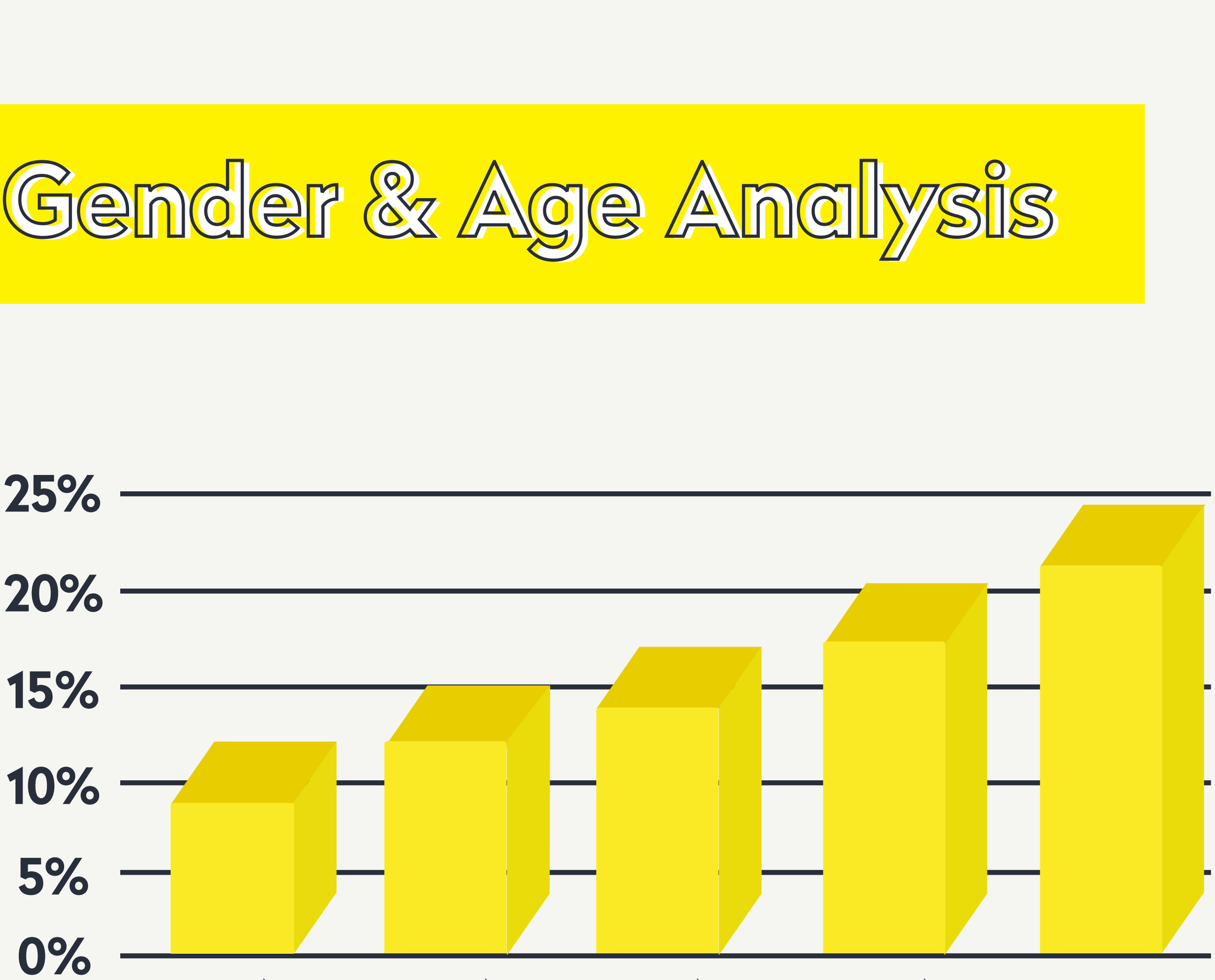


South West spends the most time at their desk for lunch

17%

On the other end of the scale, workers in the South West are most likely to spend the majority of their lunch working, with 17% spending between 91-100% of the break at their desks. This is 10% greater than in the North East, where only 7% of workers spend the majority of their lunch at their desk.

Gender & Age Analysis



26%

Women aged between 45 and 54 are most likely to spend the whole of lunch away from their desk (26%), while men aged 18-24 rarely go the whole of lunch without working, with just 9% of respondents spending no time at their desk. There's also a huge gender division in Generation Z workers (aged 18-24), with 2.7 times more women (24%) spending none of their lunch at their desk than men.

14%

Overall, women aged 55+ are more likely to spend all or the majority of their lunch at their desk, with 14% of respondents doing so. The proportion of each age group that spends no time at their desk over lunch increases with age for men, which could indicate a concern for health and wellbeing in older male workers.

Claire Russell
Mental Health Coach



believes that...

Responsible businesses, leaders and managers need to be looking at the mental health and wellbeing of employees from a holistic standpoint, and taking into account a person's 'whole-being' when it comes to encouraging employees to be healthier at work." She adds: "Not only is this important when it comes to leading others, it's also important that we take responsibility for ourselves by doing the things that nourish and promote good mental health and energy at work.

With depression identified as a major contributor to the overall global burden of disease, it's time that (as businesses, leaders, managers and individuals) we all look at ways we can reduce poor mental health and cultivate good wellbeing at work.

Here are my top tips for maintaining good mental health at work with nutrition:

01

Drink more – If you're dehydrated it's harder to focus and think straight, making you more susceptible to 'brain fog'. Aim for eight glasses of water a day to stay hydrated, and this will increase the chances of being able to maintain focus and concentration throughout the day.

02

Eat more fresh fruit, whole foods and vegetables – Proven to reduce inflammation in the body which can lead to chronic health problems, including depression.

03

Cut down on caffeine – Consuming too much caffeine can make you feel anxious and depressed, especially if you suddenly stop drinking it. Cutting down can help you feel less anxious and stressed

04

Eat Regularly – Eating regularly will keep your sugar and energy levels steady. If your blood sugar drops it can make you feel tired, irritable or low. This makes slow energy release foods such as nuts, seeds and whole grains a good choice. Also, if you regularly skip breakfast then try fitting it in and see if it makes a difference to your energy levels during the day.

05

Take some time out for lunch – rather than having a 'working lunch' which often involves sitting at your desk looking at a screen while you quickly devour a sandwich, why not make a point of leaving your workspace to go outside and take a break? Even better, take a colleague with you and go for a walk in a local park or greenspace.

Q2

Does your workplace currently take any steps to encourage you to be fitter, eat healthier and be more active?

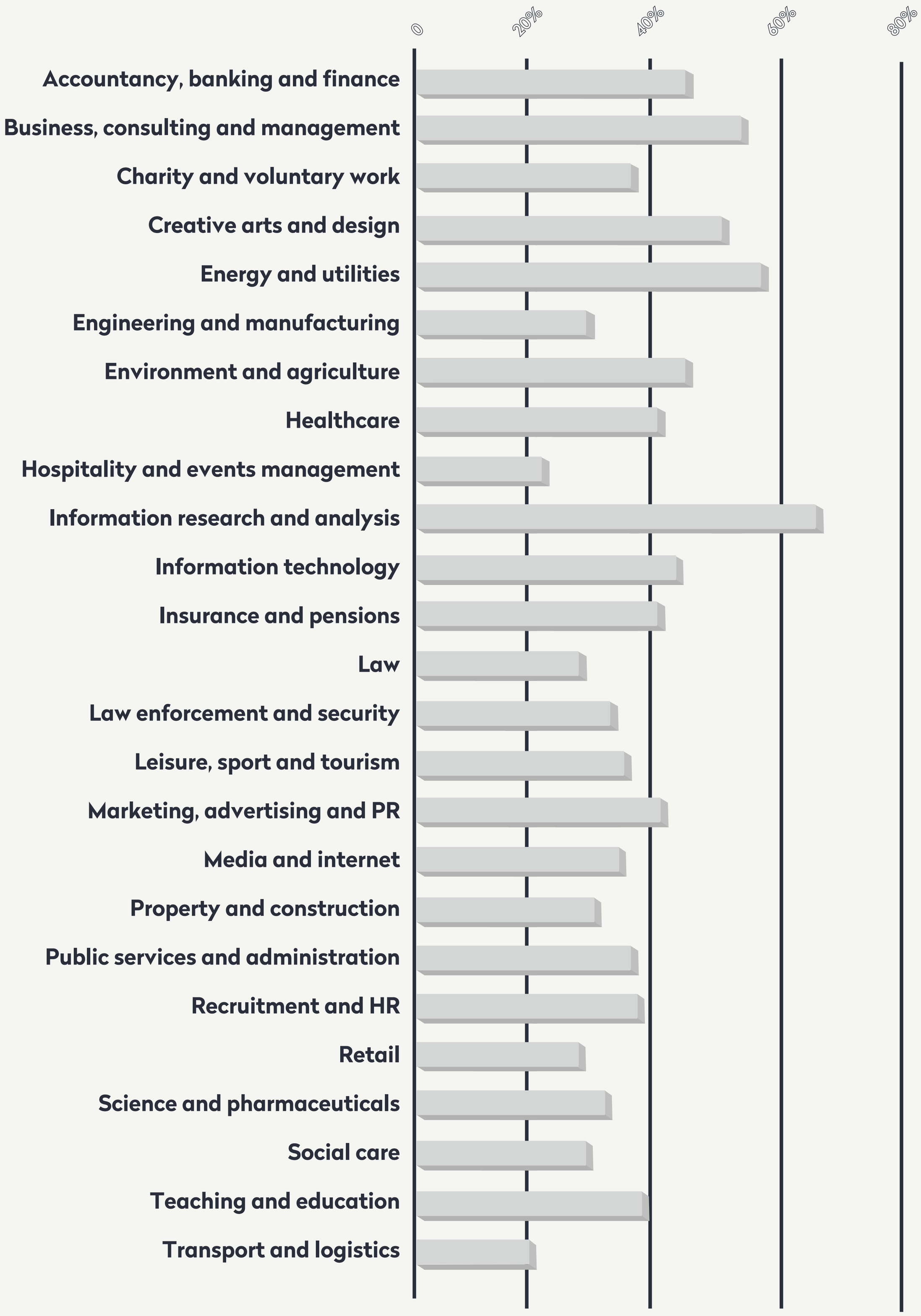
53%

The results indicate that those who work in transport and logistics feel the least encouraged to eat healthier and exercise, while research and analysis workers have the most support to pursue a healthy lifestyle from employers. Overall, no sector felt that their employers were doing all they could to encourage workers to be fitter, eat healthier and be more active.

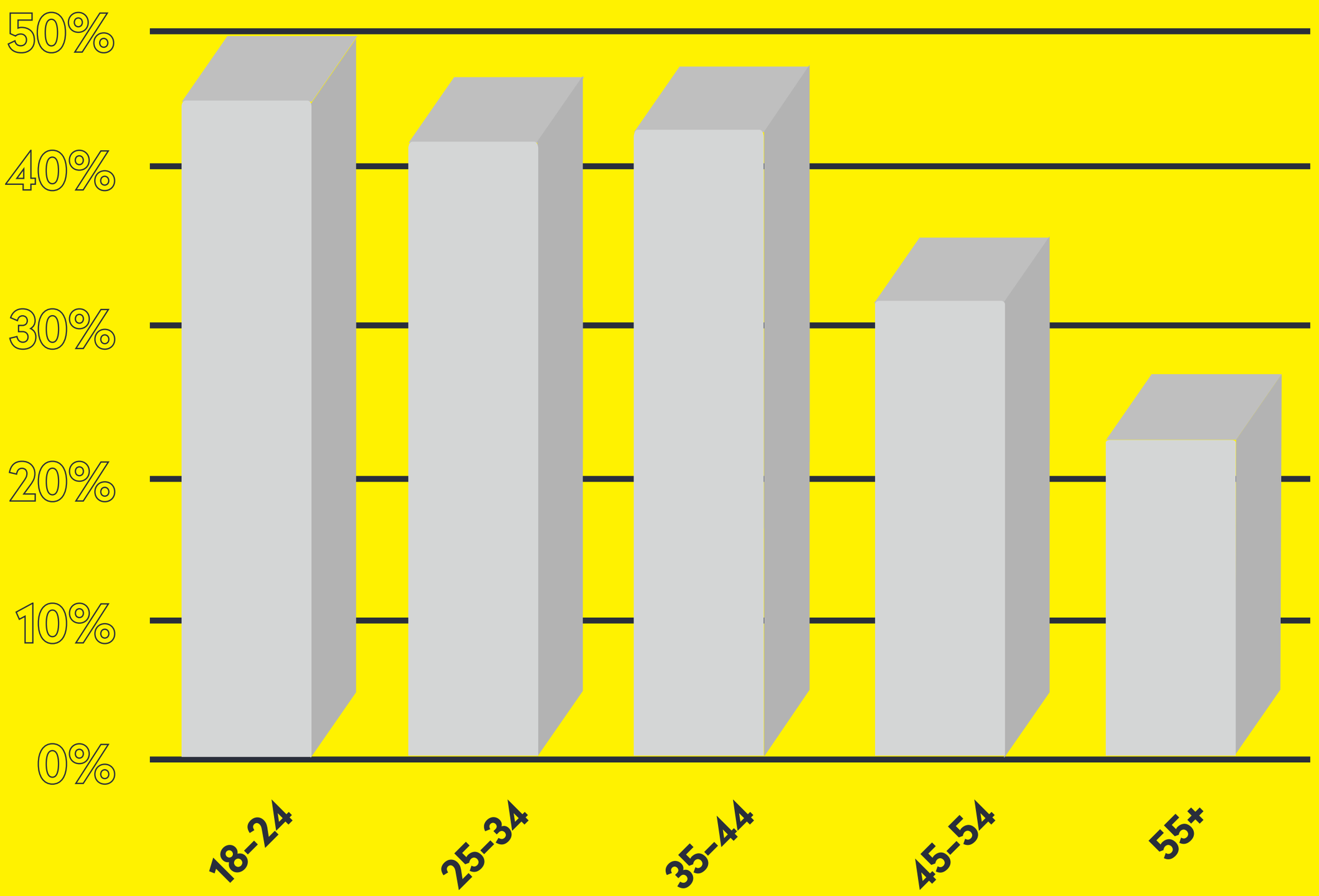
The top industry where workers feel their employer encourages healthier lifestyles is information, research and analysis (63% of respondents), with roles within the sector including data analyst, computer scientist and librarian. The next highest-ranking industries were energy and utilities (55%), and business consulting and management (53%). The bottom three industries who feel their employers could be doing more to promote healthy eating and exercise were transport and logistics (20%), hospitality and events management (27%) and retail (28%).

Sector Analysis

The graph shows the percentage of workers who feel that their workplace encourages their employees to be fitter, eat healthier and be more active. The higher the percentage, the more supported respondents feel.



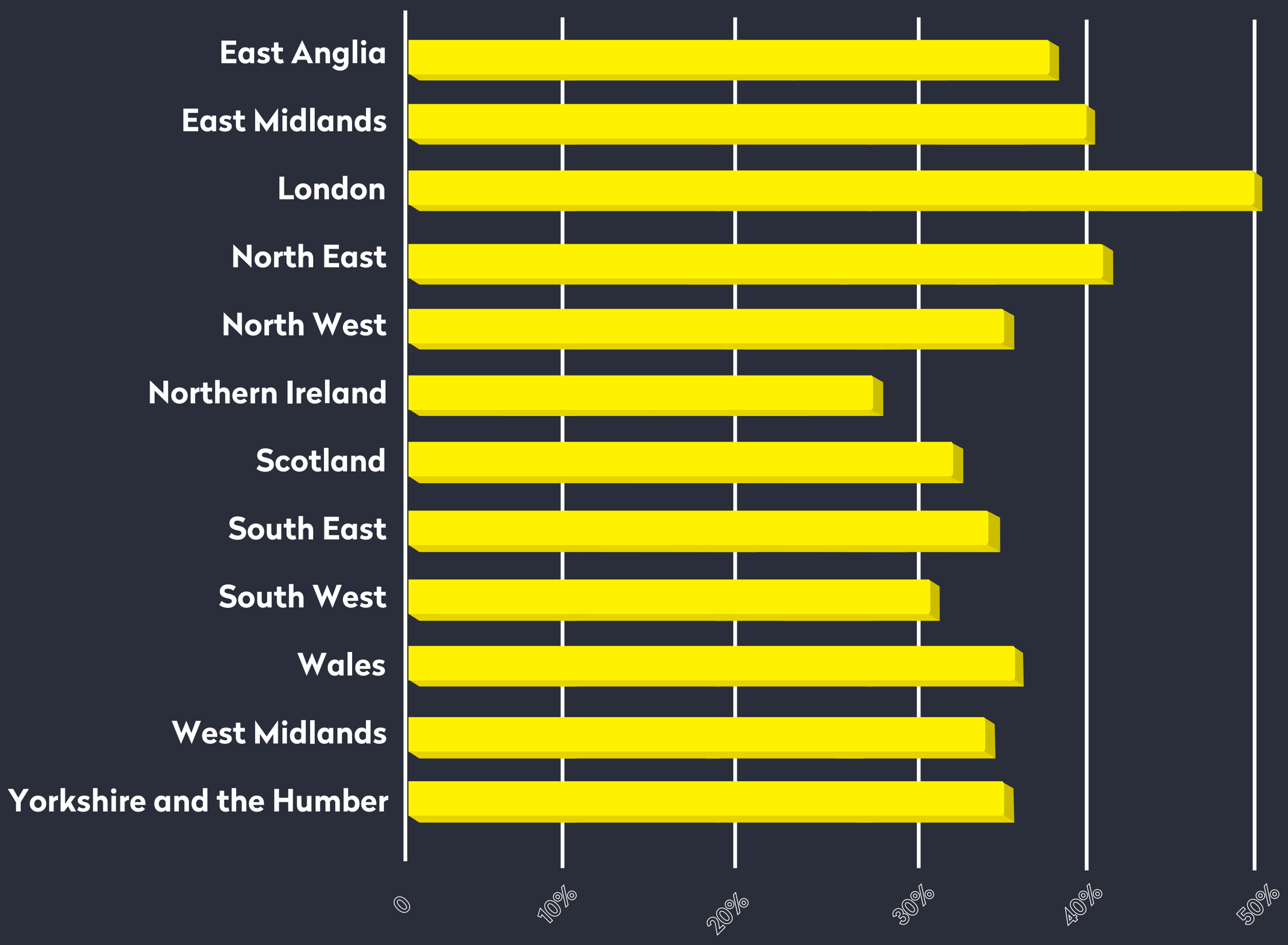
Age Analysis



The companies that Gen Z respondents (18-24 year olds) work for ranked the highest in terms of promoting healthy living, with 44% of workers in that age bracket feeling that their employers encourage exercise and healthy eating. On the other end of the scale, companies that the respondents aged 55 and over work for were the worst supporters, with just 23% of workers feeling encouraged to pursue a healthy lifestyle.

This could be due to older workers saturating sectors that are poor at promoting healthy living on the whole. For example, only 4% of the transports and logistics sector is made up of people aged between 18 and 24.

Region Analysis



50%

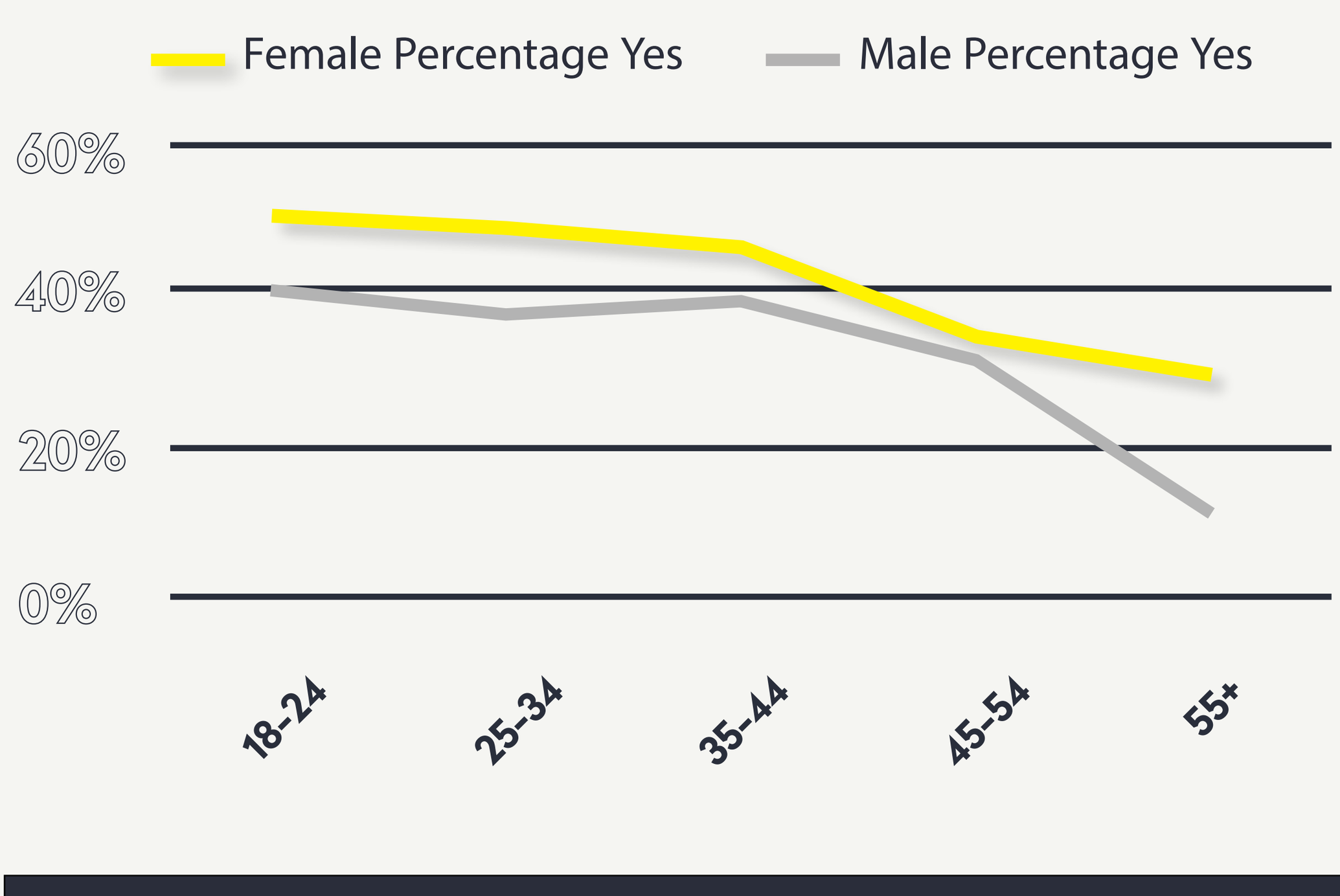
The top region for promoting healthy living in the workplace is London, with 50% of workers feeling encouraged to pursue healthy habits. The next most supportive regions are the North East (41% of respondents), and the East Midlands (40%). The bottom three regions for encouraging a healthy lifestyle in the workplace are Northern Ireland (27%), the South West (31%) and Scotland (33%).

Gender Analysis

Men feel more encouraged to pursue a healthy lifestyle by employers than women, with 43% of males agreeing that their workplace promotes exercise and healthy food. This is 8% more than women, with only 35% of female respondents feeling encouraged to eat healthier.

43%

Gender & Age Analysis



Both genders show a general trend of workplace healthy-living promotion decreasing with age - however, the percentage of men who work at health-promoting workplaces is higher in each ascending age group. The largest gap occurs in the 55+ age group, with 29% of males reported as being in a health-promoting workplace, compared to just 13% of women.

Lee Chambers

Life Coach at Essentialise



says that...

Workplace walks are a great way to encourage employees to become fitter and healthier. Organised walks on lunch breaks are a great way to promote wellbeing. Routes designed to include nature/green spaces to further promote creativity should also be considered, too. Encourage employees to start using smart water bottles - hydration is important for performance and wellbeing and smart bottles can encourage both movement and drinking reminders. Where possible, also consider walking meetings - these are a proven way to increase productivity, fitness and health outcomes. Why not introduce a fitness competition? The gamification of fitness challenges for staff often increases participation in them, increasing movement and activity.

Q3

On average,

how many times per week at work do you eat a meal that would be considered healthy?

Sector Analysis

43%

Surprisingly, environment and agriculture workers are the least likely to eat healthy meals at work, with just **18%** of respondents eating healthily per week. Those who work in media and internet are most likely to eat five or more healthy meals with **42%** of respondents doing so each week. This is ten times (10.1) more than those who work in the information and research analytics sector, where just **4%** of workers eat five or more healthy meals per week.

Age Analysis

13%

of 45-55 year olds don't eat a healthy meal a week.

5%

of 35-44 year olds are least likely to have a healthy meal a week.

However...

33%

of 55+ year olds are most likely to eat 5+ healthy meals a week.

16%

of 18-24 year olds are least likely to eat 5+ healthy meals a week.

Consumption of 5+ meals seems to scale with age, maybe more concern for health as people age.

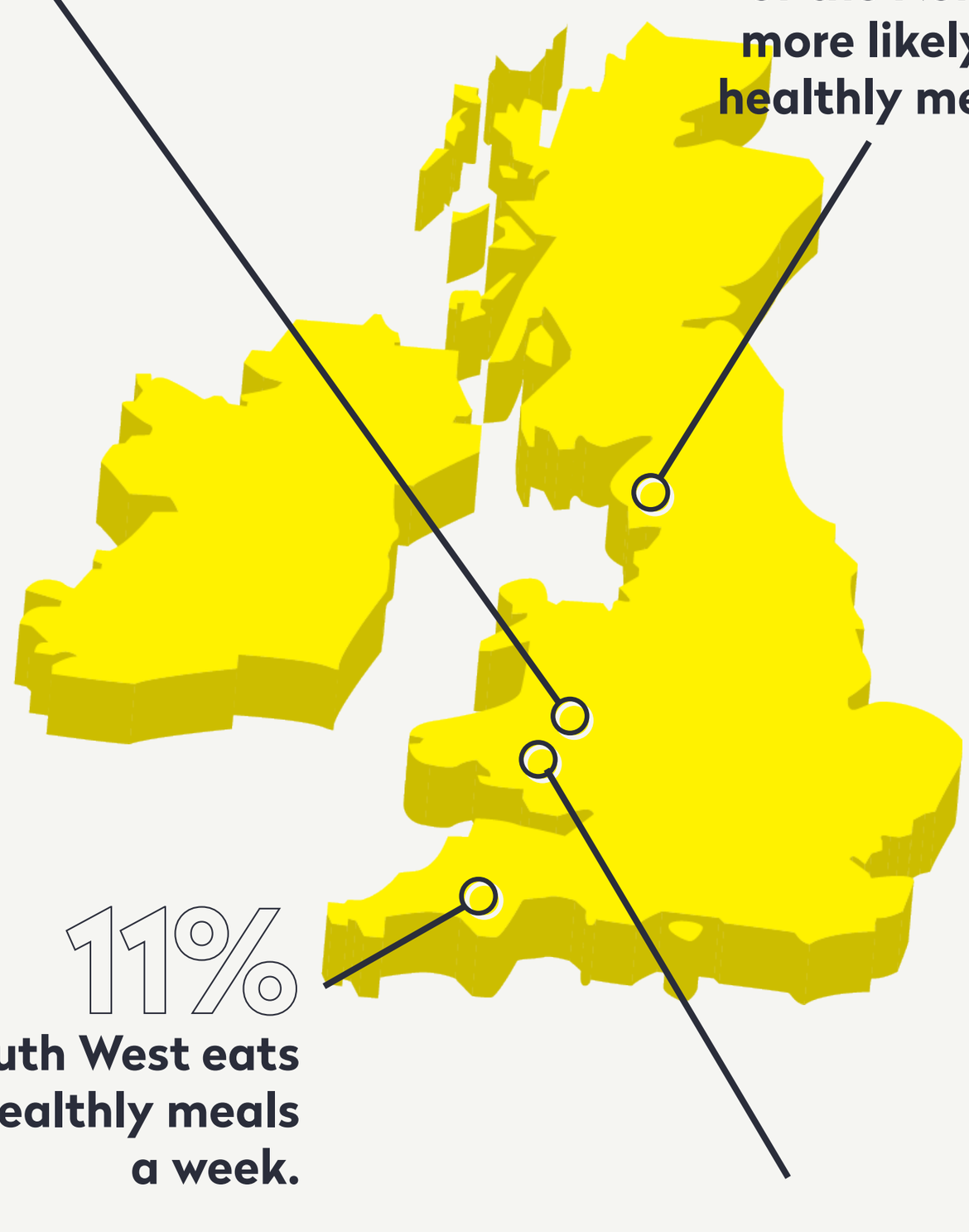
13%

Those aged 45-54 are most likely to eat primarily unhealthy food at work each week, with 13% of respondents in that age group selecting '0' when asked how many healthy meals they eat. Respondents aged 55 and over are the most likely to eat five or more healthy meals at work per week with a response rate of 33%, with the data showing an increasing trend of prioritising healthy eating as age increases. Again, this implies that people are more aware of their eating habits as they age.

Region Analysis

13%
of Wales eats 0 healthly meals a week.

30%
of the North West are more likely to have 5+ healthly meals a week.



11%
of the South West eats 0 healthly meals a week.

17%
of Wales also are least likely to have 5+ healthly meals a week.

Wales is the region that's least likely to eat healthy food at work, with 13% of workers admitting to eating zero healthy meals per week. The unhealthiest eaters on the whole in England are in the South West, with 11% eating zero healthy meals at work per week. The area that's least likely to consume zero healthy meals at work is the East Midlands, with just 4% of workers selecting that option when surveyed.

30%

The healthiest eaters are in the North West, with 30% of workers eating five or more healthy meals at work per week. Wales is the region with the lowest response rate for eating more than five healthy meals (17%), while the region that's least likely to consume five or more healthy meals per week being the West Midlands, with just 18% of workers in that area doing so.

Gender-Age Analysis

The sole gender analysis didn't reveal any stand-out results with a fairly even split found between both genders for all options. For example, 9% of males consumed zero healthy meals at work per week, compared to 6% of women.

The gender-age analysis revealed that women aged 55 and over are the most likely to have five or more healthy meals at work per week with 40% of workers in that demographic doing so. This represents a 12% higher response rate than males of the same age. Furthermore, males aged between 18 and 24 are the least likely to have five or more healthy meals per week, with just 9% of respondents selecting that option.

Both genders follow the same pattern as in the age analysis - as age increases, so does the consumption of five or more healthy meals a week.



Charlotte Sunderland

Student Nutritionist at the University of Leeds

says that...

There are multiple foods that employees can opt for to avoid a 3pm desk slump and headaches.

A good breakfast is important to ward off hunger and boost motivation in the early hours of the work day. Good breakfast foods include those high in protein such as eggs, or those high in energy from carbohydrates such as porridge and muesli. These foods will likely keep you fuller for longer during the start of the day- avoid high sugar cereals, pastries etc.

Mid-morning snacks are encouraged to keep the body fuelled and maintain concentration; this could be a piece of fruit for example. Lunch is important as the next big opportunity after breakfast to fuel your body properly - ideally you want something that's high in protein with some complex carbohydrates to keep you full through the afternoon. You can have an additional snack if you're hungry but avoid the sugar cravings (common around noon if not eaten adequately). Hydration is essential- adequate water intake is needed to keep focus and avoid headaches.

High energy foods include: bananas, dark chocolate- avoid added/refined sugars such as cereal bars or sweets. Eating unhealthily can result in low moods and reduced productivity as a poor diet is linked to mental health disorders such as depression. Unhealthy foods can give fluctuations in blood-glucose levels which when low result in feeling tired and low productivity.

Q4

On average, how many times a day do you eat food that is generally considered unhealthy at work?

Sector Analysis

25%

Workers in the science and pharmaceutical sector come top when it comes to avoiding unhealthy snacks at work, with 25% of workers saying they consume zero a day.

Teaching and education are the worst offenders for snacking, with 19% of workers eating five or more unhealthy snacks per day. Overall, those who work in insurance and pensions are the least likely to binge snacks, with just 2% of workers consuming five or more snacks per day.

Age Analysis

13%

of men aged between 45-54 are most likely to not eat a healthy meal in a week.

4%

of women aged between 35-44 are least likely to eat a healthy meal in a week.

40%

of women aged 55+ are most likely to eat 5+ healthy meals in a week.

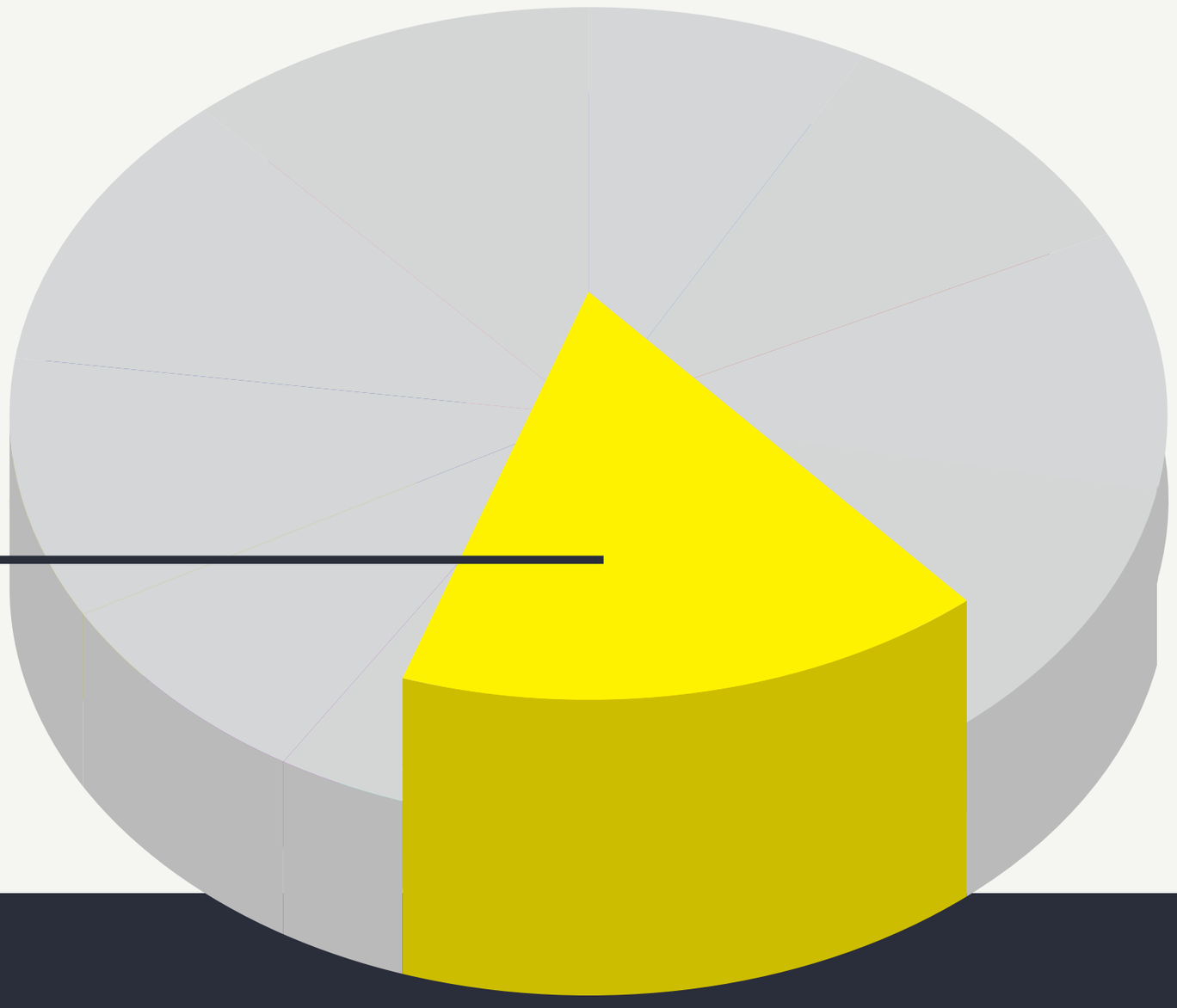
8%

of men aged between 18-24 are least likely to eat 5+ healthy meals in a week.

As they age, both men and women become more likely to eat 5+ healthly meals a week.

5+

5



People aged 55 and over are the most likely to consume zero unhealthy snacks a day with a 22% response rate. In comparison, 18-24 year olds are the least likely to consume no snacks a day with a 10% response rate. However, 18-24 year olds are also the least likely to consume five or more snacks a day with just 3% of respondents doing so, which is around four (3.6) times less than those aged 25-34 (11%).

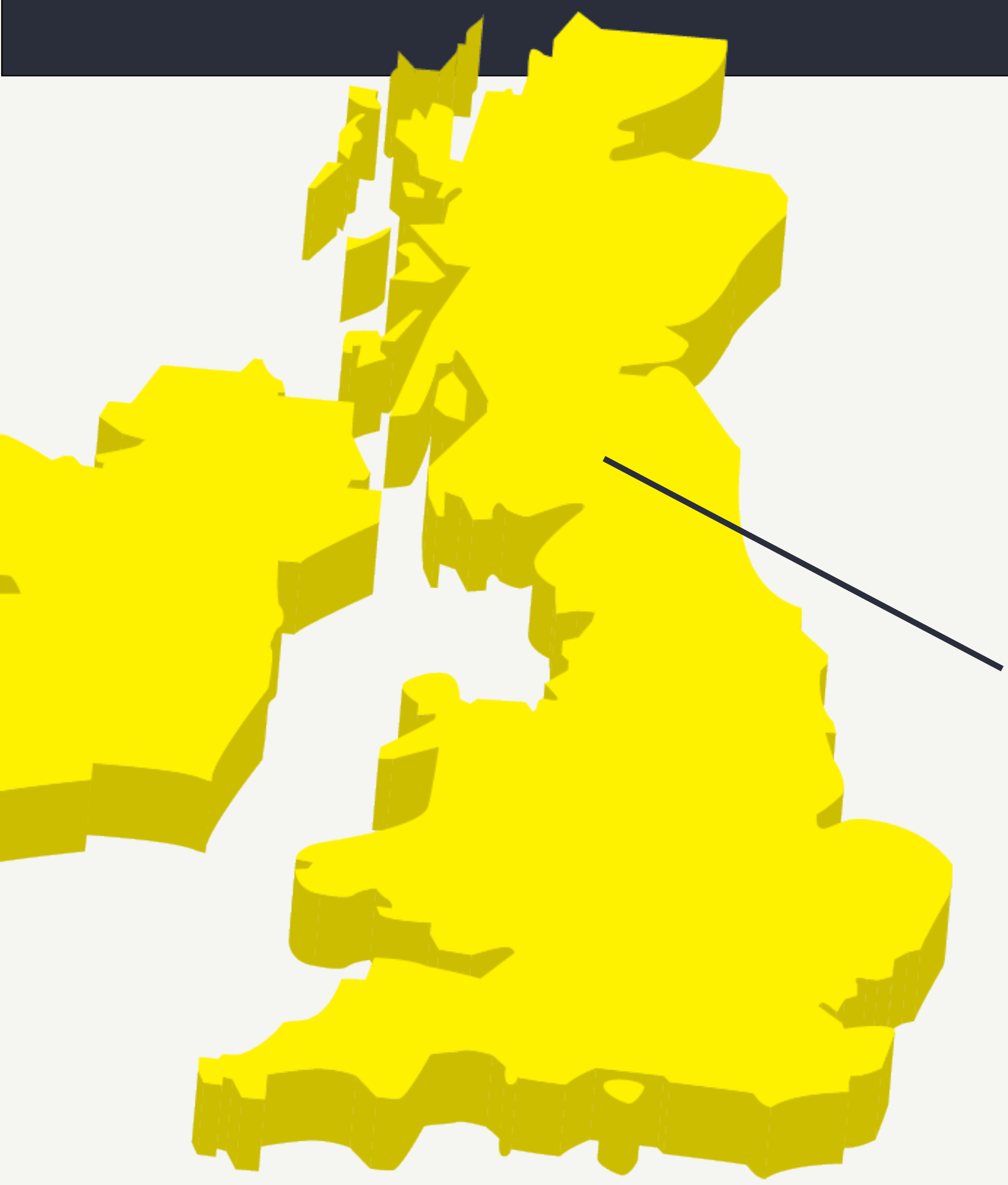
The likelihood of consuming zero snacks seems to increase with age, which further supports the findings of questions one and three, which indicate greater concern for health with age.

22%

Region Analysis

20%

Workers in the North West are most likely to eat zero snacks a day with 20% of those surveyed doing so. Northern Ireland is the least likely to eat zero snacks a day with just 5% of workers there doing so. In addition, Northern Ireland ranks the highest for having five or more snacks a day, with 16% of employees there selecting that option. The North West was the least likely region to consume five or more unhealthy snacks a day, with a response rate of just 7%.



In the North West, only around

20%

eat snacks in a day

Gender-Age Analysis

15%

The gender analysis revealed a fairly even split across all categories between genders, with no notable differences. For example, 15% of males consumed zero unhealthy snacks at work per day, compared to 13% of females. Furthermore, 10% of women consumed five or more snacks per day, compared to 10% of men.

23%

The gender-age analysis reveals that women aged 55+ are more likely to eat zero snacks a day (23%), but this doesn't vary greatly from the men within the same age group, who had a 22% response rate. Women aged 18-24 are the least likely demographic to eat zero snacks a day with a response rate of 7%, which is half the proportion of males who selected the same option in the same age group (15%).

Jemima Ferguson
Group Brand & Marketing Director at itsu

says...

Recent figures show that over half of workers eat their lunch in the office, but for those who are fed up with the default deskside lunch of sandwich and crisps 'eating the rainbow' is a great solution for adding variety. In fact, adding more colourful plant-based foods to meals helps to sustain a healthier, more nutritious diet during the week, and is proven to have many benefits like increasing cognitive function, clearing skin and boosting physical performance. Most of our Asian-inspired menu at itsu is under 500 [good] calories and packed with vitamins, fibre and protein, a third is plant-based and uses an array of colourful ingredients.



Claire Russell
Mental Health Coach

believes that...

We all snack when we feel those hunger pangs. These are the times when we are most susceptible to eating junk food including crisps, chocolate and biscuits. If you come prepared with a box of nuts, dried fruit or a few nutrient bars then it's much easier to make better choices during the day.

Another key area which again is often overlooked when it comes to our wellbeing at work is exercise (especially for those of us who work in an office and tend to sit for long periods of time.) For many people exercise feels like a chore and it is at the bottom of the list, below other life commitments such as work, children, spending time with our partner, running a home, rest and sleep!

Q5

Which of...

the following statements do you agree with?

- I regularly skip lunch.
- I often feel sluggish at work.
- I am often unmotivated at work.
- I rarely eat unhealthily at work.
- I believe my workplace could do more to encourage me to be fitter, eat healthier and be more active.
- My workplace never offers healthy food at catered events or meetings.
- I would eat more healthily at work if my colleagues didn't bring in unhealthy foods.
- I don't exercise during working hours, including at lunch.
- I would eat more healthily at work if my senior colleagues set a better example.
- I often drink alcohol at lunchtimes.

Sector Analysis

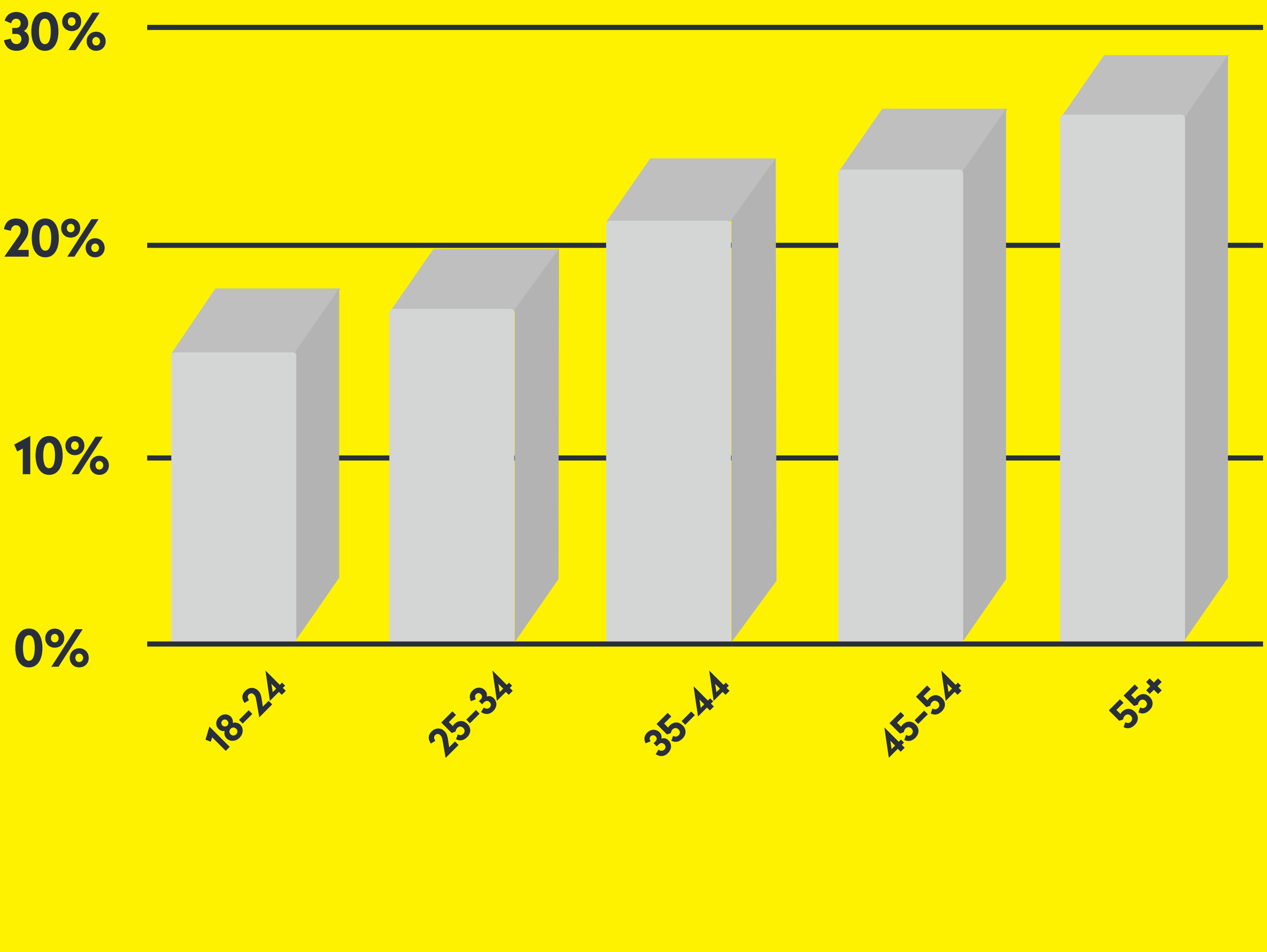
The above graph shows the percentage of workers in each industry that agreed with the above statements, averaged across all responses. The lower the overall percentage score, the better the employees health. This analysis revealed that the science and pharmaceutical industry ranks best in terms of worker health, with an average percentage of workers that selected each option listed at 15.36%. Environment and agriculture comes bottom of the ranking with an average percentage score of 26%.

26%

Stand-out findings include that law enforcement and security workers skip lunch the most (28%), while workers in the science and pharmaceutical industry are the least likely to do so with a response rate of just 4%. Social care workers top the list for feeling sluggish at work with a huge 50% of workers admitting to doing so, which is almost three (3.5) times the proportion of science and pharmaceutical workers at 14%. Interestingly, those who work in information, research and analysis are the biggest drinkers, with 17% of respondents admitting to regularly drinking at lunchtimes.

17%

Age Analysis

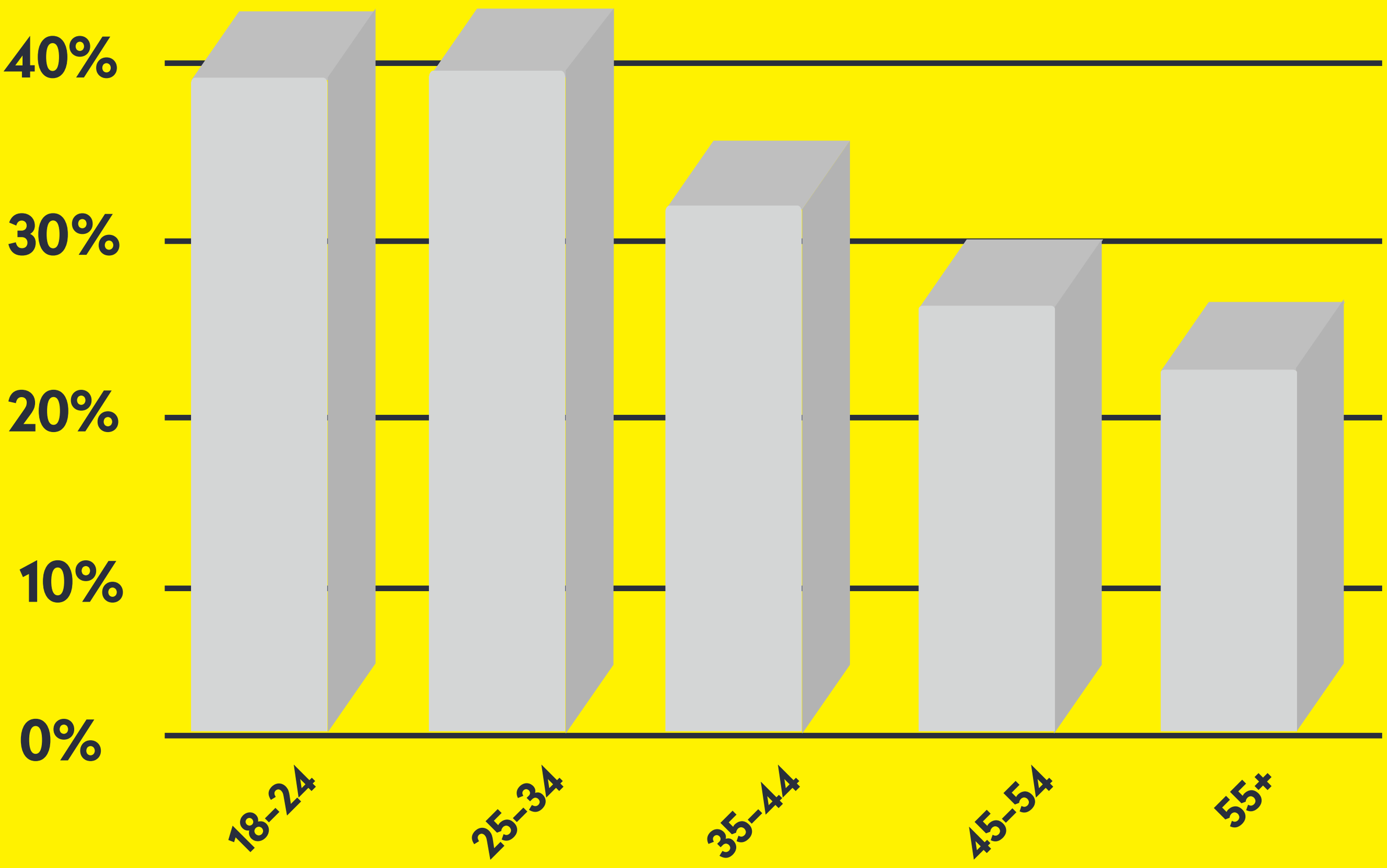


26%

Following the same methodology presented in the sector analysis across age groups reveals that the healthiest working age group is 45-54 year olds, with younger groups faring poorly in comparison. Workers aged 25-34 averaged a 26% response rate compared to 45-54 year olds who only had an average response of 17%.

One surprising standout from the data is that younger people feel more sluggish at work than older workers, with 38% of 25-34 year olds admitting they do, compared to just 20% of employees aged 55 and over.

Percentage that often feel unmotivated vs Age



40%

Another observation is that older people feel more motivated at work, with 40% of 18-24 year olds often feeling unmotivated, compared to just 26% of workers aged 55 and over. Those aged 25-34 are the biggest work drinkers, with 5% of respondents in that age group regularly drinking at lunch, compared to just 2% of 55+ year olds.

Region Analysis

20%

The healthiest region in England is East Anglia with an average score of 20%, while the healthiest workers in the UK overall are from Scotland with an average score of 18%. The unhealthiest region is Northern Ireland with an average score of 26%, while the unhealthiest region in England is London with an average score of 24%.

London is the only region to have more than 20% of workers skip lunch regularly (21%), while the North East stands out as feeling sluggish, with 39% of respondents saying they regularly experience this at work. Londoners are the biggest drinkers during working hours, with a response rate of 6% for consuming alcohol at lunch.



Northern Ireland is the unhealthiest region

26%

Q6

What do...

you believe are the biggest reasons for being unhealthy at work?

- Unhealthier foods are more affordable than alternatives.
- Smoking.
- Mental health.
- Physical inactivity.
- Addiction to sugary foods.
- Unhealthier foods are more convenient.
- There are too many unhealthy food options at work.
- N/A - there are no reasons for being unhealthy.

Sector Analysis

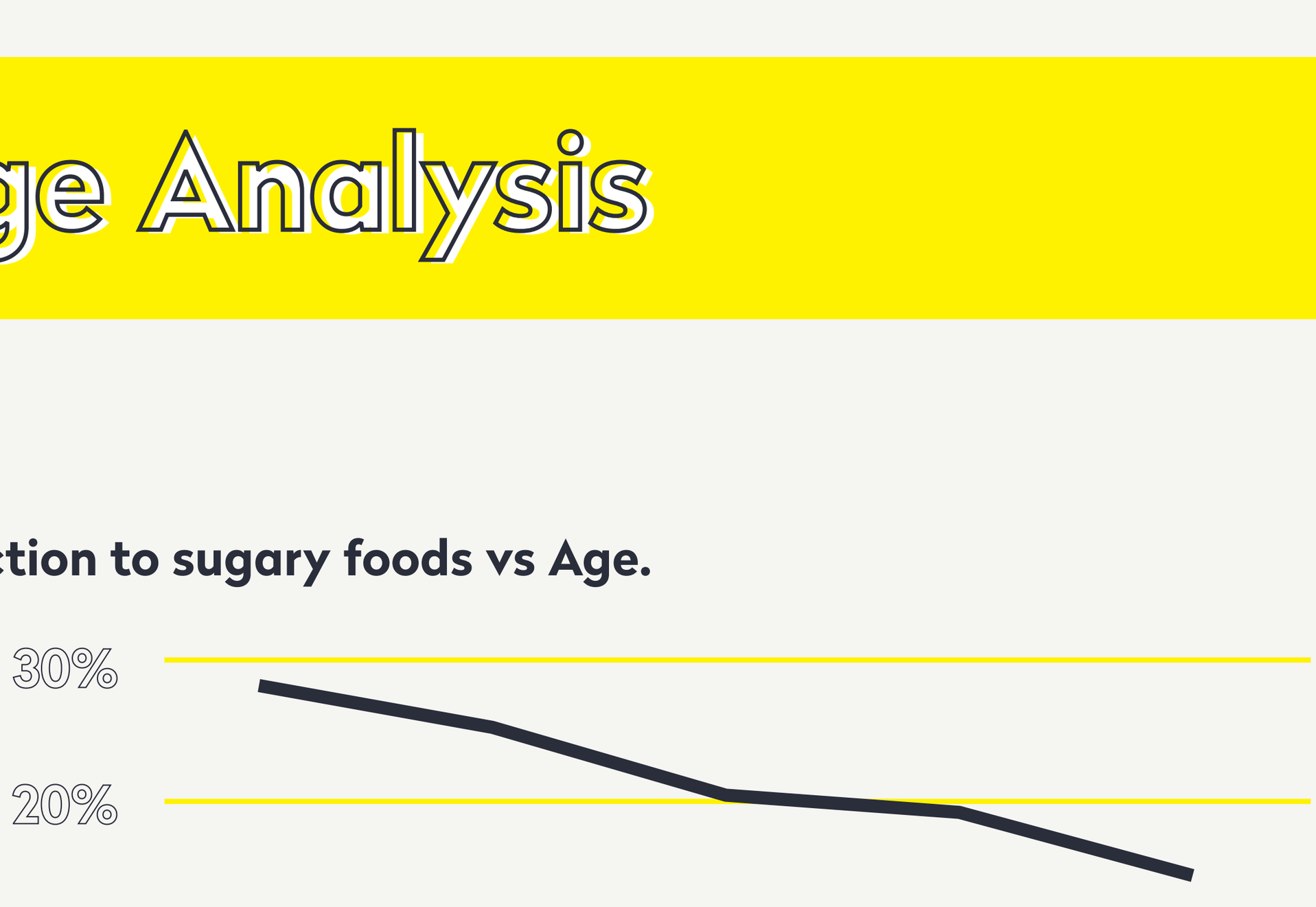
32%

When it comes to unhealthy habits, 32% of workers in science and pharmaceuticals believe mental health is a contributing factor, whereas just 4% of those who work in law enforcement and security think the same.

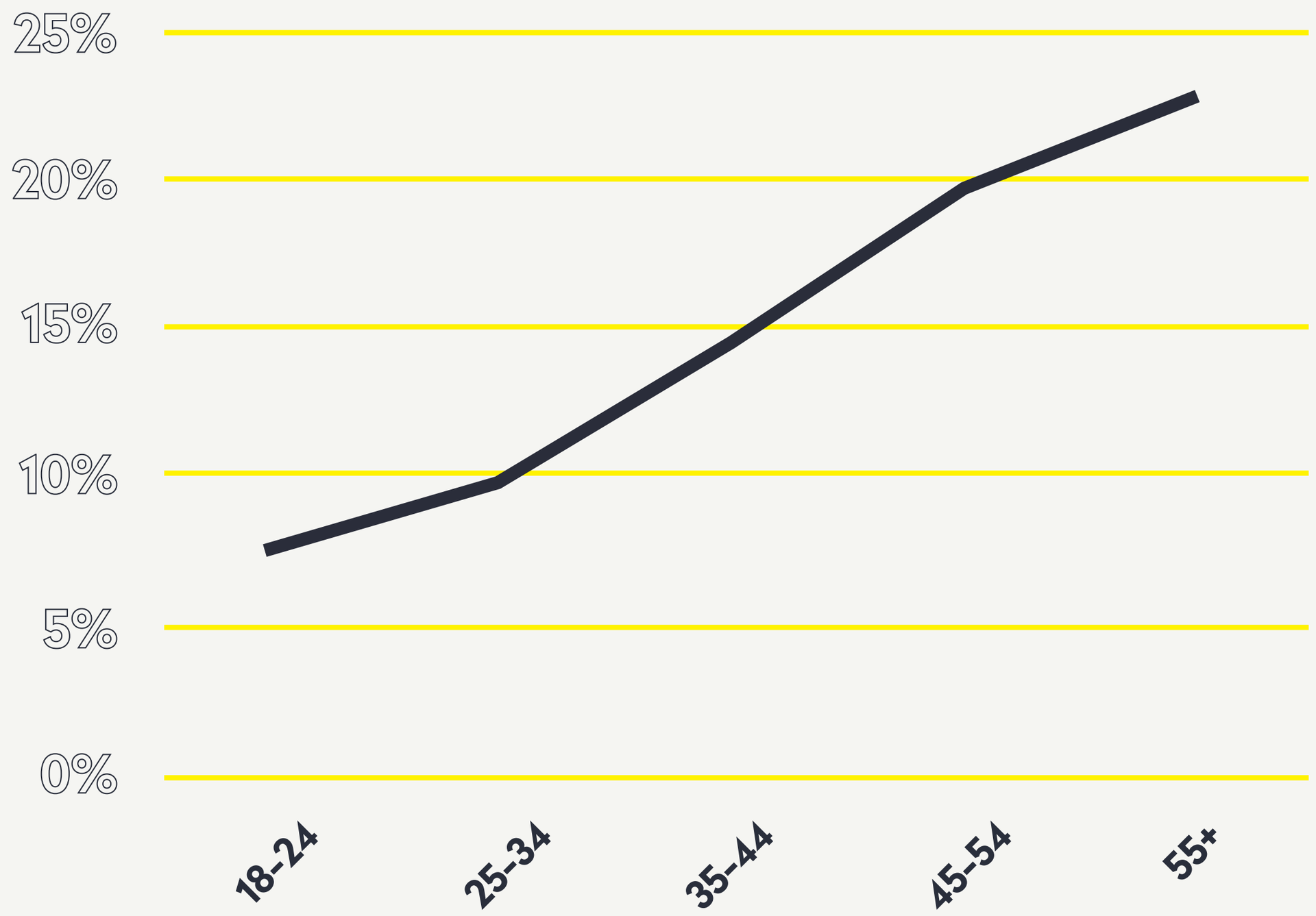
Just 3% of those who work in social care believe smoking is a key contributor, compared to 25% in information and analysis. Workers in social care rank the highest for believing addiction to sugary foods is a contributor, compared to just 12% of those in insurance and pensions who think the same.

Age Analysis

Addiction to sugary foods vs Age.



Believe there are no reasons for being unhealthly vs Age.



29%

The main result from the age group analysis was the correlation between age and addiction to sugary foods, and the correlation between age and believing there is no reason to be unhealthy. 29% of workers aged 18-24 believe sugar addiction is a big reason for being unhealthy, which is almost double the proportion of 55+ year olds who think the same (14%).

Interestingly, 9% of 18-24 year olds selected the option for there being no reason to be unhealthy at work, which is almost a third of the proportion of those aged 55 and over who believed the same (22%).

Q7

If you...

have sugar in your tea or coffee at work, how many teaspoons do you have?

Sector Analysis

72%

The law enforcement and security sector stands out for having zero sugars in their tea with a response rate of 72%, whereas those who work in information, research and analysis are the least likely to take their hot drinks with no sugar, with a response rate of 17%. Those who work in accountancy, banking and insurance are the most likely to have five or more sugars, with 6% of workers doing so.

Workers in the science and pharmaceutical industry are the most likely to not have hot drinks, with 25% of respondents saying they don't drink tea or coffee. In comparison, those who work in law enforcement and security are most likely to drink tea/coffee with just 4% of workers surveyed saying they don't consume hot drinks.

Age Analysis

25%

of 18-24 year olds have 0 sugars compared to 63% of 55+

3%

of 25-34 year olds have 5+ sugars, making them the biggest sugar consumers.

The percentage of each age group who take no sugar with their drinks scales with age, which ties into the finding that older workers are more health-oriented, as supported by questions one, three and four.

25-34 year olds are the biggest sugar consumers with 3% of respondents taking five or more sugars, which is around eight (7.7) times more than those aged 55 and older (0.4%). Workers aged 18-24 are most likely to not drink coffee at all, with 20.59% not doing so.

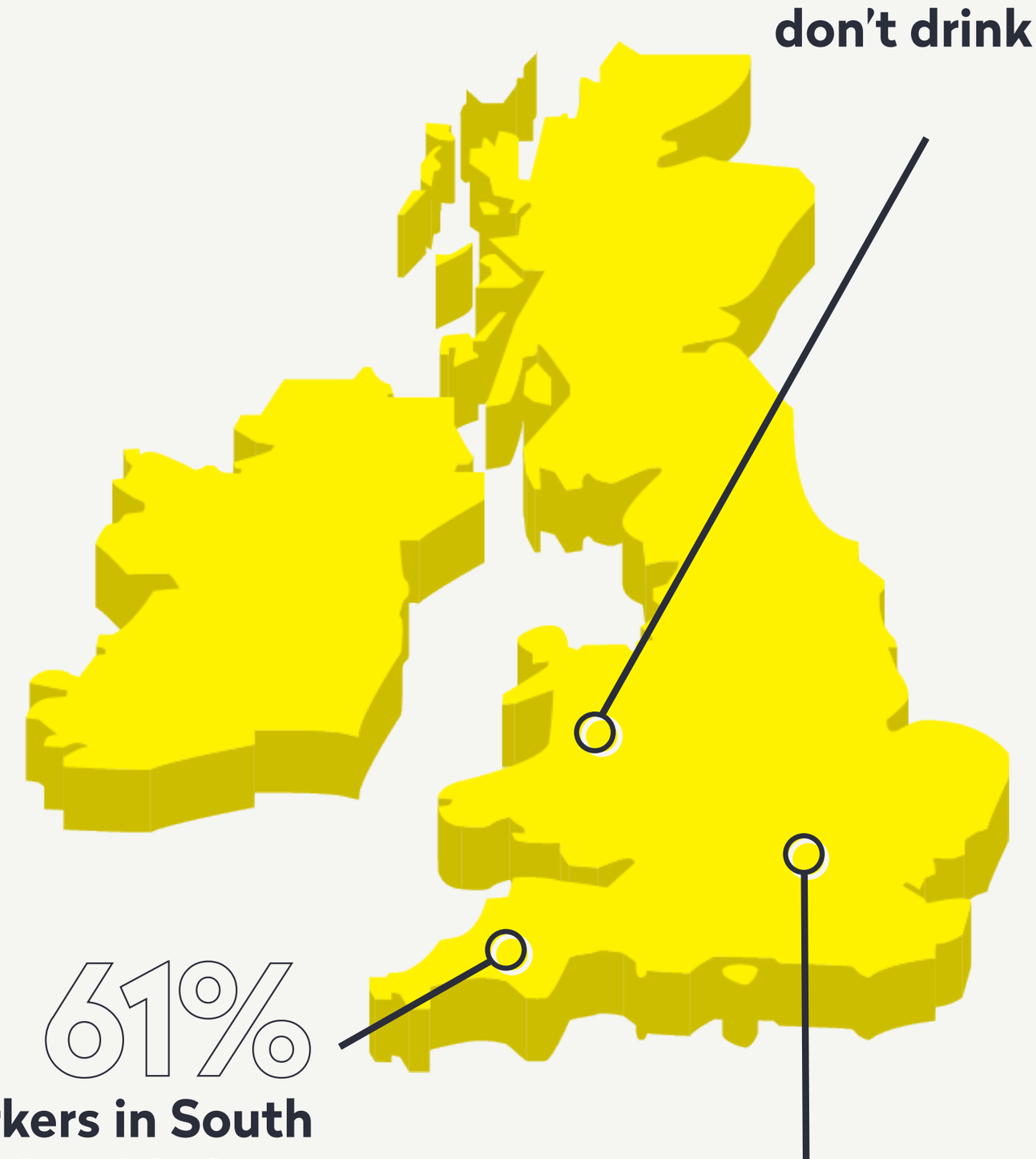
Region Analysis

6%

London workers are the biggest sugar consumers, with 6% of respondents taking five or more sugars in their hot drinks. The South West is the region that's most likely to have zero sugars in their tea, with 61% not having any. London is the least likely area to have zero sugars, with just 31% stating they have none. East Anglia has the largest proportion of workers that don't drink tea or coffee, with 21% of respondents not doing so

21%

of workers in Wales don't drink tea/coffee.



61%

of workers in South west are less likely to have any sugars.

5+ Sugars

of workers in London is the biggest consumer of sugar

Gender-Age Analysis

3%

One standout figure from the gender analysis is that men are almost five (4.9) times more likely to have five or more sugars in their tea or coffee, with 3% of respondents admitting to doing so, in comparison to just 0.56% of women. Women aged 55 and over are the most likely to have zero sugars (67%), while women aged 18-24 are the least likely to have no sugars with a response rate of just 22%.

Men aged 25-34 are the most likely to have five or more sugars with 6.8% of respondents in that demographic doing so. Both males and females aged 18-24 are the most likely demographics not to drink tea, with 21% of workers agreeing with this statement for both genders.

Dr Gabrielle Macaulay

GP and Medical Director of Dr Gabi Clinic



warns...

It's currently known that depression or anxiety can be an outcome of stress. In addition, physical disorders such as hypertension and diabetes can also be caused due to stress. While research has established the two-way link between stress and these physical disorders, organisations should be aware of this and encourage staff to maintain a good work-life balance (see points 1 and 2). However in addition to this, it is important that people develop strategies to remain active while being at work or when working from home.

Next, Gabriella provides insight as to why it is important for people to remain active at work:

01

Being active boosts people's immune systems which in turn will help prevent workers taking sick leave for viral illnesses. Moderately active people have a 20-30% lower risk of getting a cold than sedentary people, but people who do extreme exercise have the highest risk – ie. extreme exercise suppresses the immune system, a moderate amount helps it.

02

Stress can have an effect on the development of hypertension and high cholesterol levels and these are chronic diseases that kill. These are no longer a disease of old age, it is something that affects many people nowadays who are relatively young, especially in the black community.

Repeated exposure to stress causes release of cortisol and adrenaline which can cause quick peaks in blood pressure but can also lead to persistently low energy levels when are adrenal glands which make the stress hormone get tired of working so hard. Exercising consistently acts to reduce blood pressure by causing our blood vessels to relax and dilate. Exercise can reduce our bad cholesterol by enhancing the reverse cholesterol transport system and increasing HDL (a good cholesterol).

03

Exercise can boost self esteem. Regular physical activity can help people not only feel good in themselves, it can also help them feel good about themselves. It improves a person's perception of their physical condition and body attractiveness, and increases their sense of physical self-worth/esteem.

Feeling good about oneself and how one looks is probably one of the most powerful motivators to be physically active for most people—call it vanity - we can all be vain - but it really is a powerful driver. Importantly, it's not how we look that matters most, but how we feel about how we look that really counts. And regular exercise helps with both.

04

Exercise boosts energy so within reason when it comes to exercise "The more you give, the more you get". Your body expands its energy reserves by the "overload principle" - when you push your body beyond what it is used to, it responds by adapting to cope and function better in the future. This is why muscles get stronger in response to lifting weights and the heart gets more efficient in response to brisk walking.

05

Exercise lifts people's spirits - I picture exercise as an antidepressant. People who exercise regularly are less likely to become depressed and some studies have reported it is as effective as a low dose antidepressant for mild to moderate depression. It stimulates the release of mood-enhancing chemicals called endorphins in the brain, especially intense exercise. Incredibly, endorphins have similar effects to opiate drugs in that they reduce pain and make one feel euphoric – so get your daily fix!

Q8

On average, how much money do you spend on food that's generally considered to be unhealthy per week at work?

Note: respondents were asked to select the best match in pounds (£)

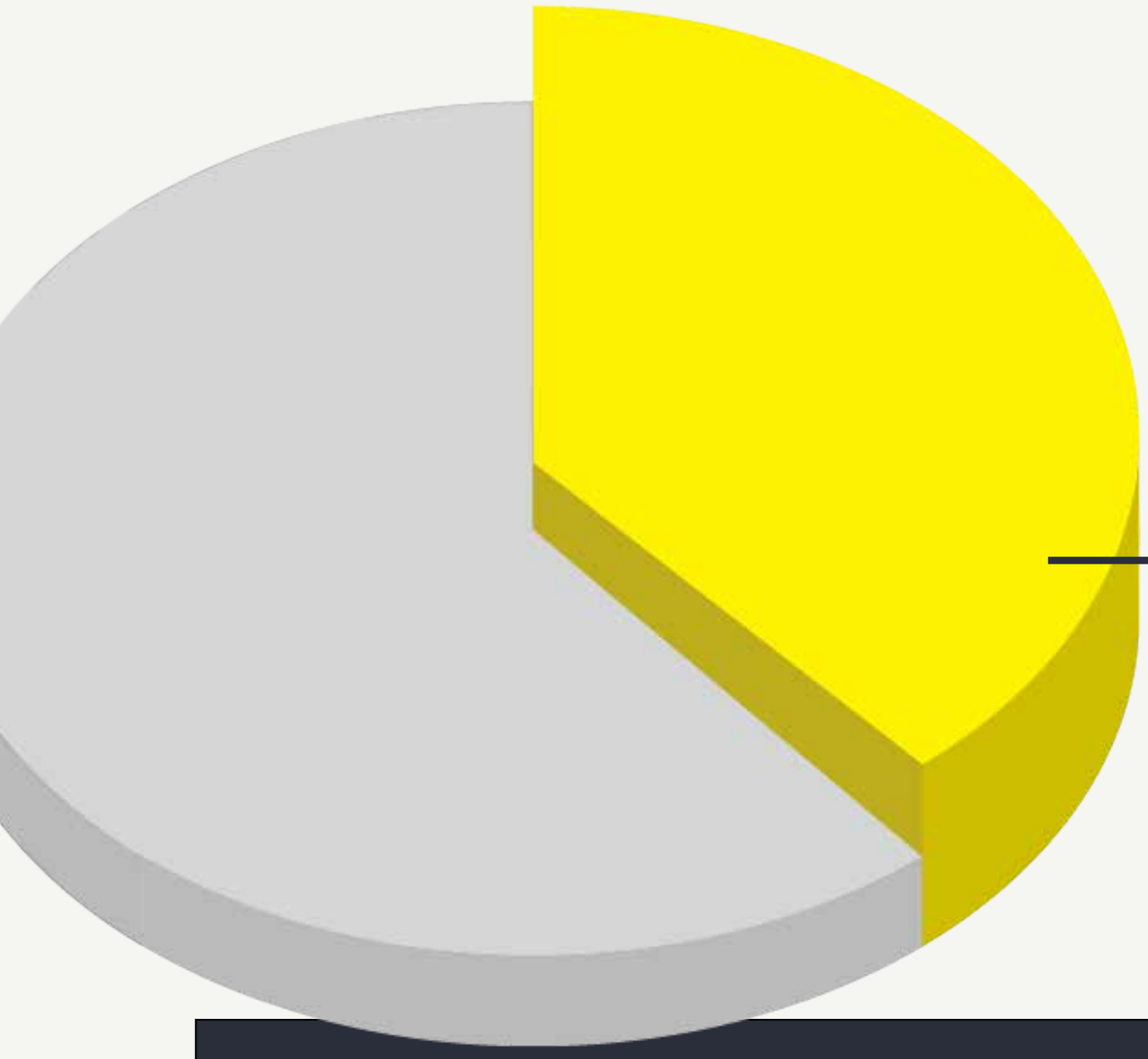
Sector Analysis

60.87%

Law enforcement workers are the most likely to spend between £1 and £10, with 61% of those surveyed doing so. Accountancy, banking and finance are the biggest spenders overall, with 5% of workers spending £51+ per week on unhealthy food. Those who work in marketing, advertising and PR are the most likely to not spend any money on unhealthy food per week, with 22% of workers not spending anything.

Age Analysis

53% **of 55+ year olds are more likely to spend £1 - £10 on unhealthy food.**



39%

on average spend £1-£10 on unhealthly food

The biggest standout figure occurs in the £1-10 range, with 53% of people aged 55 and over falling into this spend category. This is almost double the proportion of 18-24 year olds, with 27% of them spending £1-10 on unhealthy food per week. The proportion of each age group within the £1-10 category also seems to scale with age, suggesting older workers are more reluctant to splash out on food.

Region Analysis

3%

Perhaps unsurprisingly, the region that's most likely to spend £51 on unhealthy food per week is London, with 3% of workers in the area doing so. Scotland is the most frugal region, with 46% of workers spending between £1 and £10 on food per week. East Anglia is the region that's least likely to spend any money per week with a response rate of 17%, which is just three times the proportion of Northern Ireland workers who also spend nothing, with just 6% not buying food at all throughout the week.

46%

of Scotland are more likely to spend between £1-£10 a week

6%

of Northern Ireland are least likely to spend money.



London

Spends £51

a week

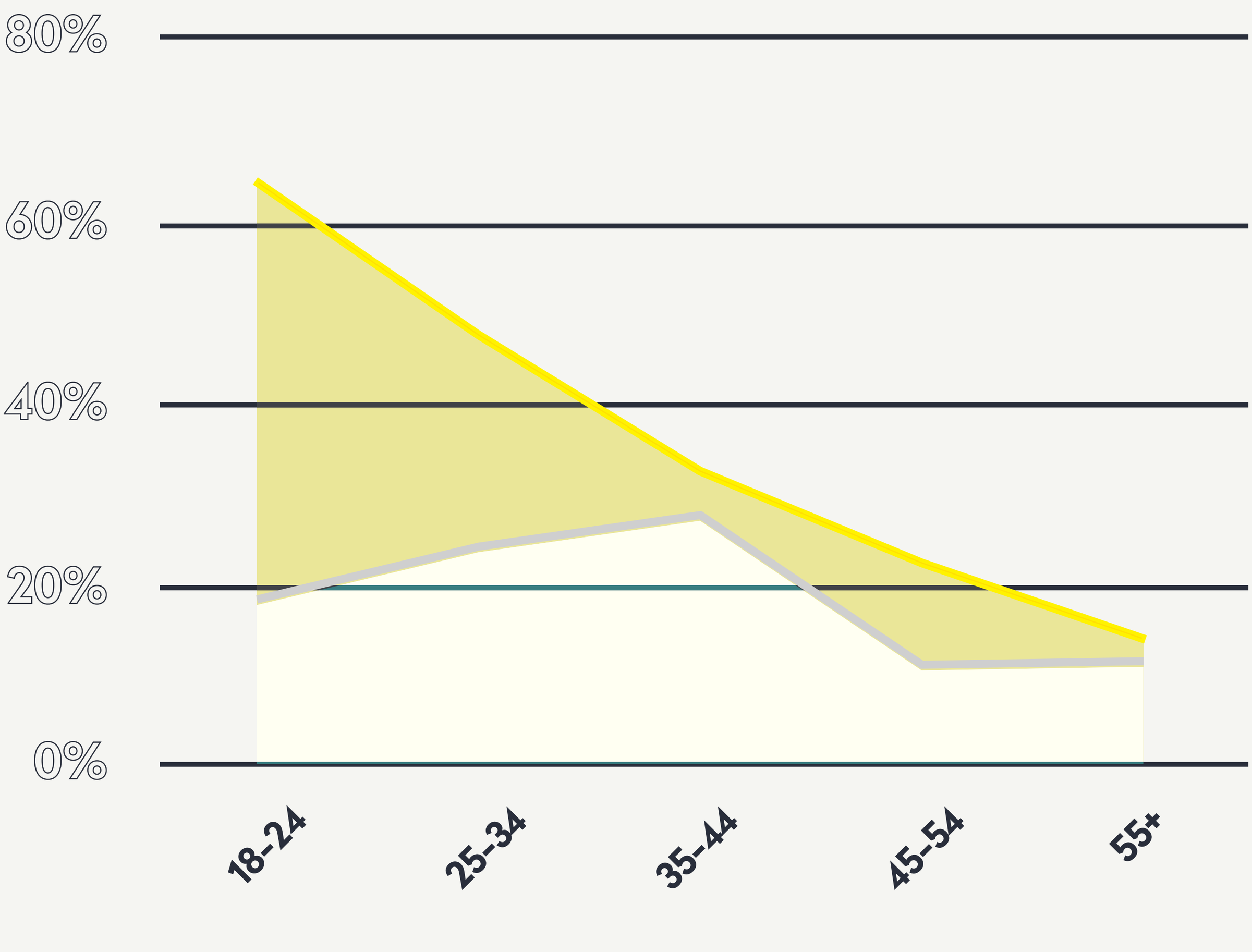
Gender Analysis

2%

The biggest standout figures from the gender analysis revealed that men are three times more likely to spend £51 or more per week, with 2% of males doing so, compared to just 0.53% of females.

All in all, almost four times more (3.7) men spend between £41 and £50 than females, with 5% of men doing so compared to just 1.16% of women. Furthermore, 11% more females spend just £1 to £10 per week on unhealthy food, with a response rate of 44% compared to 33% of men.

Gender-Age Analysis



62%

There's a huge split in the proportion of men aged 18-24 that spend over £21 a week on unhealthy food, with 62% of respondents doing so. That's 3.6 times more than the proportion of 18-24 year old women who do the same (17%). As seen in the above graph, this gap between genders starts to decrease with age - however, the proportion of males who spend £21+ per week is higher than women for all age groups. Other standouts include that males aged 25-34 are most likely to spend £51+ a week, with 3% doing so.

Q9

Other than walking,

what forms of exercise do you do during your lunch break at work?

- Gym
- Yoga
- Pilates
- Running
- Swimming
- None

Sector Analysis

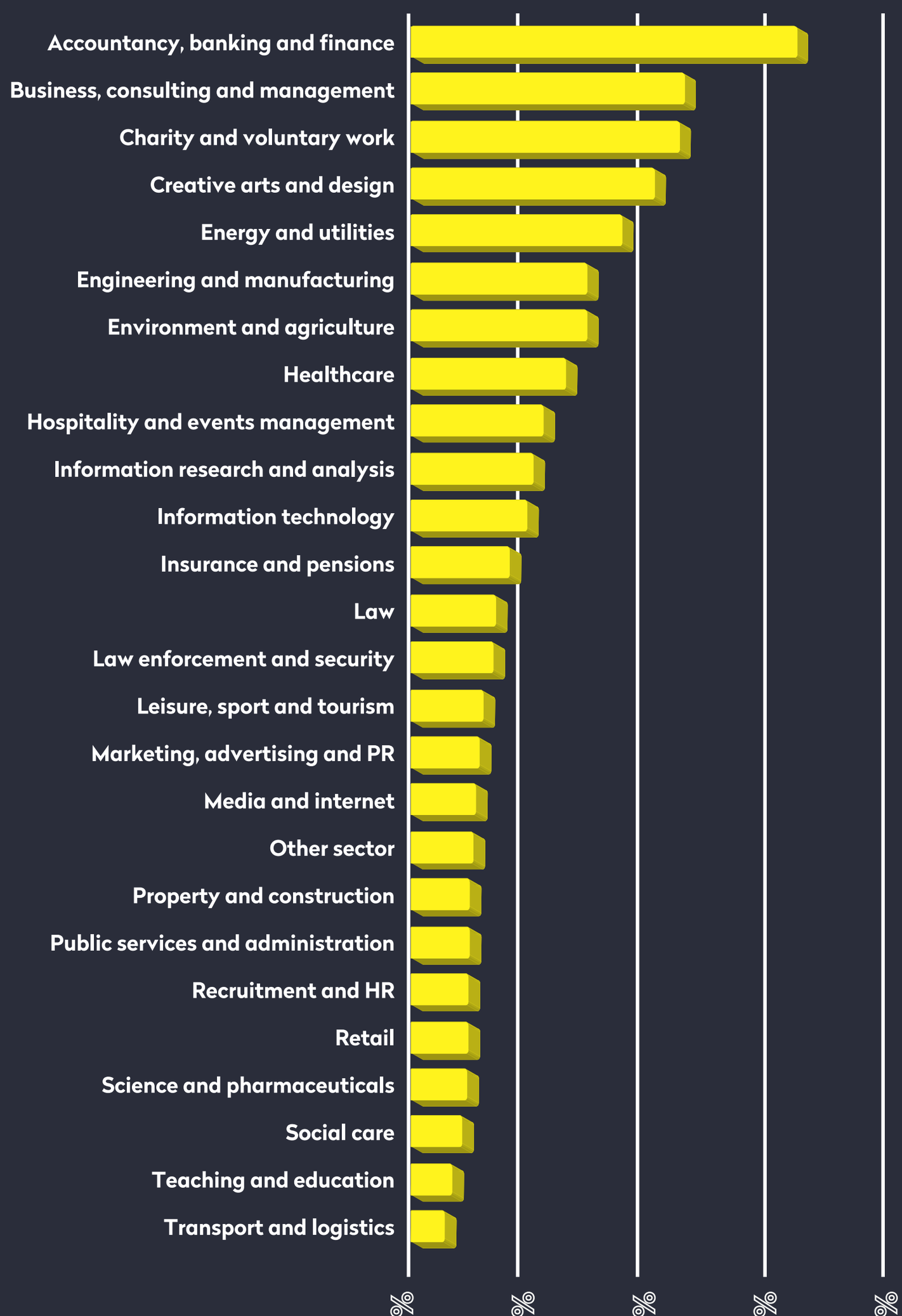
The methodology used to produce the above chart follows that of previous multiple choice questions, with an average percentage calculated per sector for all responses.

The analysis reveals that information, research and analytics come out on top as the industry that's the most successful at exercising on their lunch break, with an average score of 33%. This is over ten (11.5) times the average response rate for public services and administration at just 3%.

Some other standout responses were that those who work in law enforcement and security have the lowest lunchtime gym attendance, with just 4% of workers going there to exercise on their break.

Creative arts and design workers top the industries for lunchtime yoga attendance at 25%, and also top the charts for lunchtime pilates with an attendance rate of 29%.

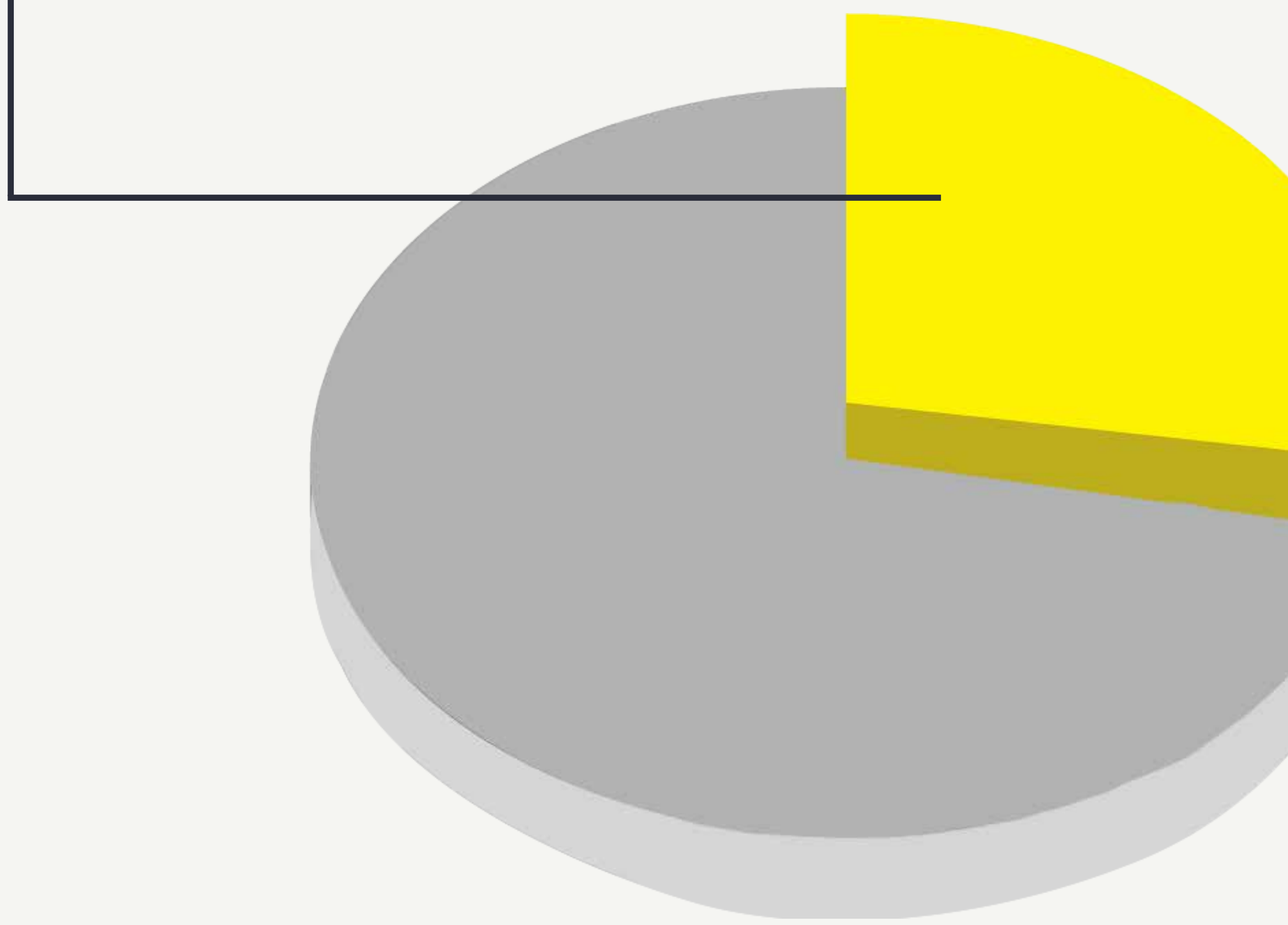
None of the social care workers surveyed attended either pilates or yoga at lunch. Marketing, advertising and PR workers scored the highest for no lunchtime exercise, with 89% of respondents doing no physical activity on their break



Age Analysis

14%

of 25-34 year olds come out on top for attending lunchtime exercise.



Younger workers come out on top for lunchtime exercise attendance with an average response rate of 14% for those aged 25-34, compared to just 3% for workers aged 55 and over.

20%

Lunchtime gym attendance seems to decrease with age, with 20% of 18-24 year old gym-goers dropping to 5% in the 55+ aged group. Similar trends are also seen in pilates and swimming. The biggest non-exercisers are 55+ year olds with 86% of surveyed workers not attending the gym at lunch.

Region Analysis

12%

London comes out as the home to the most lunchtime exercise addicts, with a huge response rate of 23%. This is double the response of the next best region, the West Midlands, which had an average response rate of 12%. It's also almost five times (4.7) greater than the bottom scorers (Northern Ireland), which had a response rate of just 5%.

In fact, London workers scored the highest for all options except the 'none' answer. As a result, London also scored the lowest for workers not attending any lunchtime exercise, with a result of 49%. The average for not doing any physical activity at lunch for all other regions was 76%, with the West Midlands showing the second-lowest score with 72% of workers admitting to not doing any work time exercise. This response is a staggering 25% greater than workers in London.



Jenny Crawford

Chief People Officer
City Pantry

comments...

The simple act of sharing food has the power to bring people together and it can help play a vital role in the business world too. It helps make people feel more part of a team, and ultimately helps retain a company's most valued assets - its employees.

Businesses and business-leaders have a duty of care towards their team(s) and encouraging healthier eating habits will also encourage better physical and mental wellbeing.

Paying attention to the wellbeing of our team-members not only increases their happiness but also has a positive impact on the company.

Whether it's providing healthy snacks, subsidising healthier lunch options, providing wellness activities like office yoga or encouraging people to take time away from their desks (e.g. going for a walk at lunch to having a meeting outside) - these relatively small changes don't have to cost a lot to a business, but can help deliver big on building a positive organisational culture and contribute to a more positive employee experience.

Q10

What would it take...

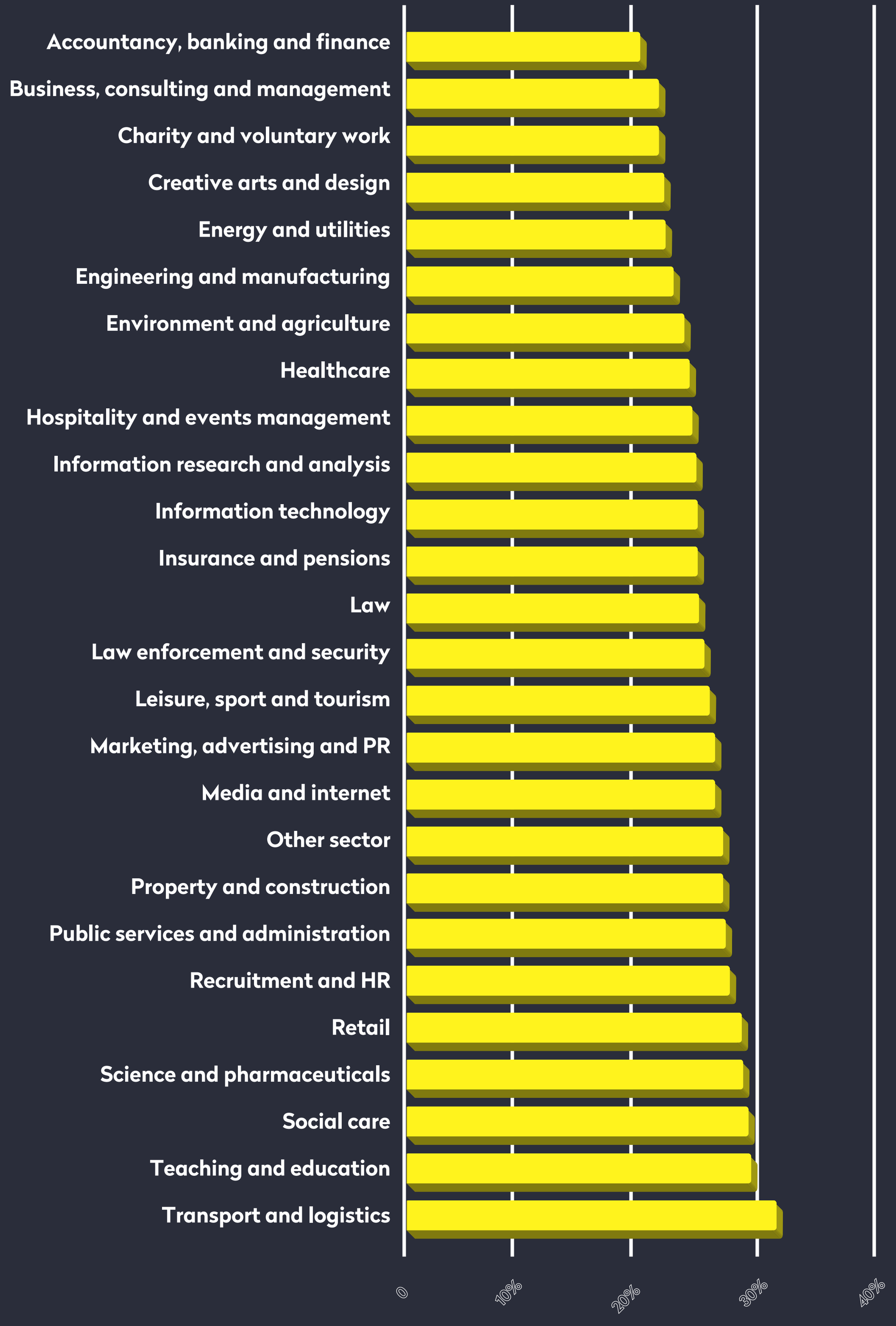
for you to improve your eating and exercise habits at work?

- Incentives from employer.
- Incentives from colleagues.
- If workplace offered healthy food at catered events or meetings.
- Free or discounted memberships organised through work.
- Better options for healthy food near work.
- If my work provided free fruit.
- If my colleagues stopped bringing in unhealthy foods.
- Nothing.

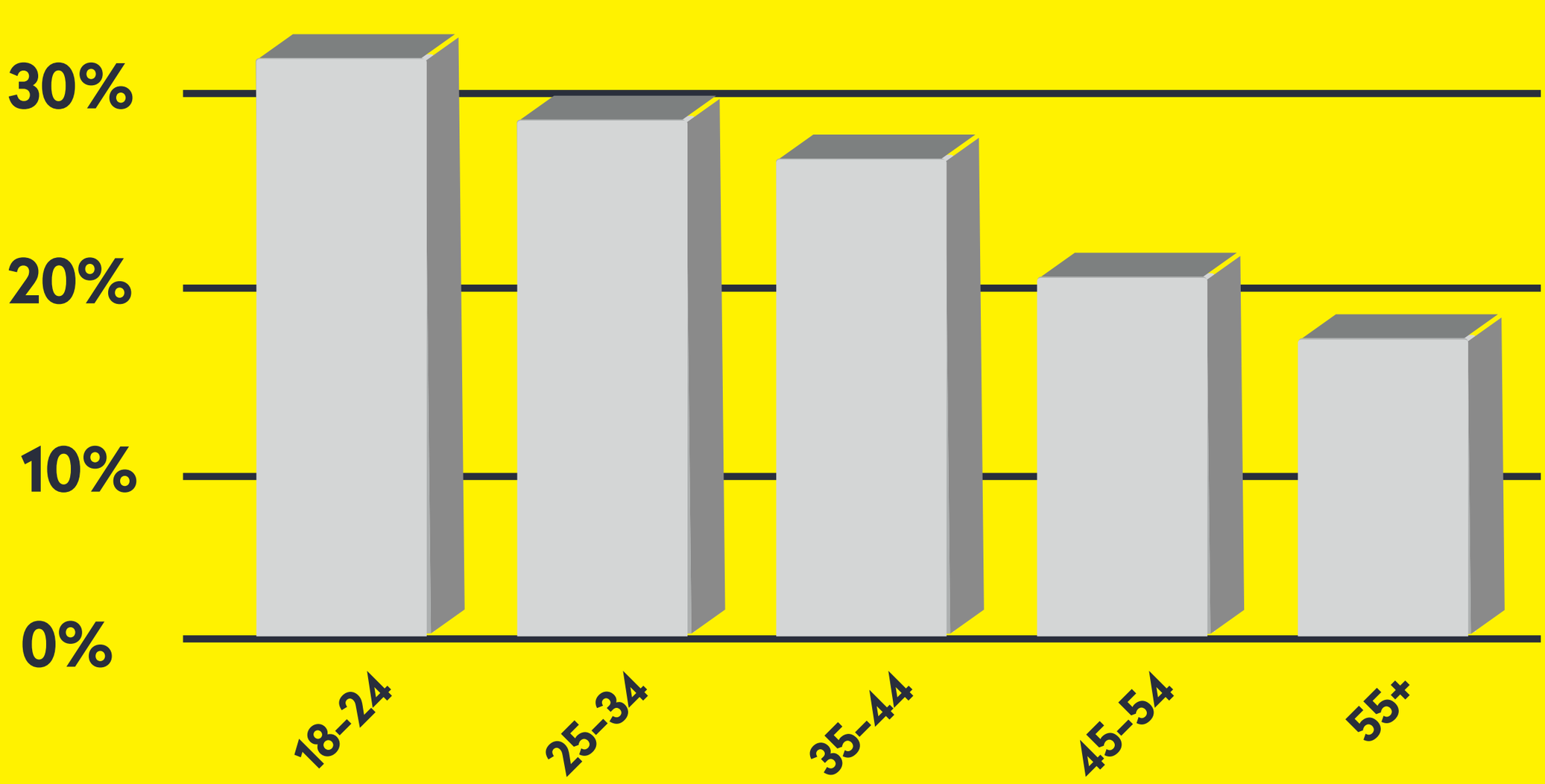
Sector Analysis

As throughout this report, the methodology for this graph follows the same used for all multiple choice questions asked, meaning the lowest scores represent there being various health incentives already being in place. Based on this, the science and pharmaceutical sector scores best for workplace health incentives with an average response rate of 20%. Information, research and analysis comes last with 32%.

Other standouts include that those who work in marketing and advertising top the results for wanting more employer incentives at 44%. However, marketing and advertising also come bottom in the response rate for wanting workplaces to offer healthy food at catered events, with a response rate of just 11%.



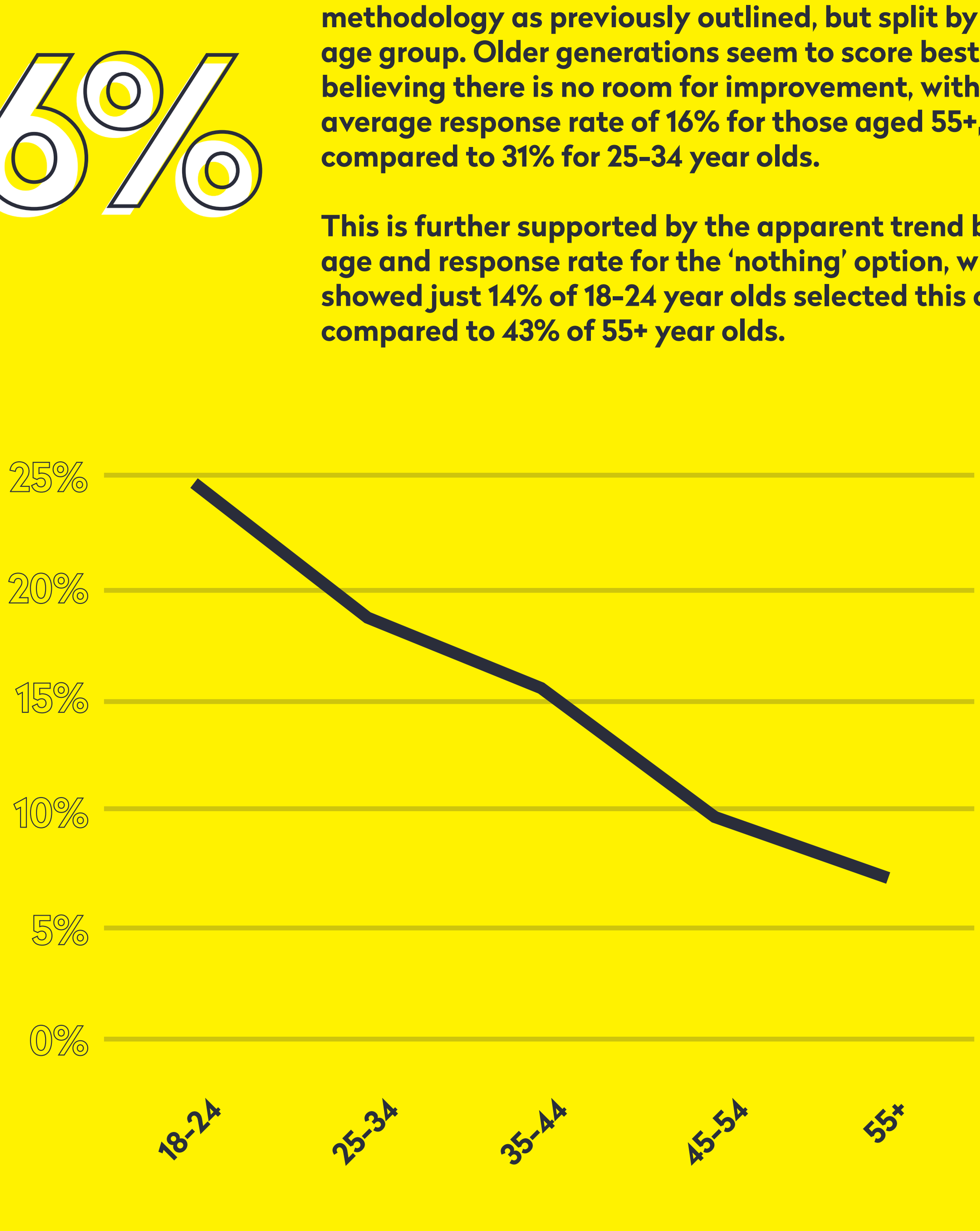
Age Analysis



16%

The chart above is produced following the same methodology as previously outlined, but split by age group. Older generations seem to score best for believing there is no room for improvement, with an average response rate of 16% for those aged 55+, compared to 31% for 25-34 year olds.

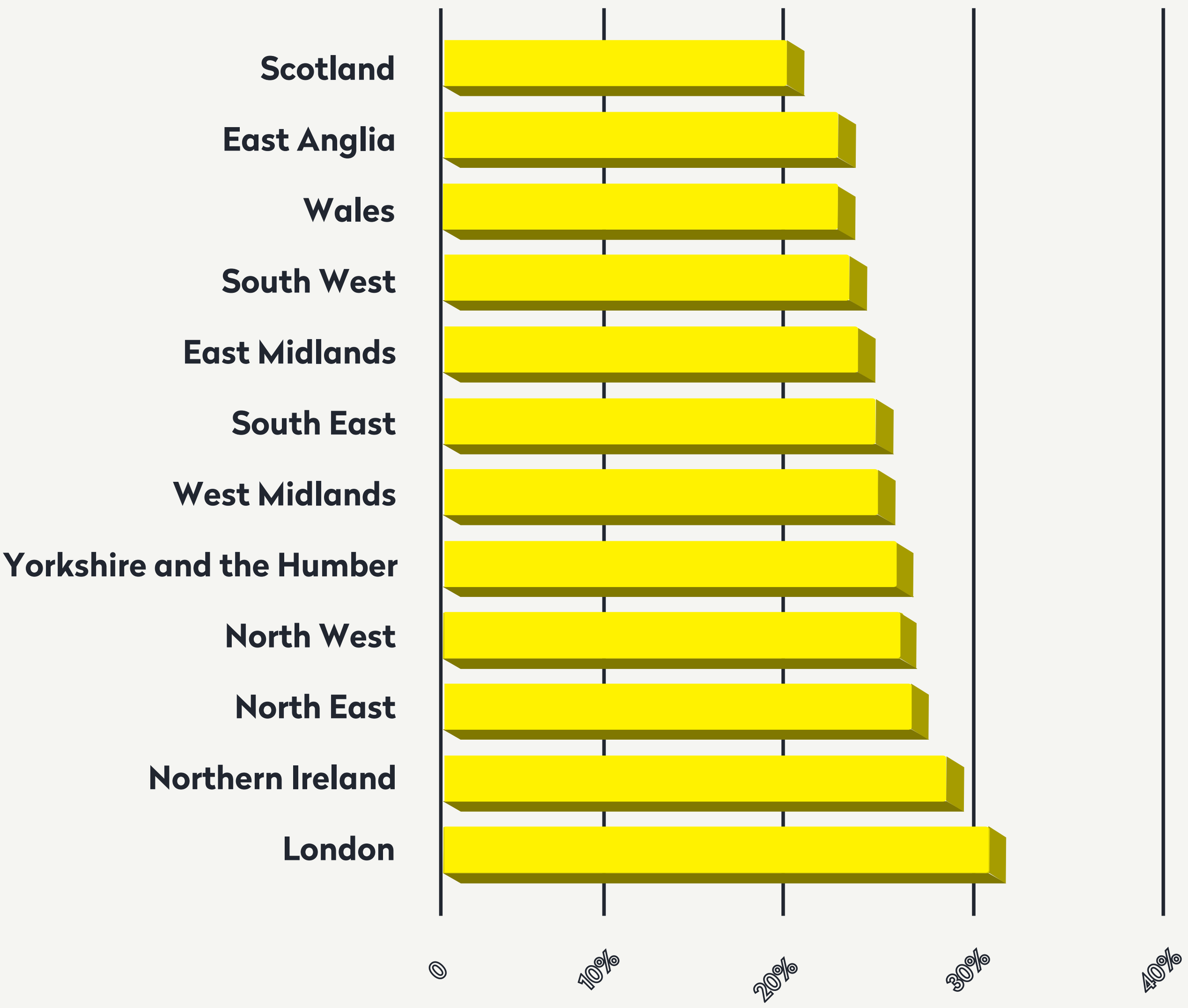
This is further supported by the apparent trend between age and response rate for the 'nothing' option, which showed just 14% of 18-24 year olds selected this option, compared to 43% of 55+ year olds.



25%

The want for incentives from colleagues also seems to decrease with age, with 25% of 18-24 year olds saying that incentives from fellow workers could improve their work-life health, compared to just 7% of those aged 55 and over.

Region Analysis



20%

Scotland comes out on top in the regional analysis, with the average score of 20% revealing that workers feel their workplace provides positive incentives. On the other end of the scale is London with 31%. This may not be surprising due to the results for Scotland and London in question five, and due to London workers' unhealthy habits as highlighted in questions seven and eight.

Also supporting London's last place ranking is the fact that the region also came out bottom for believing nothing could be done to improve their workplace health, with just 16% of workers selecting that option. On the other hand, Scottish workers topped this option with 32% of workers believing nothing could be done to improve their workplace health.

London workers also strongly requested healthy food at catered events or meetings, making it the only region with an above 30% response rate, with a staggering 32% of workers highlighting it as a key area for improvement in the workplace



Charlotte Sunderland

Student Nutritionist at the University of Leeds

In regards to the amount of exercise a person with a 9-5 desk job should have in order to feel motivated at work...

The average person should exercise for 2.5 hours (moderate intensity) or 1.25 hours (high intensity), but for those with a desk job it can be considered inadequate to reverse the impact of being sedentary 9-5. It's important to take frequent breaks, walk around the office, cycle/walk to work if possible, take the stairs to try and increase steps. Exercise is extremely beneficial in boosting key hormones in the brain which will result in better moods, levels of concentration and motivation.

Jenny Crawford

Chief People Officer
City Pantry



Conclusions...

- **Concern for health in the workplace rises as workers age, meaning those aged 45-54 and 55+ are more likely to take advantage of employer incentives that promote healthy eating and exercise. It also means that those aged 44 and younger may require more persuasion to actively pursue a healthy lifestyle, as it's not a key concern for younger age groups.**

- **Those who work in law enforcement and security have among the most unhealthy lunch habits, with the majority of workers regularly skipping lunch, spending between 99-100% of their break at their desk, and reporting the lowest lunchtime gym attendance.**

- **Interestingly, the sector is also the one that least believes that mental health plays a part in eating habits. encouraging people to take time away from their desks (e.g. going for a walk at lunch to having a meeting outside) - these relatively small changes don't have to cost a lot to a business, but can help deliver big on building a positive organisational culture and contribute to a more positive employee experience.**

- **Younger workers are most influenced by the actions of their peers, with the percentage of employees who would change their habits if encouraged to do so by colleagues dropping with age.**

- **This is despite the findings that companies which employ workers aged18-24 rank the highest for promoting healthy living, implying that younger generations respond more to their peer's actions than their employers'.**

Stu Sunderland

Founder of City Pantry



comments...

In the last 10 years, we've seen big changes to how people engage at work. Cultivating a strong workplace culture has become an increasing focus of employers, with food being the social-glue that can bring teams together. Food is universal - everybody eats!

Here at City Pantry, we practice what we preach and provide weekly lunches for our teams - Although I remember a time in the early days when we stopped doing team lunches and saw a negative impact on the culture of the office. Teams worked less cross-functionally, people didn't socialise as much and the company felt more fragmented.

We've found that an increase in cross-functional empathy helps break down any communication issues, lets people get to know each other away from their desks, which can lead to more productivity in the team and helps individuals feel more valued.

Eating together has helped us work better, which is why we're on a mission to transform how other companies do food work.

CITY PANTRY

We are the UK's leading office-food delivery platform. Connecting corporate customers with over 700 restaurants and caterers across the UK, we feed over 50,000 people at 800+ companies every week. Easily search for great food by cuisine, budget, headcount, dietary requirements or meal types. Our dedicated team are committed to providing you with the best-possible experience, because people are at the core of what we do and why we do it.

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