

## Liite tutkimustuloksista - Mediatiedote 18.9.2023:

### Onko etätyö pahasta terveydellemme?

### Alla Suomen vastausprosentit verrattuna muihin maihin.

#### Healthy eating expectations and realities

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- *Global: 66% say that what they eat and drink at work has a direct impact on their productivity*  
**Finland (N=1819): 66% all, 73% gen Z**
- *Global: 74% of workers say that the food and drink they consume has a direct impact on how they feel*  
**Finland (N=1819): 70% all, 79 % gen Z (N=242)**
- *Global: 80% of workers agree that eating and drinking healthily is essential to promoting long-term health*  
**Finland (N=1819): 78% all, 81 % gen Z (N=242)**

#### More than half of workers globally said they struggle to maintain healthy diets whilst at work

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- *Global: 62% of home-based and hybrid workers admit regularly eating indulgent foods during their working day*  
**Finland (N=892; place of work = home based & hybrid): 51% all, 76 % gen Z (N=135)**
- *Global: Home-based workers were found to snack on average 3 times per day - twice as often as work-based employees*  
**Finland (N=892; place of work = home based & hybrid): 1,6 all, 3,2 gen Z (N=135)**
- *Global: Employees who work from home are more likely to eat high-calorie snacks such as chocolate during their breaks (38% of home workers vs 27% of work-based employees)*  
**Finland, home-based (N=125) 28% indulgent snack & 40% healthy snack**  
**Finland, work-based (N= 820) eat 19% indulgent snack (eg chocolate) and 41% healthy snack (eg apple) -> gen Z work-based only (N= 98) 23% indulgent /41% healthy**
- *Global: 75% of hybrid workers said they make a concerted effort to eat more healthily on days when they go into the workplace*  
**Finland, hybrid workers (N=767); 75 % all, 85% gen Z (N=114, hybrid)**
- *Global: 73% of employees with a staff restaurant expect food outlets in the workplace to help them make healthier choices*  
**Finland, employee restaurant at work (N=612); 65 % all, 76% gen Z (N=68)**

### Younger workers are most interested in healthy eating at work

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- *Global: Millennials are most likely to choose a healthy snack during their breaks (47% vs 34% of Baby Boomers)*  
**Finland (N=1819 all); 1,4 snack per work day, healthy snack 43% all; Millennials 53% (N= 483) healthy snack , Baby boomers healthy snack 37% (N= 345); gen Z healthy snack 40% (N=242)**
- *Global: Gen Z snack more than any other demographic, averaging c.3 per day, often replacing a main meal*  
**Finland (N=1891) 1,4 snacks per work day all; Gen Z 2,5 (N=242)**  
**Finland (N=892; place of work = home based & hybrid): 1,6 all, 3,2 gen Z (N=135)**
- *Global: Baby Boomers are most likely to grab a quick sandwich for lunch, whereas younger generations favour a hot meal*  
**Finland (N=1891) hot meal 61% all; baby boomers hot meal 57%, gen Z hot meal 54%**  
**cold meal eg sandwich 38% all, baby boomers 35%, gen Z 37%**
- *Global: 72% of Gen Z agree what they eat and drink at work directly impacts their productivity (vs just 56% of Baby Boomers)*  
**Finland (N=1819) 66% all; Baby boomers 60% (N=345 )Gen Z 73% (N=242)**

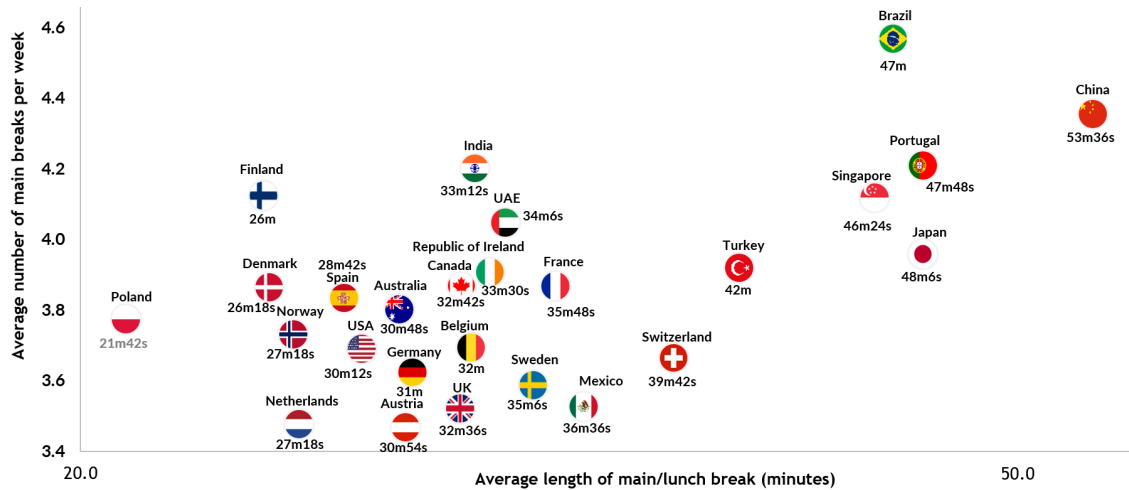
### Work-life balance

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- *Global: 62% of workers say they can truly relax during breaks at home compared to just 48% for breaks in the workplace.*  
**Finland, home-based (N=125) 62 % can relax on breaks, 37% of work-based (N= 820)**
- *Global: Home workers better at avoiding screen-time during breaks (40% have a break from screens vs a quarter of work-based employees)*  
**Finland, home-based (N=125) 23% screen-free breaks, 14% of work-based (N= 820)**
- *Global: Home workers nearly three times more likely than workplace-based colleagues to take exercise during the working day*  
**Finland, home-based (N=125) 28% exercise during breaks, 8% of work-based (N= 820)**
- *Global: Home workers twice as likely to go outside and spend time in nature during their work breaks than work-based employees.*  
**Finland, home-based (N=125) 32% time in nature during breaks, 9% of work-based (N= 820)**
- *Global: 6 in 10 hybrid workers said they tend to work longer hours when working from home*  
**Finland, hybrid only (N= 1587) 54 % work longer hours at home**
- *Global: 50% of home-based workers eat lunch alone (compared to just a third of workplace-based employees)*  
**Finland, home-based (N=125) 70% eat alone, 34% of work-based (N= 820)**

- *Global: 60% of hybrid workers wish they could eat lunch with colleagues more often*

***Finland, hybrid only (N= 1587) 46 % wants to eat with colleagues more often***



Analysing insights from 35,000 workers across 26 countries, Compass Group's Global Eating at Work Survey 2023 found that the length of time workers spend on their main lunch break varies considerably as you look around the world, from 54 minutes in China - one of the world's fastest growing economies - to a little over 20 minutes in Poland.. (Finland 26 min).

- 78% of workers globally said that taking a lunch break makes them more productive.  
**In Finland 89% of Gen-Z is thinking like this.**

### Lisätietoa tutkimuksen tuloksista:

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