

Nutritional Health Assessments

Optimal fuel = enhanced workplace performance

What is a Nutritional Health Assessment?

Full Spectrum's Nutritional Health Assessment is designed to assess each person's body composition and nutritional health, and to aid in identifying individuals who have, or may be at risk of, developing a lifestyle-related disease. In this assessment, a nutritional health and body composition profile is created for each participant. This profile is compared to current healthy eating guidelines and specific health goals are negotiated. Personal and general nutrition recommendations are made to help each participant achieve their desired outcomes.

Why Choose a Nutritional Health Assessment?

- Improve employee health and wellbeing through positive changes in eating habits and behaviours
- Reduce risk of nutritionally related chronic health issues
- Promote a work culture that includes healthier eating patterns
- With improved health comes enhanced energy levels and productivity



Tailored Nutritional Plan for Each Participant

Each participant receives a personal summary report, individualised healthy eating advice and supporting resource material at the conclusion of their assessment. The report also includes specific dietary, health and weight goals for ongoing monitoring and assessment.

Individualised Solutions

Each participant is provided with their personal "Comprehensive Nutrition Passport" detailing their results along with Full Spectrum's Nutritional Health Education and Solutions Package. Their report is then used for goal setting and future comparisons.

Executive Summary

Management and HR have the option of requesting an Executive Summary. The Executive Summary entails a detailed report, highlighting group averages for the Nutritional Health Assessment. This report can be broken down to compare variations between departments, different unit locations (where applicable), age and gender. Your Executive Summary can then be used to specifically tailor future interventions of the Corporate Health Programme for your organisation.



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What does a Nutritional Health Assessment Include?

A Nutritional Health Assessment is a 20 minute appointment with an accredited practising dietitian, comprising of:

1. Implementation of risk factor checklist for lifestyle-related diseases
2. Food intake dietary analysis
3. Appropriate dietary counselling tailored to each individual's personal needs
4. Bio-impedance body composition analysis, providing:
 - a. Accurate body weight - %H₂O
 - b. % Body fat - Lean muscle mass
 - c. Body mass index (BMI)

Implementation of Risk Factor Checklist for Lifestyle-related Diseases

Implementation of the risk factor checklist identifies individuals who are, or may be, at risk of health conditions such as: diabetes, heart disease, metabolic syndrome and other chronic diseases. The identification of at-risk individuals may help in tailoring nutritional strategies targeted to specifically address these chronic disease states.



Bio-impedance Body Composition Analysis and other Measurements

Basic anthropometric measures such as accurate body weight and body fat composition provide valuable information to the participant as to whether the individual is living within a healthy weight/body fat range. These measurements also act as important markers to measure changes in body composition as a result of dietary change.

Food Intake Dietary Analysis

Each nutritional assessment includes the recording of each participant's usual eating, drinking and exercise patterns. This information forms the cornerstone of the dietary advice that is then offered by the dietitian.

Appropriate Dietary Counselling Tailored to Each Individuals Personal Needs

Full Spectrum Corporate Health Solutions only uses accredited practicing dietitians to make informed assessments of each participant's health, body composition and dietary habits. Based on the specific information collected, the dietitian provides targeted dietary counselling that addresses the participant's personal health goals.

A Nutritional Health Assessment Identifies:

1. Current dietary intake and its comparison to healthy eating guidelines
2. Current body weight and BMI
3. % body fat
4. % H₂O
5. Lean muscle mass
6. Key dietary, lifestyle and body composition changes required to improve health and reduce disease risk

Full Spectrum Corporate Health Solutions

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