



FOOD Barometers 2019 EMPLOYEES BAROMETER



FOREWORD

- ▶ **8th FOOD barometers.** As part of the evaluation of the European FOOD programme, barometers have been launched every year since 2012 in order to understand and analyse needs and opinions about healthy eating of the two main target groups: employees and restaurants.
- ▶ **Number of answers.** Among the 10 Member states involved in the programme, between 6 and 9 countries generated answers from almost 130 000 and 9 501 restaurants since 2012.
- ▶ **New entries.** In 2017, additional questions related to new technologies supporting the promotion of healthy eating at the workplace were included into the FOOD barometers. They remain in the 2019 barometers.

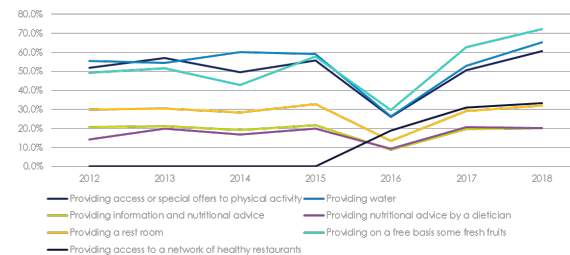
READING GRID

► For each question of the barometer, you may find:

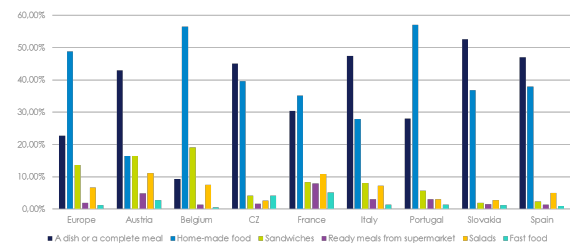
- A **line chart**, showing the EU evolution over the years (from 2012 to 2019)
- A **bar chart**, enabling a country by country comparison for the year 2019

► Reading tip: you can hover the mouse over a bar or a point on a line to display the corresponding figure

EU Evolution over the years (2012-2019)



Country by country analysis (year 2019)



Questions

1. In my opinion, the company can contribute to the employees' healthy lifestyles by:
2. How many times per week do you take a break to have lunch during your working day?
3. During the working days, where do you usually eat your lunch?
4. During the working days, what is your lunch usually composed of?
5. During the working days, how important are the following issues to the way you choose a restaurant or a cafeteria?
6. At lunch time, which of the following factors may affect your decision-making on what to eat...
7. New technologies (mobile applications, online tools) can support you in adopting healthier eating habits
8. What kind of technology would best support you in adopting healthier eating habits?

BAROMETERS' RESULTS 2019 : NUMBER OF ANSWERS

EMPLOYEES

	2012	2013	2014	2015	2016	2017	2018	2019
Austria	-	-	-	-	1012	503	502	312
Belgium	1419	484	983	3192	4565	9398	15350	12821
Czech Republic	731	501	1591	1079	823	1777	1105	1972
France	1085	892	920	1011	1208	1798	1509	1324
Italy	970	317	1004	1067	540	1170	1610	1753
Portugal	-	-	-	512	1035	3630	1173	13019
Romania	-	-	-	-	-	-	-	3654
Slovakia	616	736	539	1105	1175	1226	2351	3861
Spain	501	614	543	621	1391	821	1828	8393
Sweden	1002	1068	-	-	-	-	-	-
Total	6324	4612	5580	8587	11749	20323	25428	47109

RESTAURANTS

Austria	-	-	-	-	129	97	81	51
Belgium	41	42	56	0	59	51	52	50
Czech Republic	243	209	134	207	51	202	90	120
France	52	83	92	105	300	317	178	197
Italy	182	133	271	774	637	352	782	932
Portugal	-	-	-	43	109	86	52	68
Romania	-	-	-	-	-	-	-	62
Slovakia	52	64	53	86	102	105	76	108
Spain	212	139	115	63	139	85	100	180
Sweden	50	-	-	-	-	-	-	-
Total	832	670	721	1278	1526	1295	1411	1768

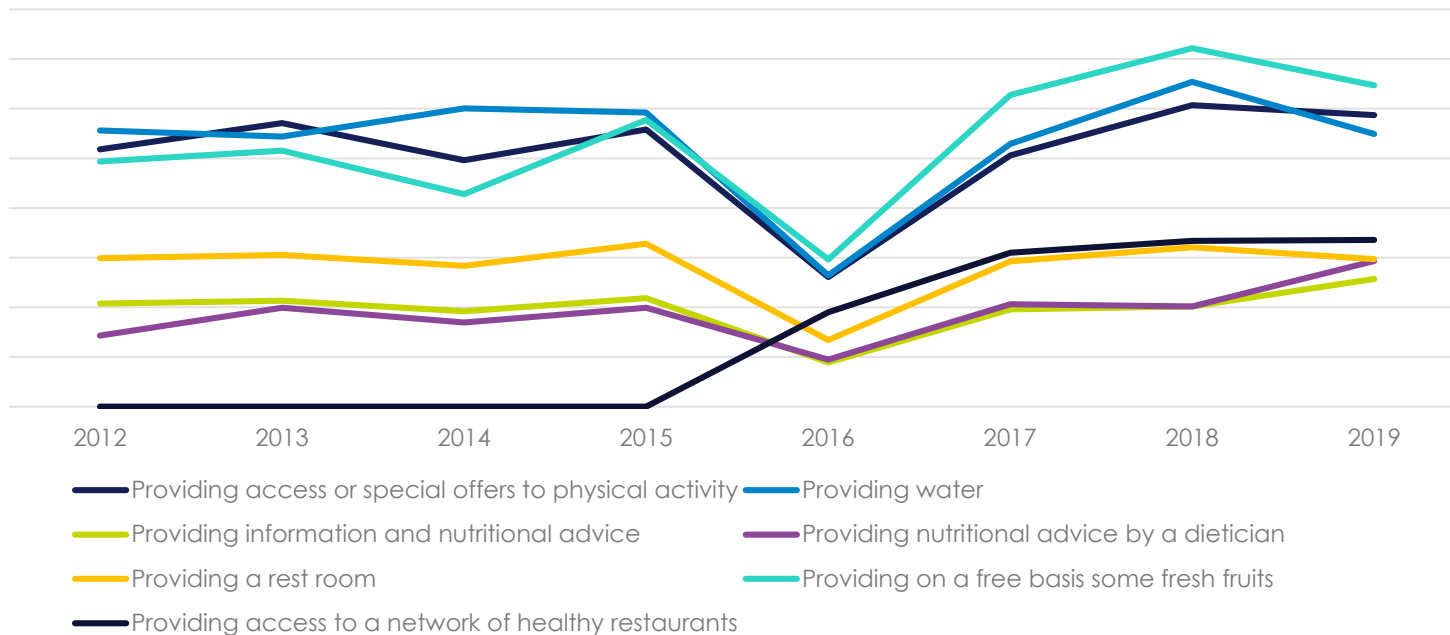
1

IN MY OPINION, THE COMPANY CAN CONTRIBUTE TO THE EMPLOYEES' HEALTHY LIFESTYLES BY:

Evolution over the years
(2012-2019)



Several answers possible

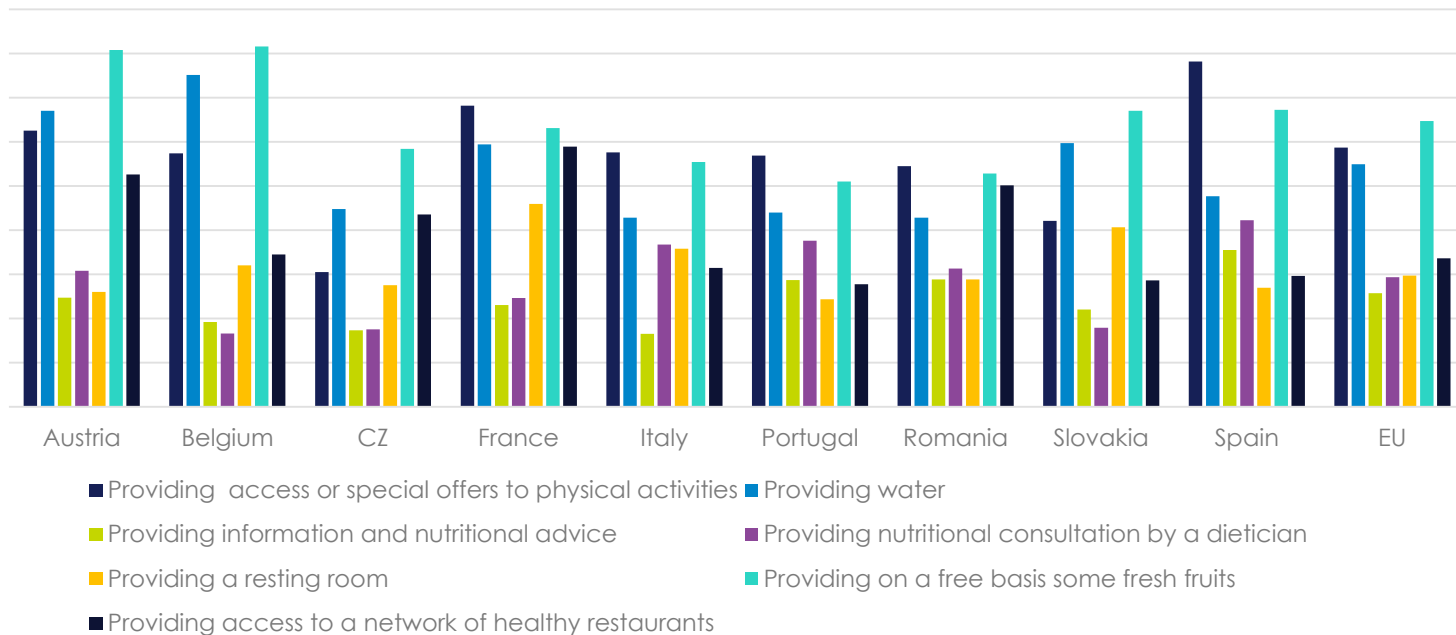


IN MY OPINION, THE COMPANY CAN CONTRIBUTE TO THE EMPLOYEES' HEALTHY LIFESTYLES BY:

Country by country
(2019)



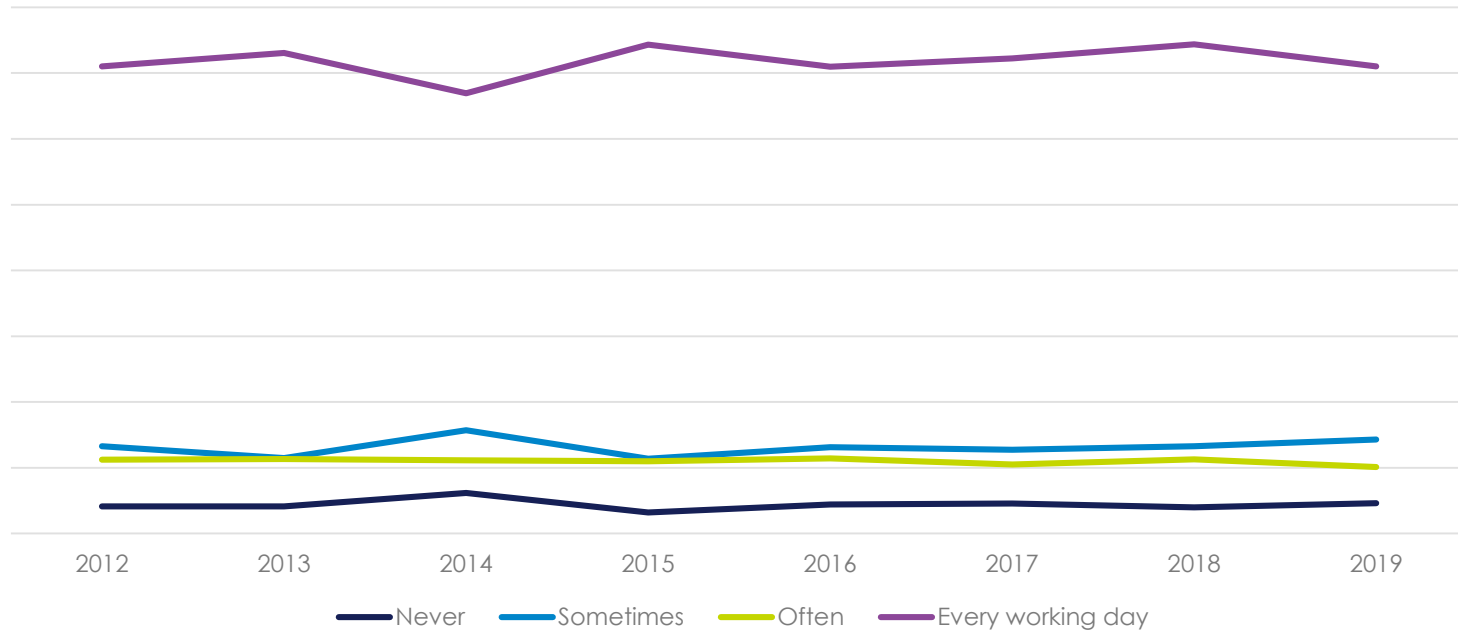
Several answers possible



2

HOW MANY TIMES PER WEEK DO YOU TAKE A BREAK TO HAVE LUNCH DURING YOUR WORKING DAY?

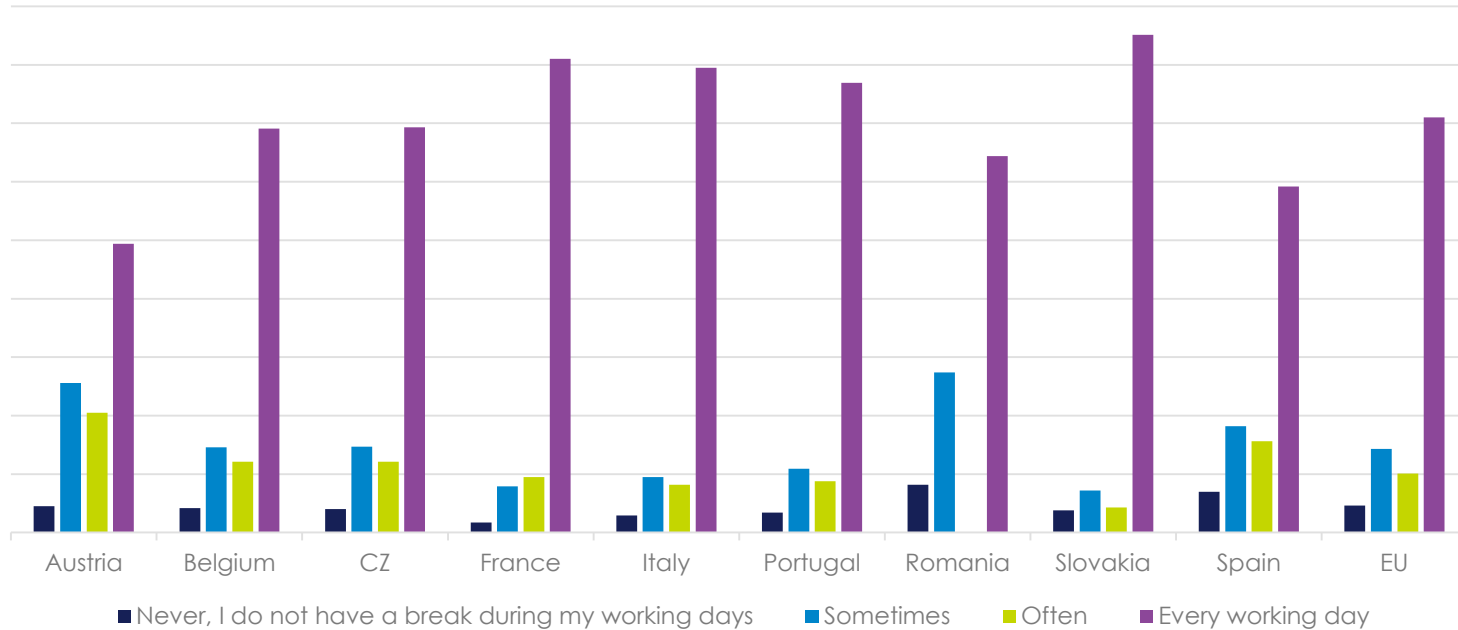
Evolution over the years
(2012-2019)



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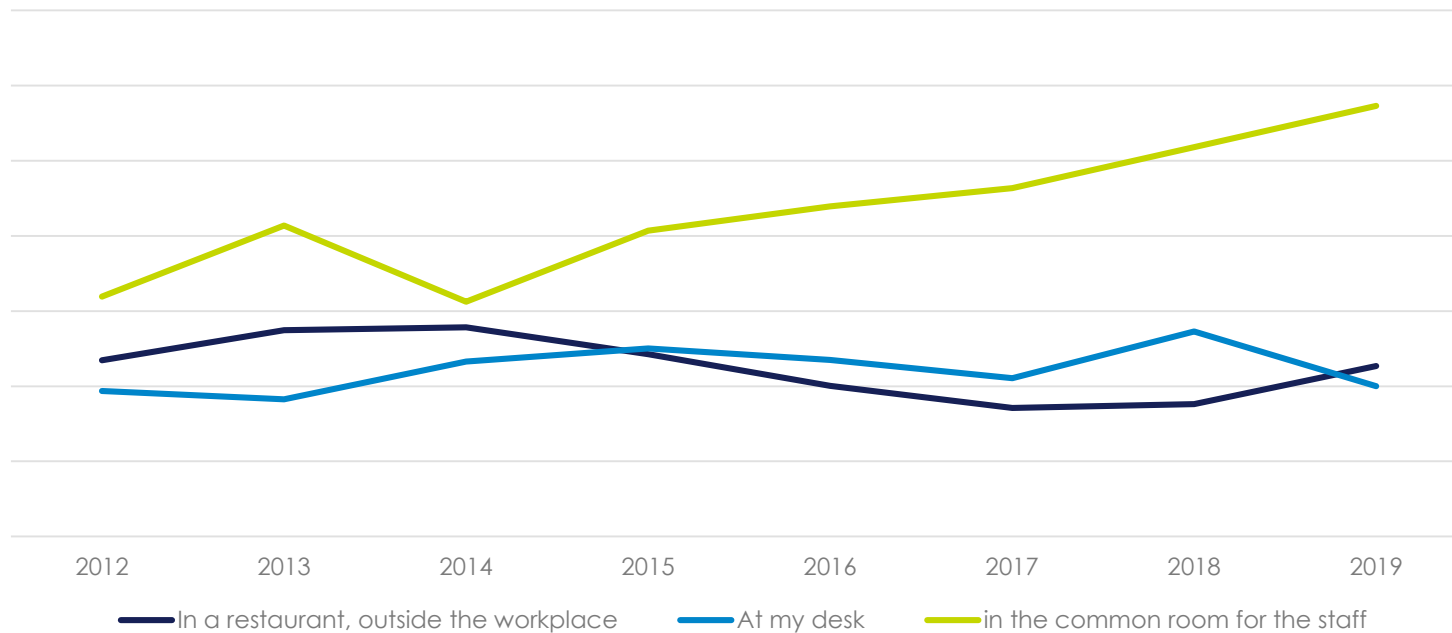
Country by country
(2019)



3

DURING THE WORKING DAYS, WHERE DO YOU USUALLY EAT YOUR LUNCH?

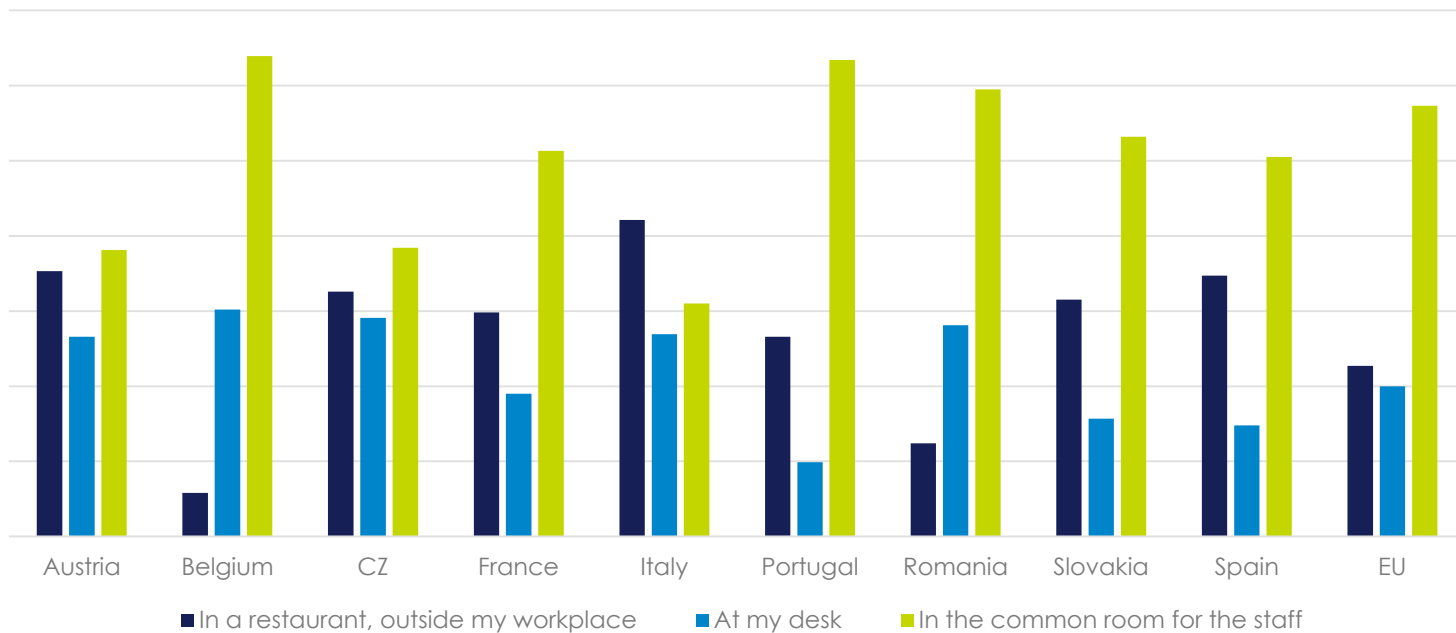
Evolution over the years
(2012-2019)



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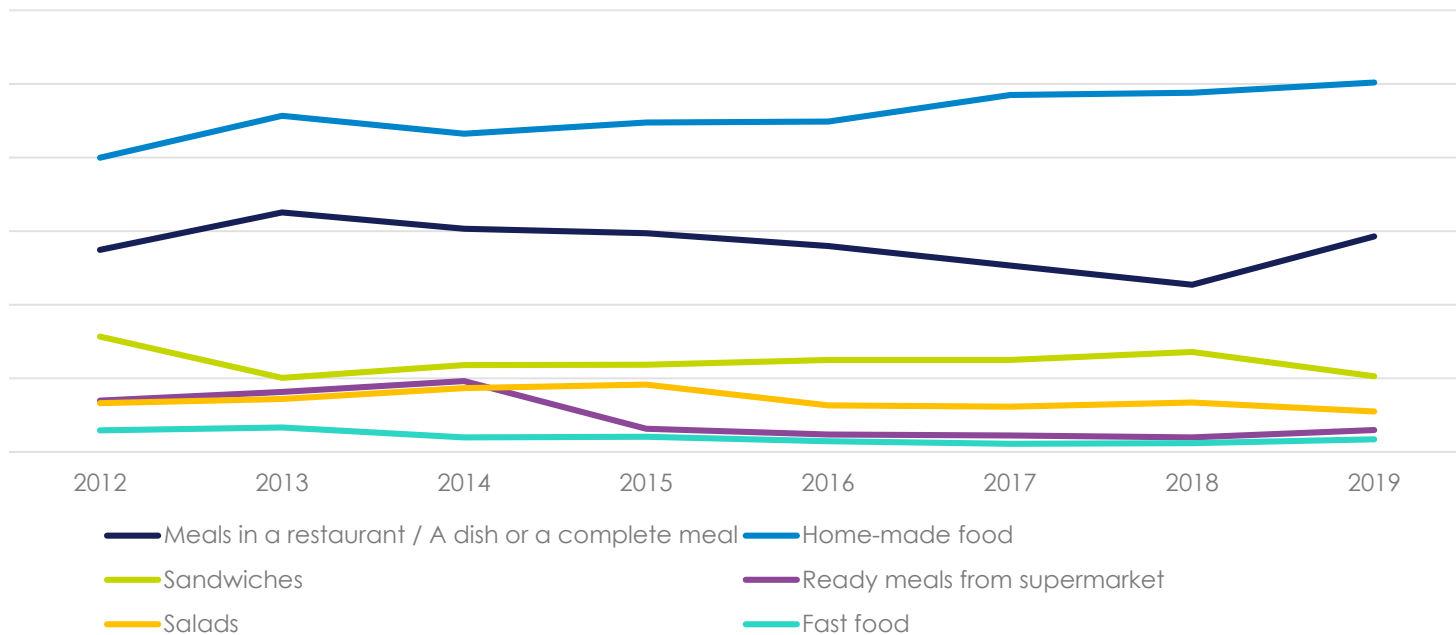
Country by country
(2019)



4

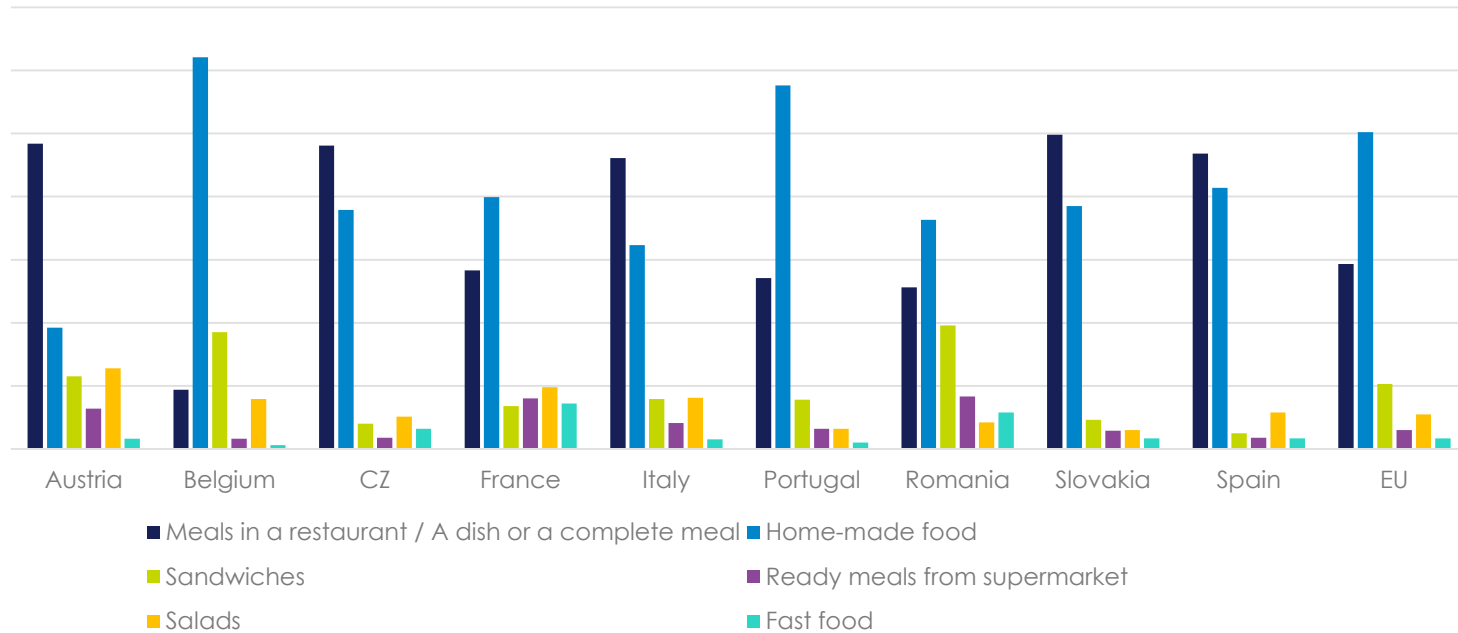
DURING THE WORKING DAYS, WHAT IS YOUR LUNCH USUALLY COMPOSED OF?

Evolution over the years
(2012-2019)



DURING THE WORKING DAYS, WHAT IS YOUR LUNCH USUALLY COMPOSED OF?

Country by country
(2019)

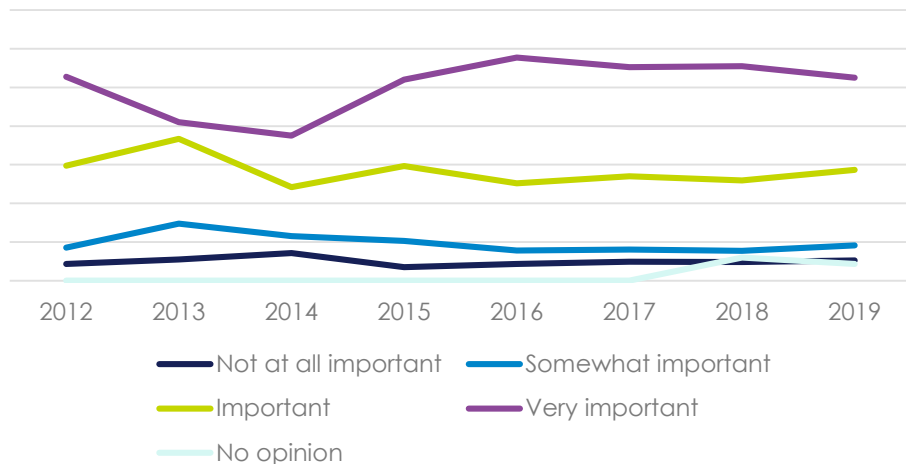


DURING THE WORKING DAYS, HOW IMPORTANT ARE THE FOLLOWING ISSUES TO THE WAY YOU CHOOSE A RESTAURANT OR A CAFETERIA?

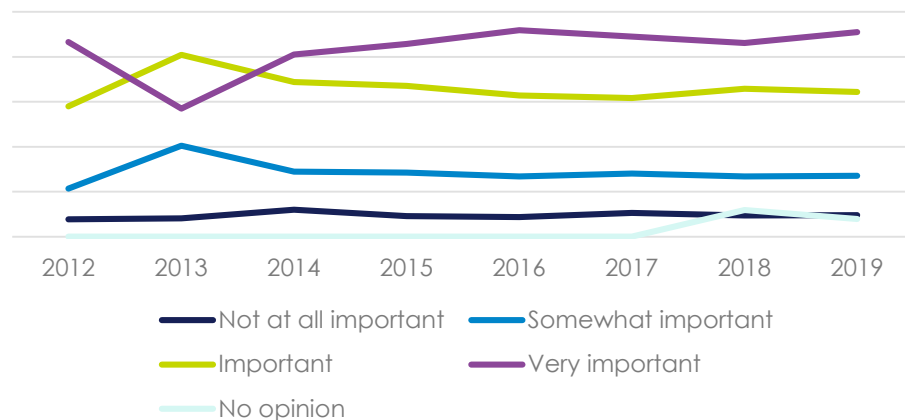
Evolution over the years
(2012-2019)



It is close to my workplace



The meals offered have good nutritional quality

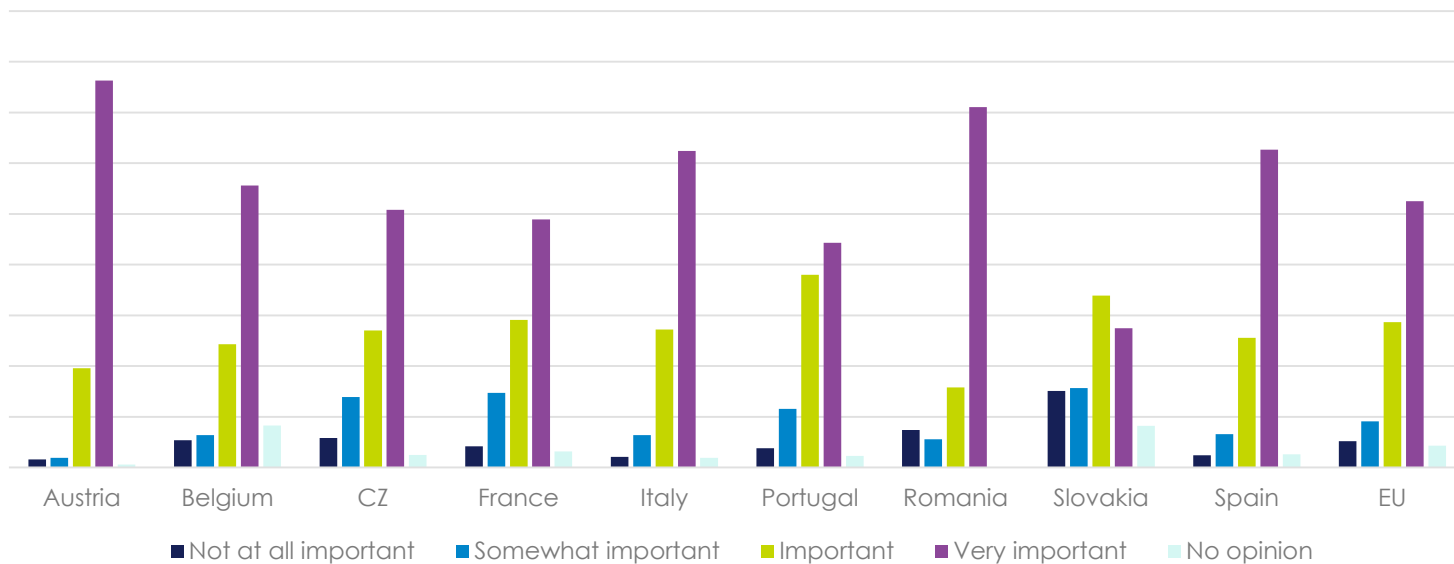


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Country by country
(2019)



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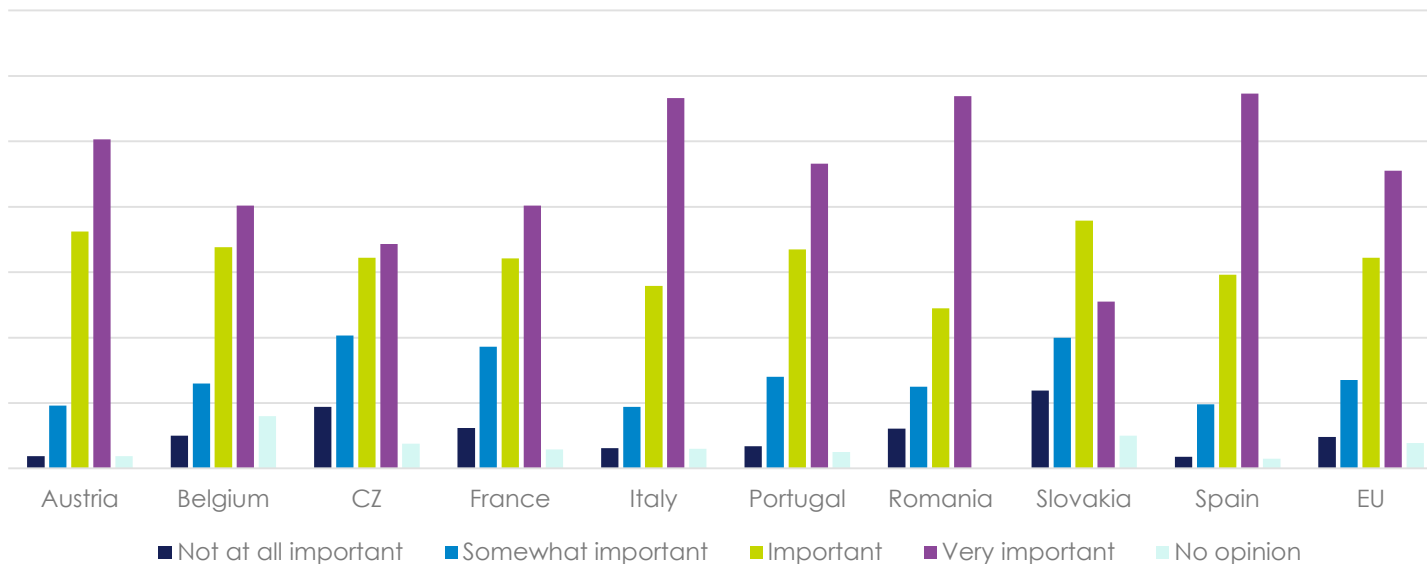


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Country by country
(2019)



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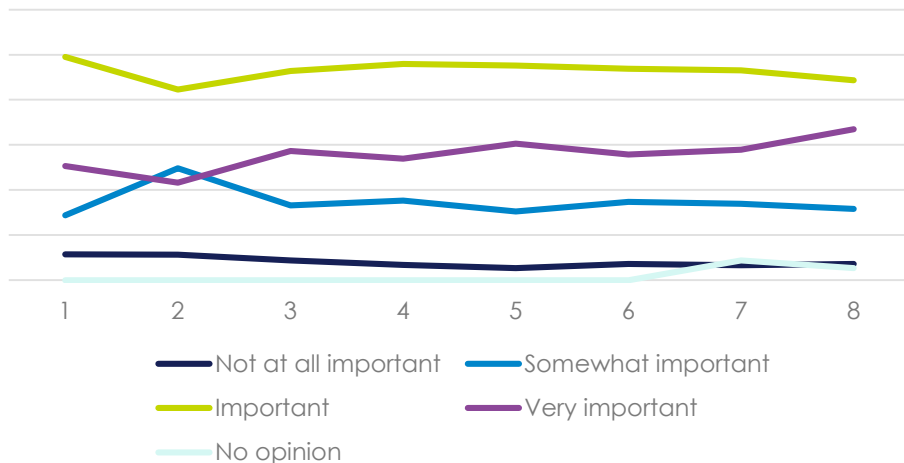


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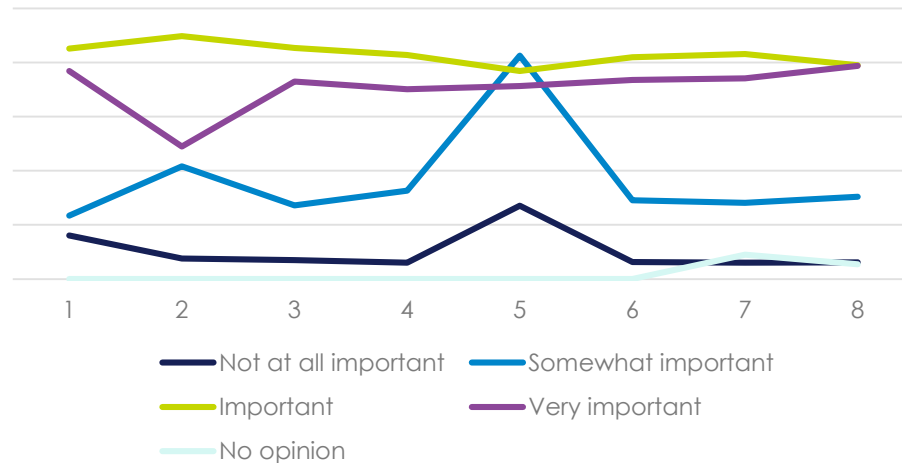
Evolution over the years
(2012-2019)



The environment is pleasant



It is affordable/cheap/free

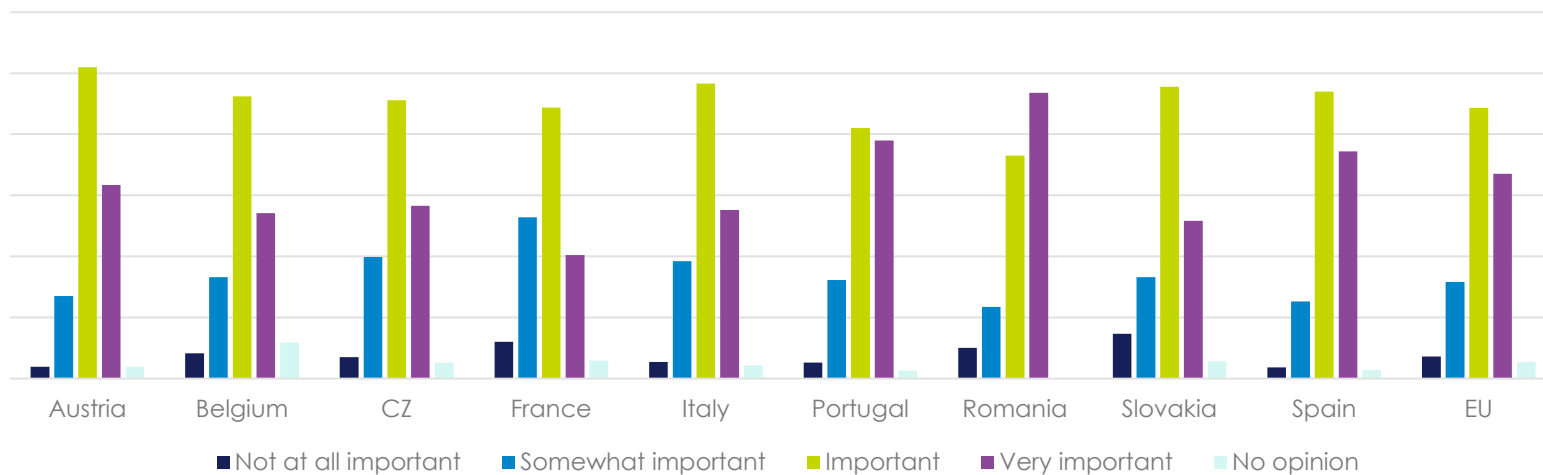


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Country by country
(2019)



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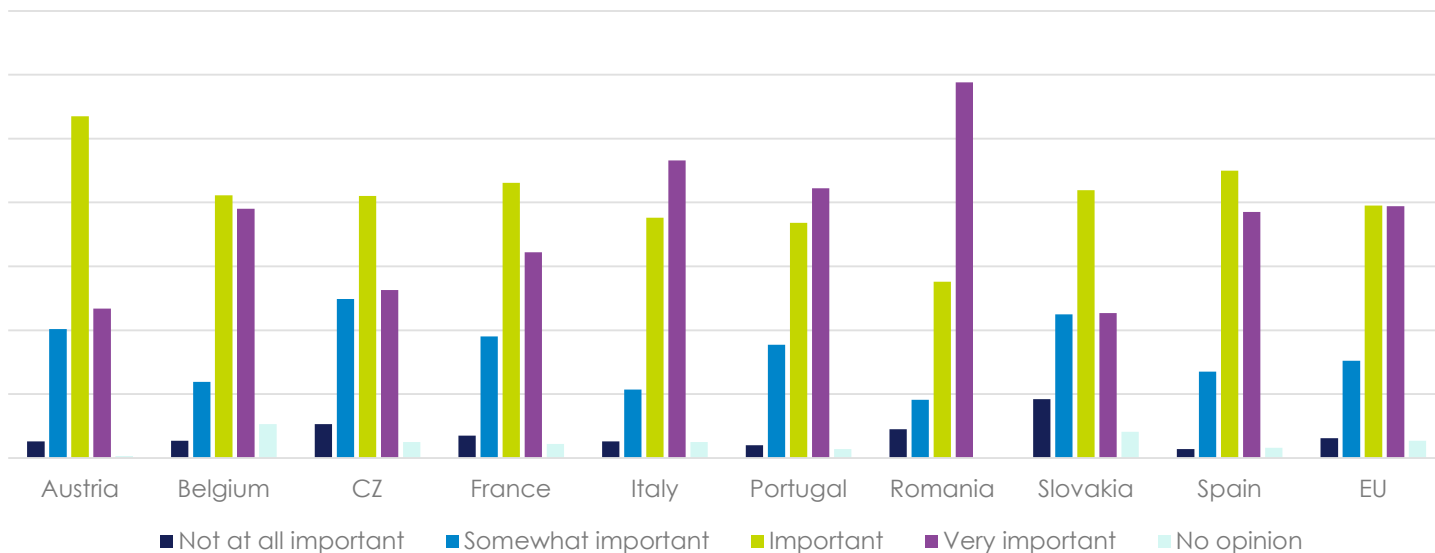


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Country by country
(2019)



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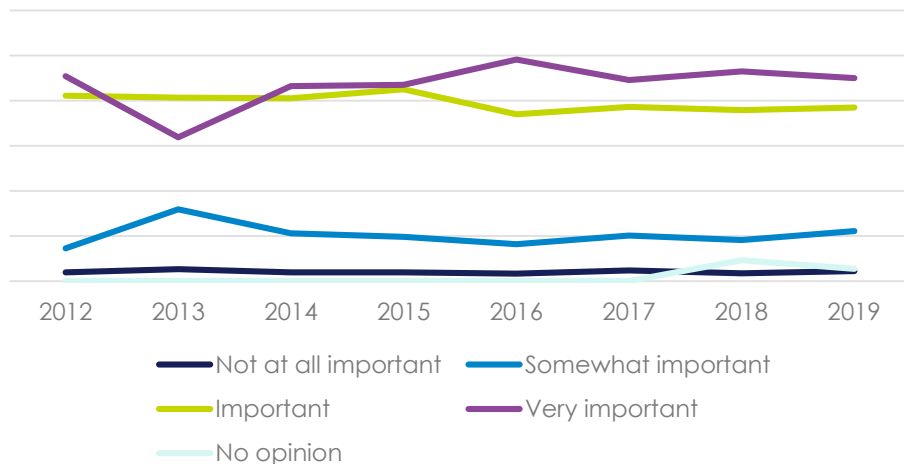


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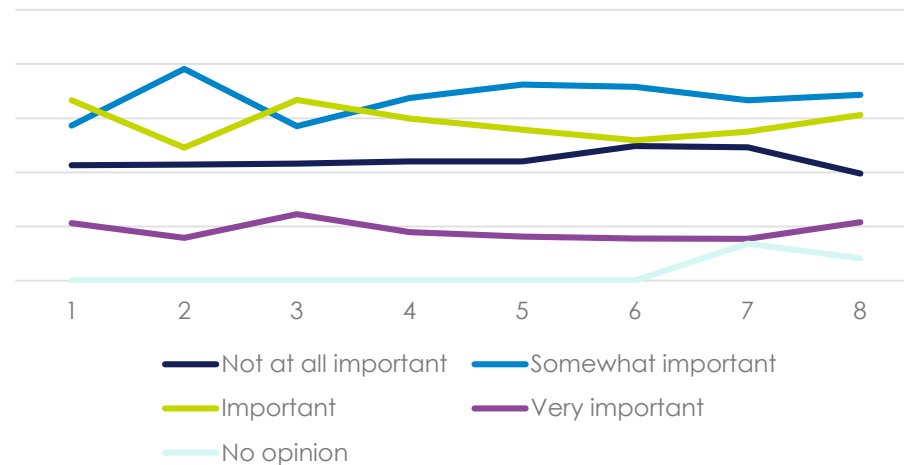
Evolution over the years
(2012-2019)



The service is quick



They offer a big quantity of food

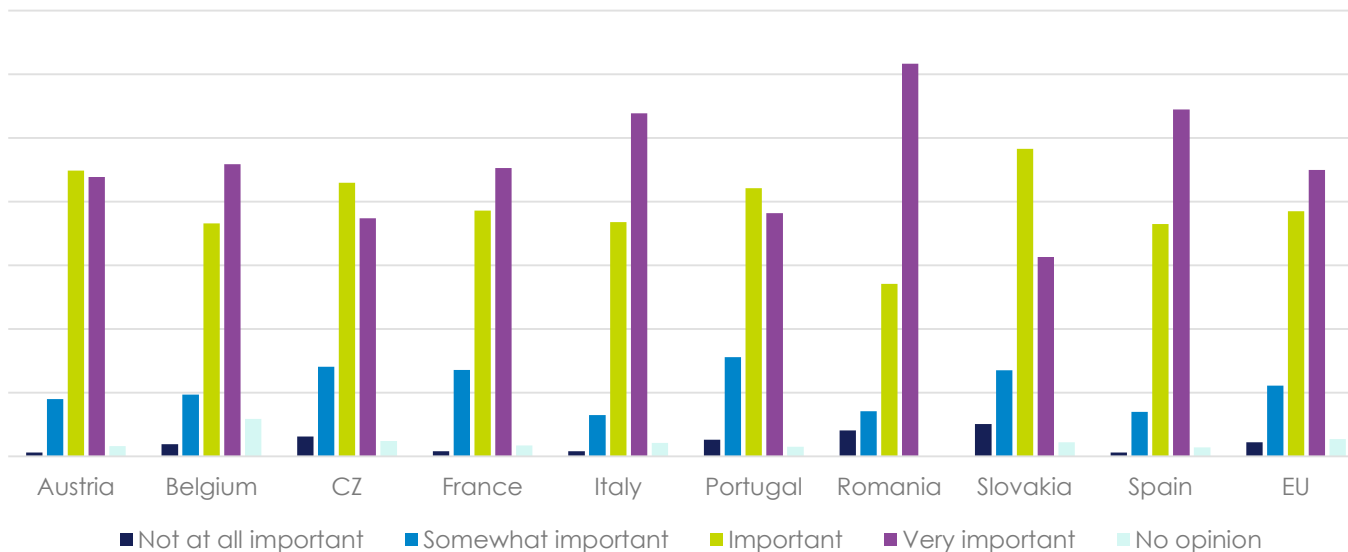


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Country by country
(2019)



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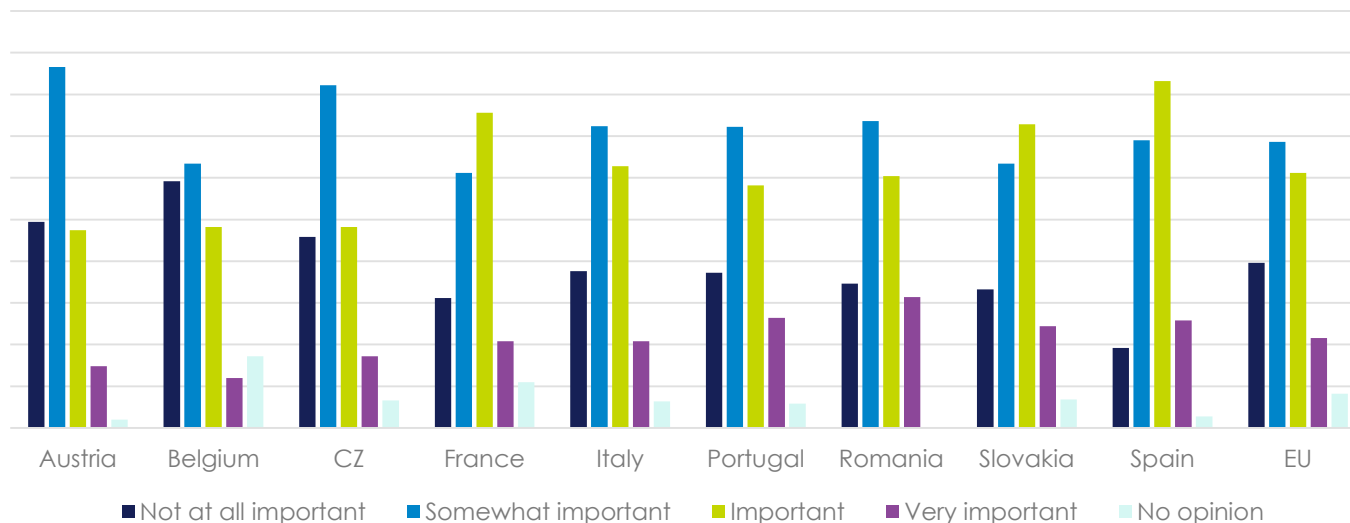


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Country by country
(2019)



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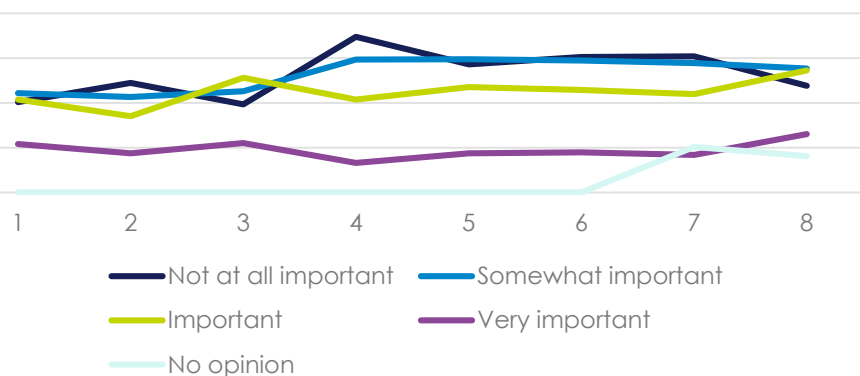


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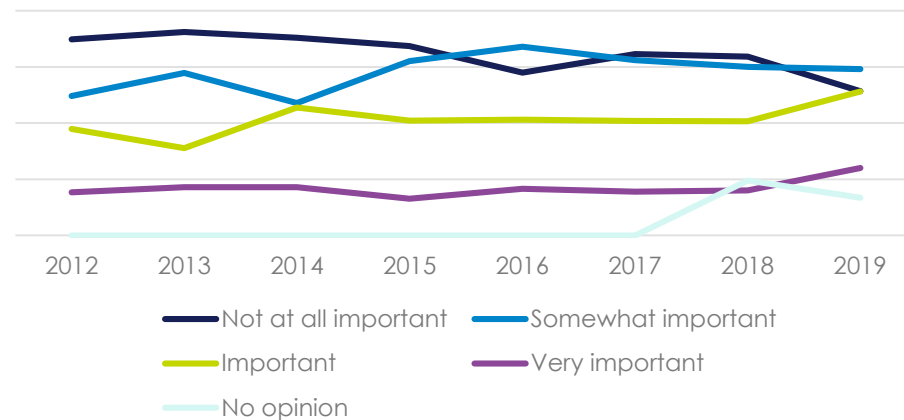
Evolution over the years
(2012-2019)



Staff clearly knows about nutrition and/or is willing to help with balanced meal choice



Nutritional information is available in printed form

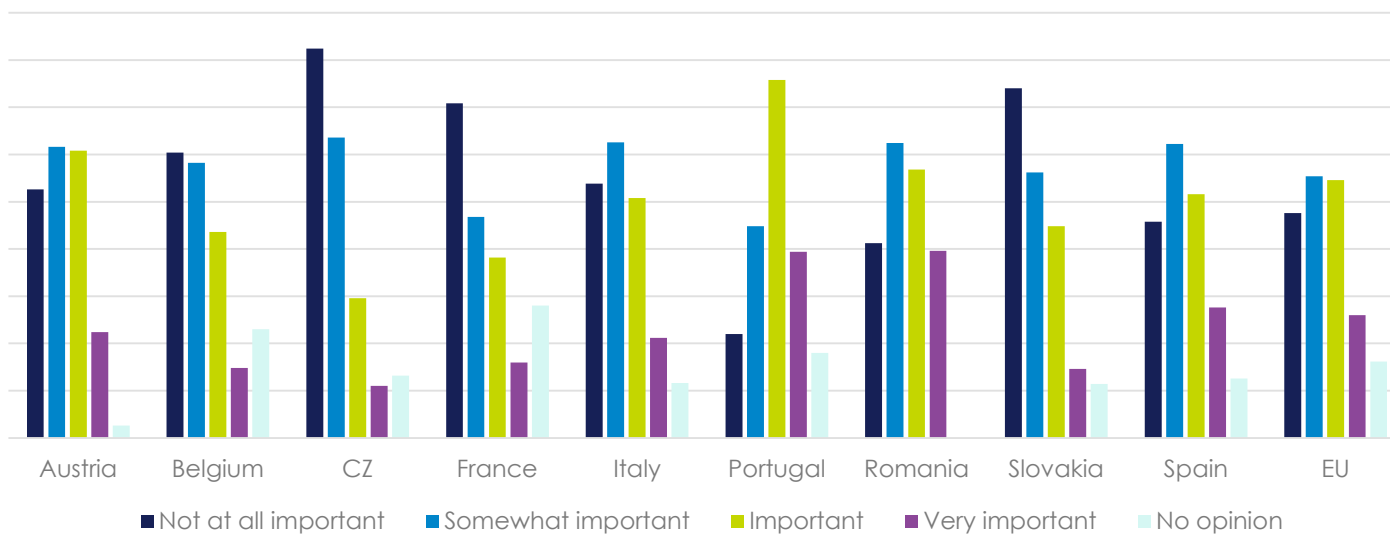


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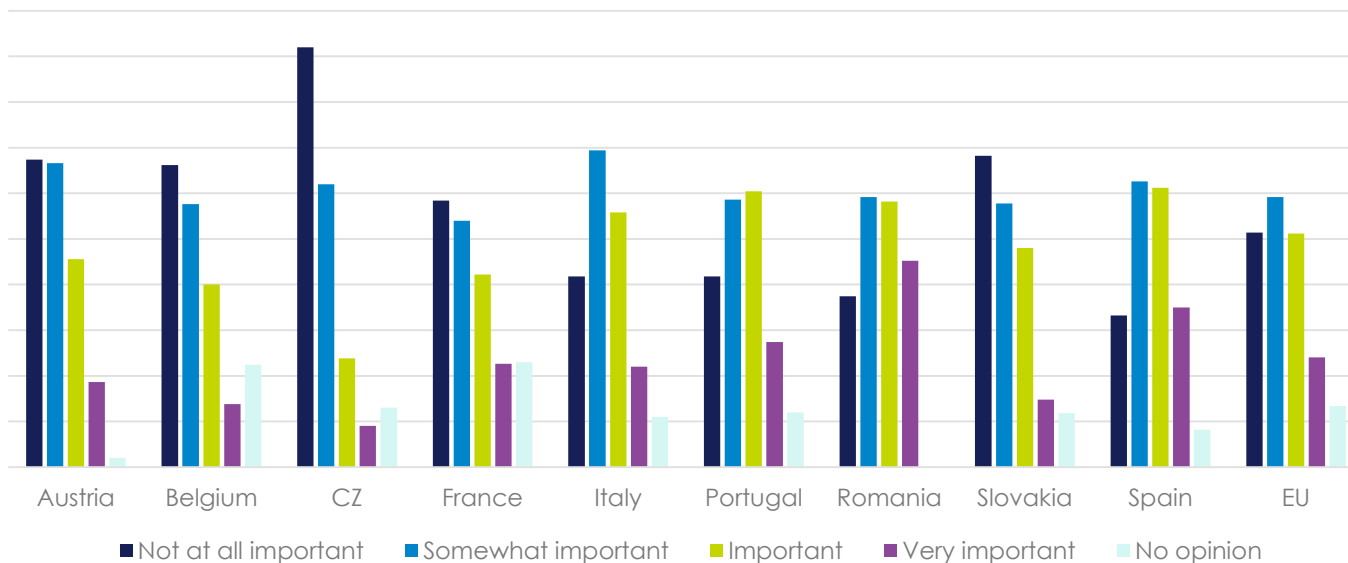


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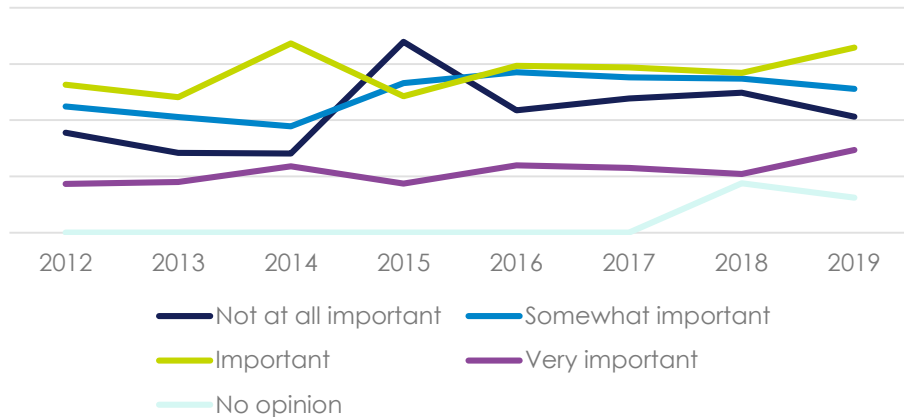


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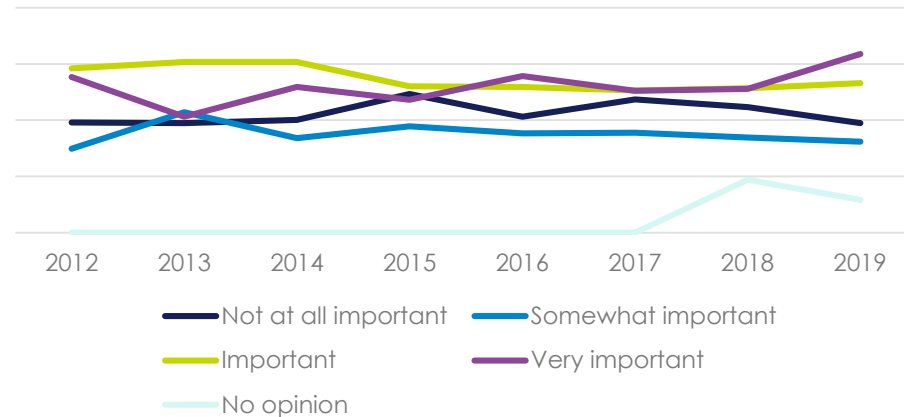
Evolution over the years
(2012-2019)



Optional portion sizes of the main meal are offered



Tap water is served on demand (free of charge)

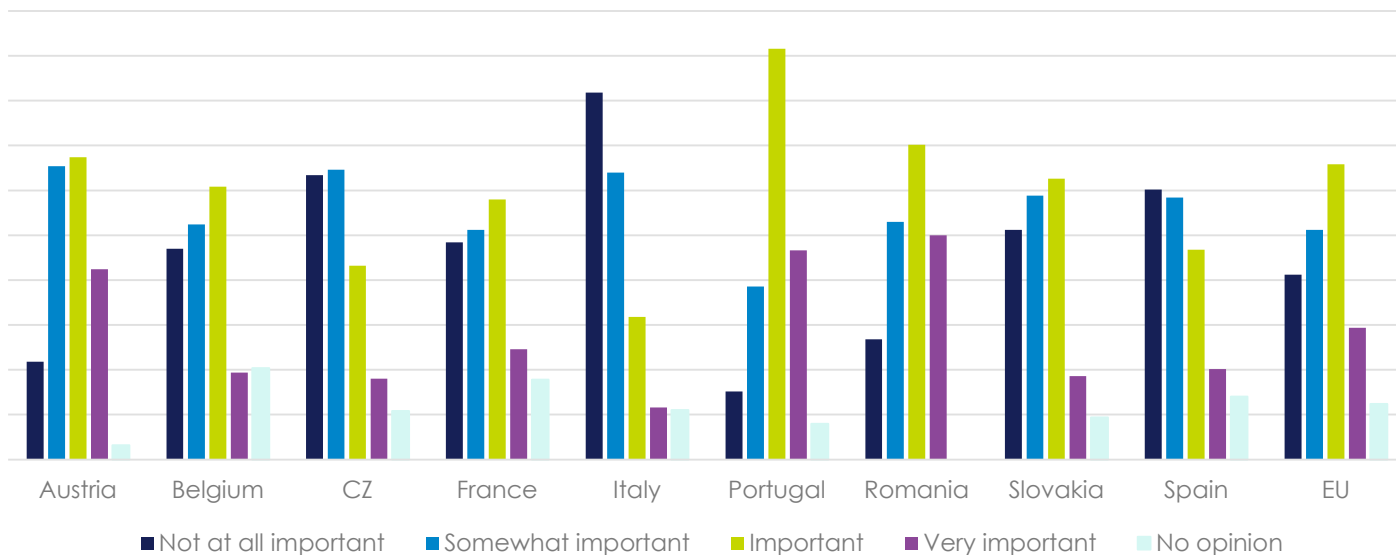




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Country by country
(2019)

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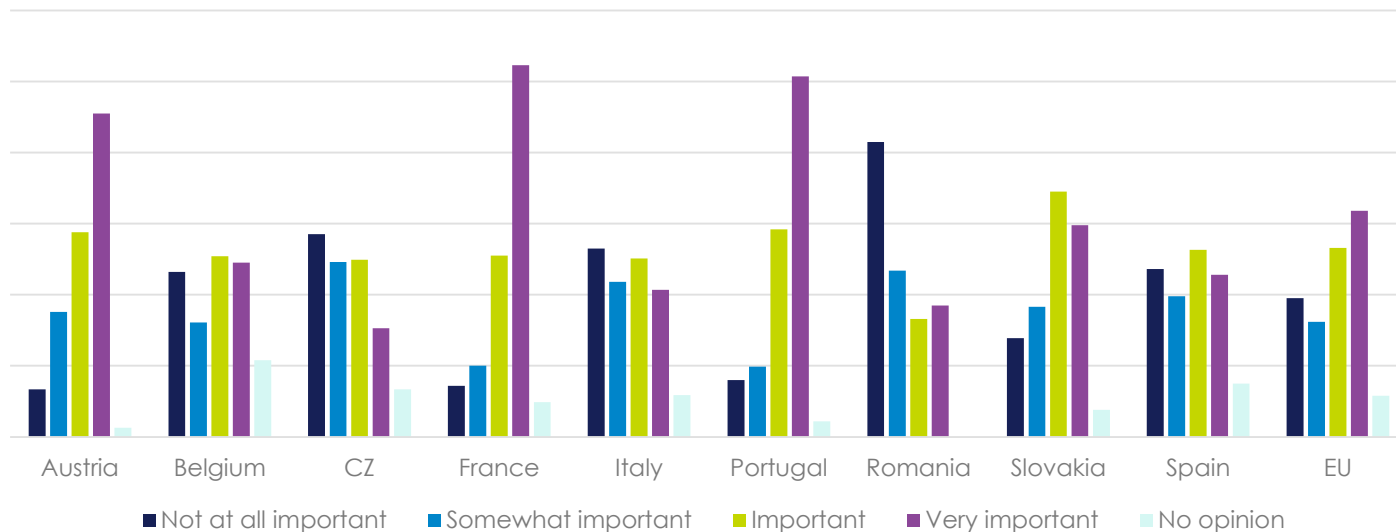


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Country by country
(2019)



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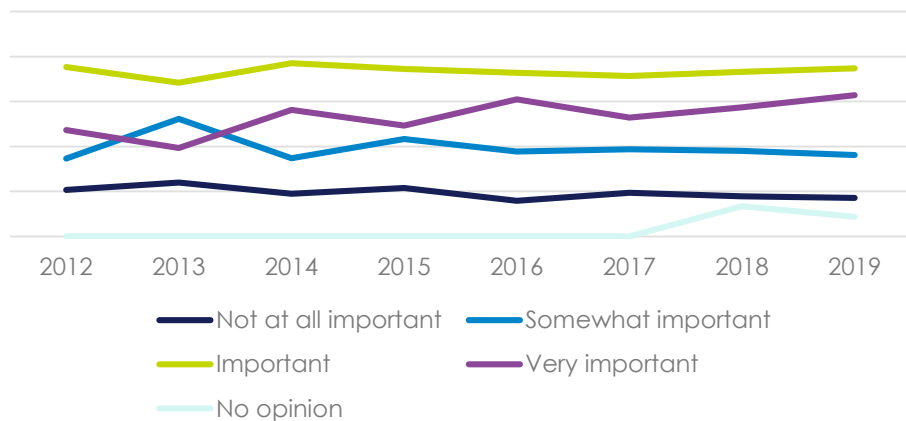


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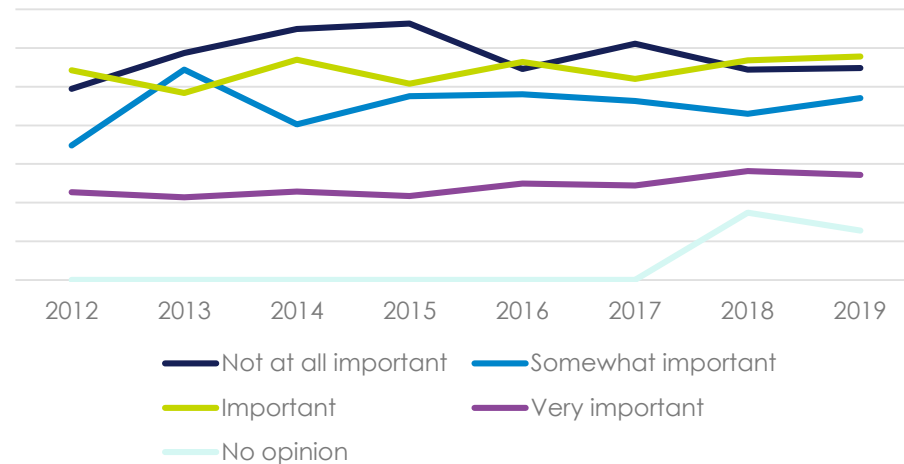
Evolution over the years
(2012-2019)



They use locally produced foods and/or seasonal foods



My colleagues go there

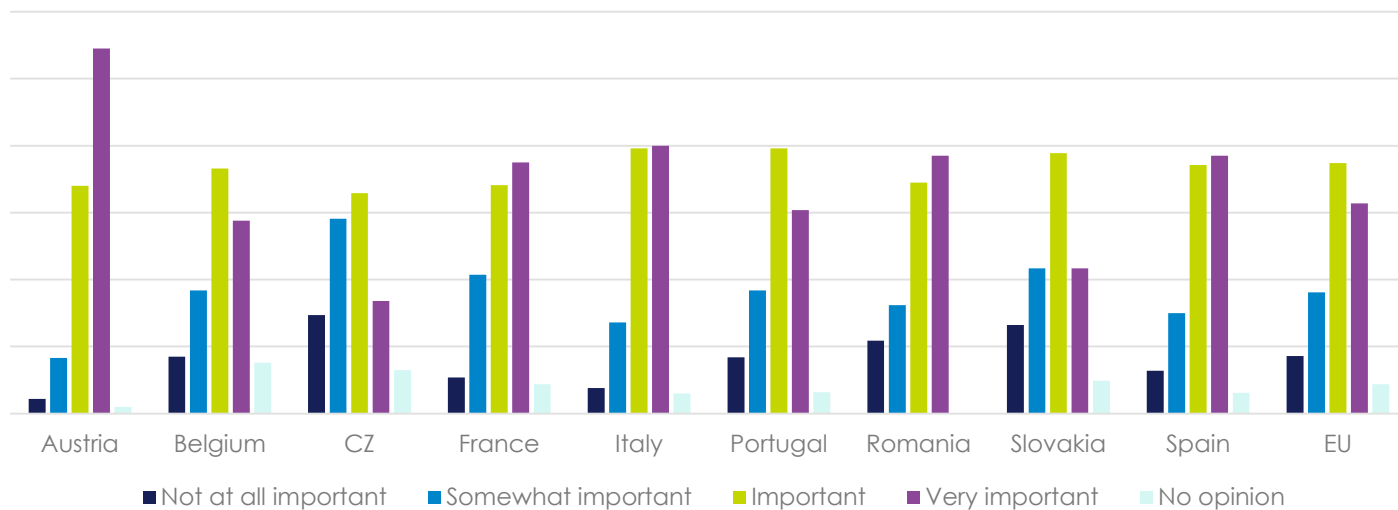


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Country by country
(2019)



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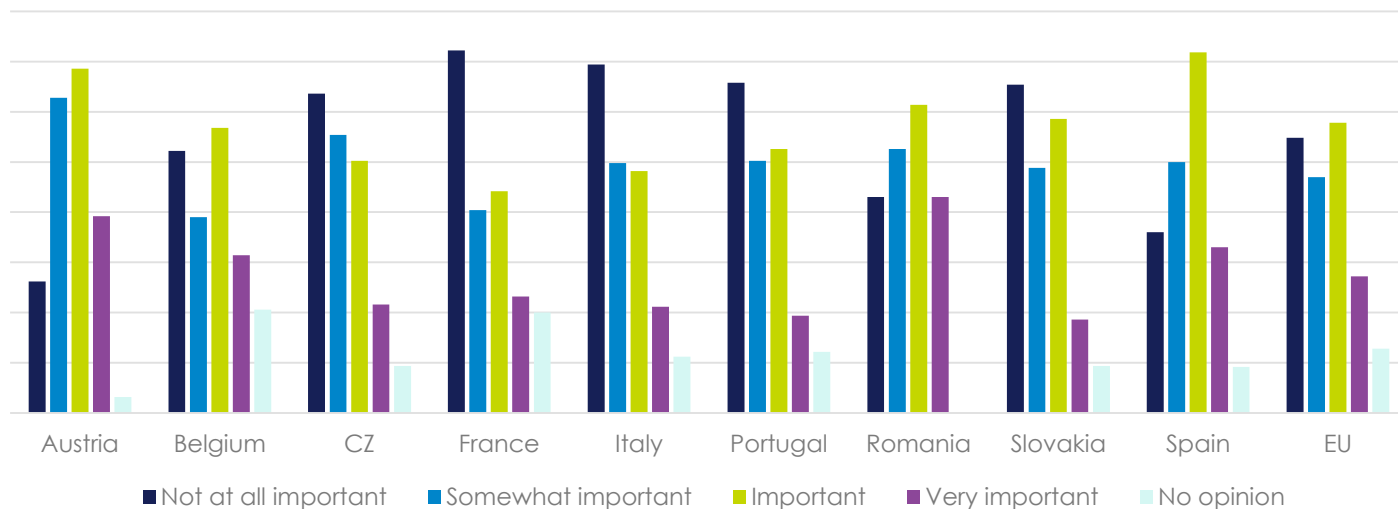


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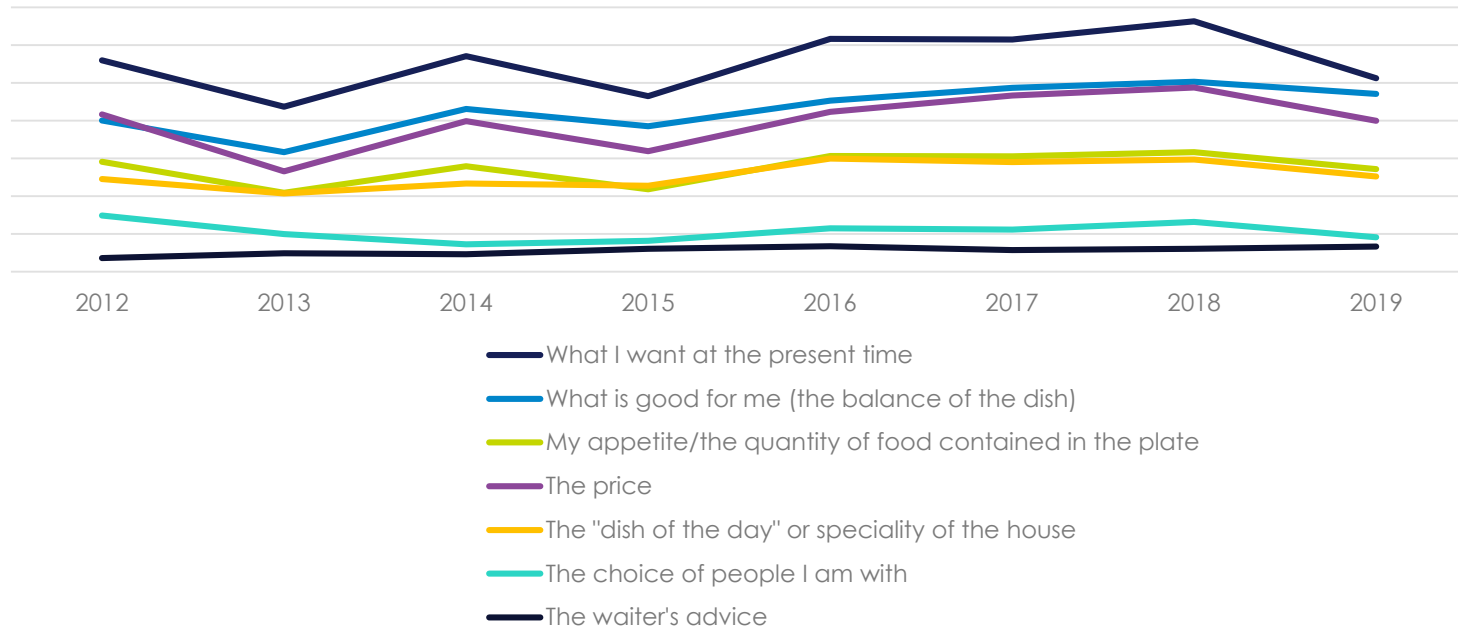


AT LUNCH TIME, WHICH OF THE FOLLOWING FACTORS MAY AFFECT YOUR DECISION-MAKING ON WHAT TO EAT:

Evolution over the years
(2012-2019)



Several answers possible

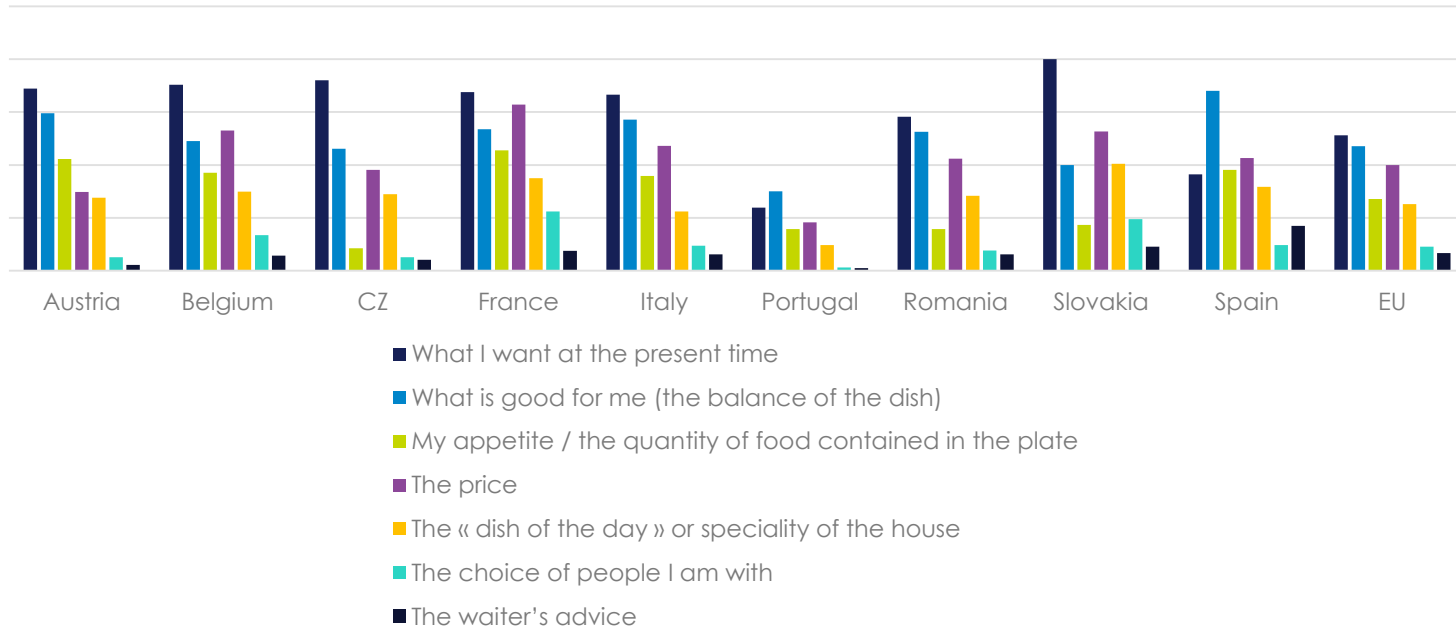


AT LUNCH TIME, WHICH OF THE FOLLOWING FACTORS MAY AFFECT YOUR DECISION-MAKING ON WHAT TO EAT:

Country by country
(2019)

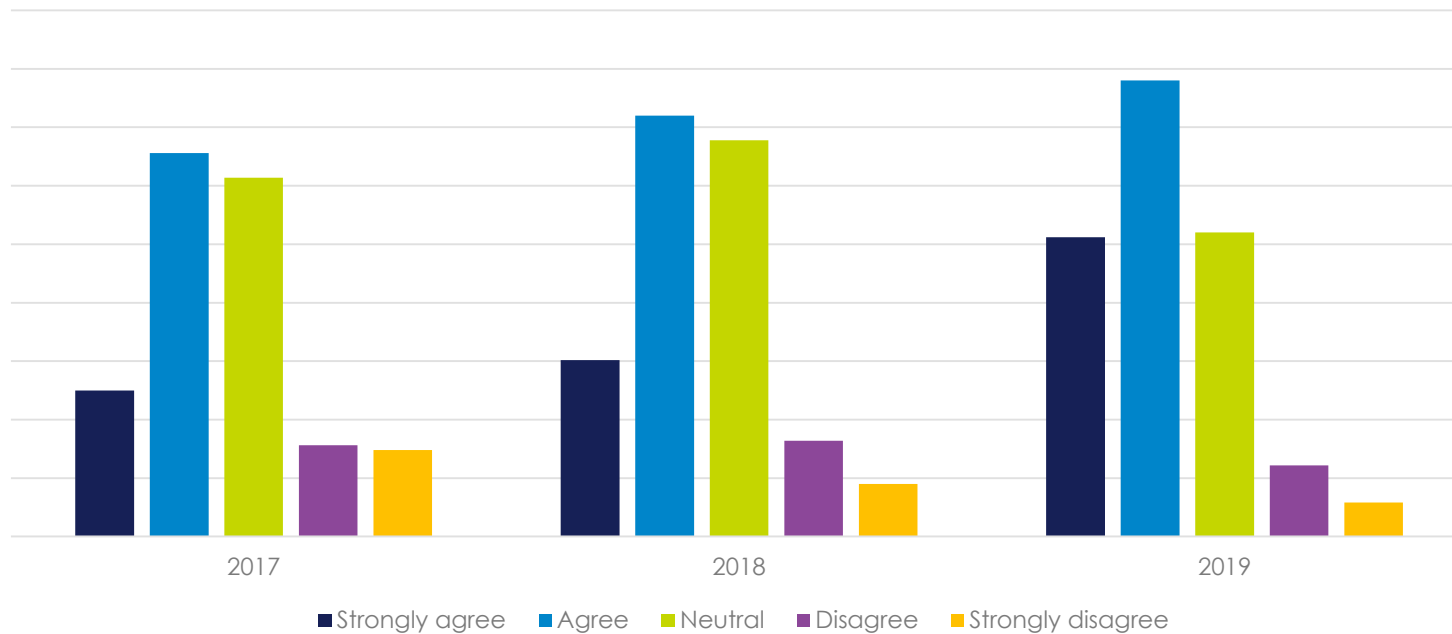


Several answers possible



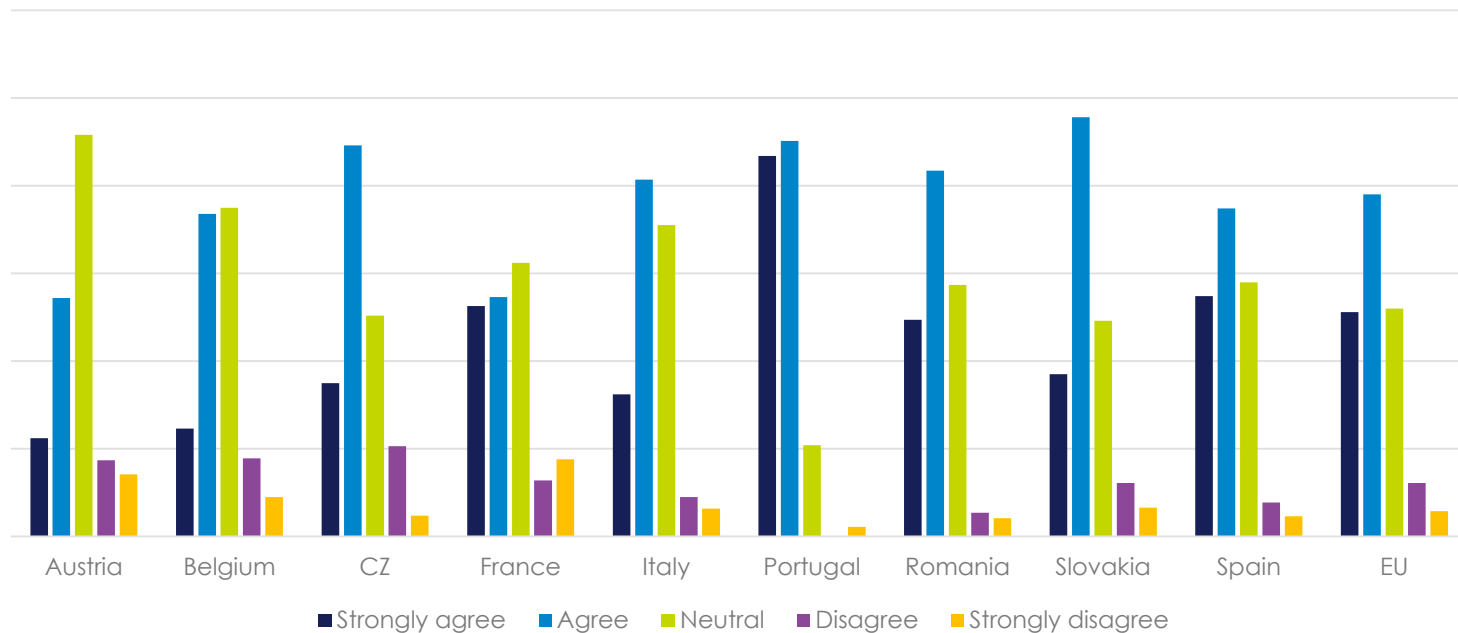
NEW TECHNOLOGIES (MOBILE APPLICATIONS, ONLINE TOOLS) CAN SUPPORT YOU IN ADOPTING HEALTHIER EATING HABITS:

Evolution over the years
(2017-2019)



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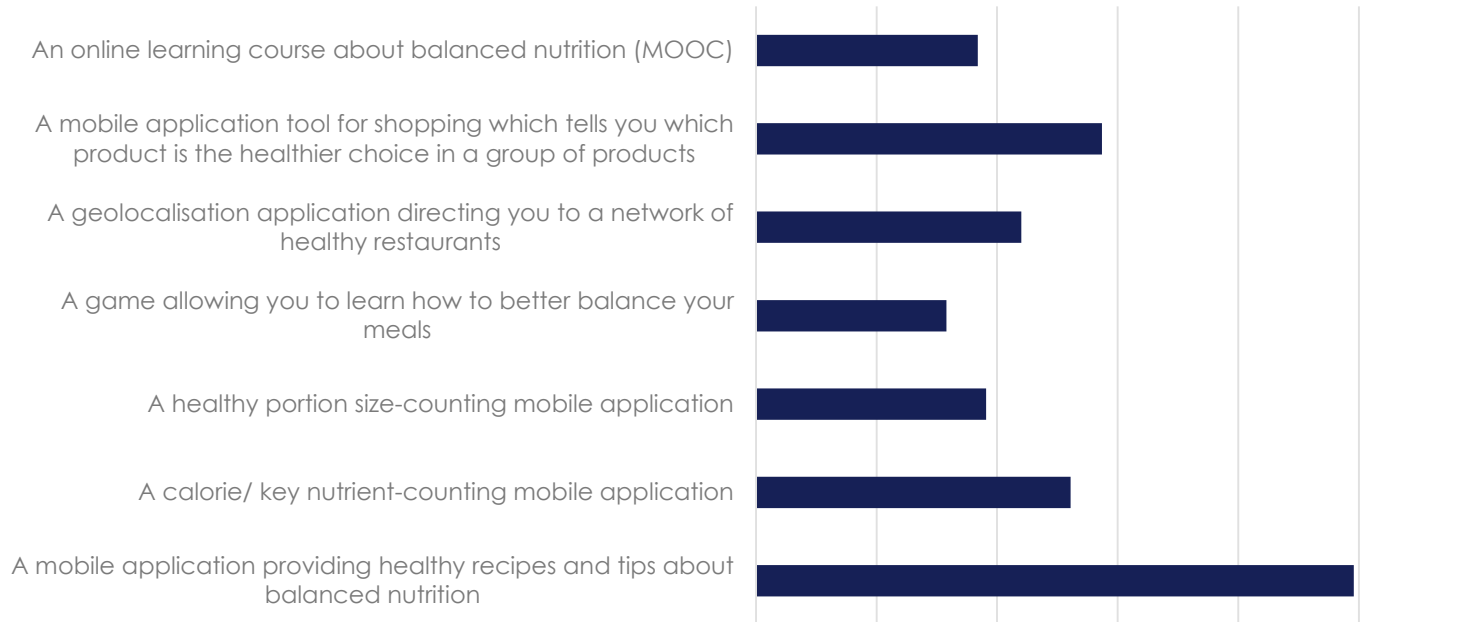
Country by country
(2019)



WHAT KIND OF TECHNOLOGY WOULD BEST SUPPORT YOU IN ADOPTING HEALTHIER EATING HABITS?



Several answers possible

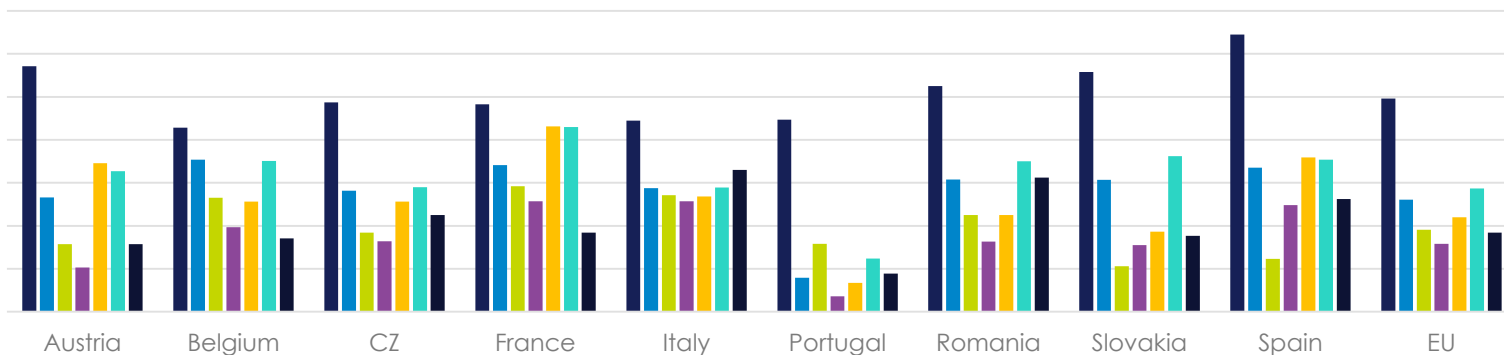


WHAT KIND OF TECHNOLOGY WOULD BEST SUPPORT YOU IN ADOPTING HEALTHIER EATING HABITS?

Country by country
(2019)



Several answers possible



- A mobile application providing healthy recipes and tips about balanced nutrition
- A calorie/ key nutrient-counting mobile application
- A healthy portion size-counting mobile application
- A game allowing you to learn how to better balance your meals
- A geolocalisation application directing you to a network of healthy restaurants
- A mobile application tool for shopping which tells you which product is the healthier choice in a group of products
- An online learning course about balanced nutrition (MOOC)



CONTACT

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