

Supplement to:

Corporate health management: evaluation of an educational and environmental intervention to promote a balanced, less salty diet.

Part 1: nutrition education of employees

Sigrid Beer-Borst, Julia Eisenblätter, Sandra Jent, Stefan Siegenthaler, Stefanie Hayoz

Characteristics		
Number of participants at study start	N	128
women	n (%)	65 (50.8%)
men	n (%)	63 (49.2%)
Age [years]	Median (range)	46 (21–61)
Swiss nationality	n (%)	107 (83.6%)
Education		
primary/obligatory	n (%)	2 (1.6%)
secondary	n (%)	34 (26.7%)
tertiary	n (%)	92 (71.9%)
Management position (all levels)	n (%)	73 (57%)
Employment level [% full-time equivalent]	Median (range)	100 (40–100)
Self-rated health		
good and very good	n (%)	120 (93.8%)

Tab. 2: Description of the nutrition education participants [27]

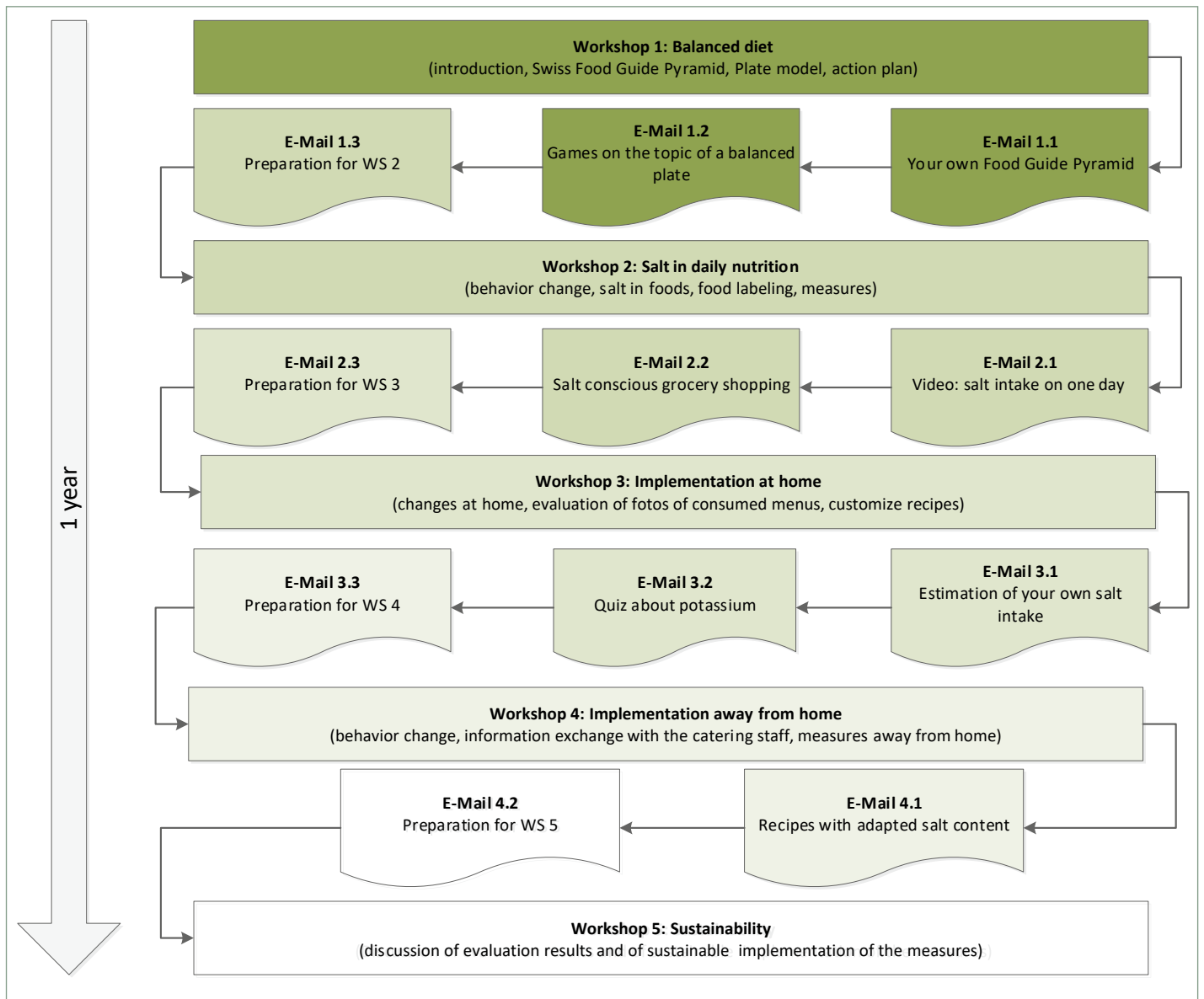


Fig. 2: Structure of the one-year education program consisting of 5 workshops and contact via e-mail between workshops
WS = workshop