

Offering Healthy Options Makes Good Cent\$

We've all heard the inner calling for that mid afternoon snack prompting a trip to the closest vending machine only to find a sea of chocolate, potato chips, and other nutrient empty delectables. Vending machines have long helped curb the hunger pains that gnaw at our stomachs. Faced with this dilemma, the obvious choice between hunger and junk food seems inevitable considering the constant rumble radiating from your stomach.

The simple convenience of these modern day snack bars make them a veritable necessity in the workplace, but the assortment of food may be contributing to America's growing waistline. Obesity epidemic headlines are a steady reminder that many Americans are losing the battle of the bulge. Looking at the high fat, high salt, and high sugar options typically available, is it any wonder we're a nation at war with our weight?

Poor nutrition and its subsequent health effects have become a growing concern for many employers who are just beginning to understand its associated financial implications. A diet lacking the proper nutrients can lead to a host of medical issues, not the least of which include heart disease, diabetes, and even some cancers.¹ These illnesses (and countless others) associated with obesity are responsible for costing American companies billions each year.² However, there is a light at the end of this dark tunnel and employers are finding the express lane is lit with healthy choices.



You can be part of the solution to this impending epidemic by helping your employees to make health conscious decisions. Introducing healthy options in company vending machines is one way to improve employee health. Most vending companies offer healthy alternatives to the typical vending machine options, simply contact your vendor and initiate a change. If you do not currently have vending machines but are interested in obtaining nutritional vending options, check out our [Healthy Vending Resource List](#).

A closer look at the cost of obesity...

The direct costs associated with obesity in the US are estimated to be nearly \$123 billion per year. Here's how it breaks down:

Diabetes.....\$98 billion	Gallbladder Disease.....\$3.2 billion
Heart disease.....\$8.8 billion	Colon Cancer.....\$1.3 billion
Osteoarthritis.....\$5.3 billion	Breast Cancer.....\$1.1 billion
Hypertension.....\$4.1 billion	Endometrial Cancer.....\$310 million

Source: Weight-control Information Network
 National Institute of Diabetes and Digestive and Kidney Disease.

HEALTHY VENDING RESOURCE LIST

Resource	Website	Summary
Aramark	www.aramark.com	Aramark has developed Just4U – Food That Fits Your Life . Just4U features new & healthy menu items with the nutrition information on each item.
Balance For Life	www.balancedforlife.net/employers.php	Balance For Life was created by the National Automatic Merchandising Association (NAMA). NAMA is committed to working with companies to advance health and wellness awareness through its Balanced for Life initiative. The website offers a variety of resources/educational material available to employers.
Bon Appetit	www.bamco.com	Bon Appetit, a compass Group Specialist Company, offers menus that include fresh fruits and vegetables, legumes and grains.
Canteen	www.canteen.com	Canteen's <i>Balanced Choices</i> delivers two essentials for health conscious customers: variety and quick access to nutritional information.
Healthy Snack Store	www.healthysnackstore.com	Healthy Snack Store offers products which are all natural or organic and preservative free.
Healthy Vending	www.healthy-vending.com	Healthy Vending is a division of Vita Vending, servicing New York City, Long Island and New Jersey. Healthy Vending caters to healthy lifestyles with alternative snack and beverage products.
Sodexho	www.sodexhoUSA.com	Sodexho's Wellness & You program, offers a wide variety of healthy snacks and beverages based on recommendations from the FDA's Food Guide Pyramid.

References

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2. The Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity, Economic Consequences. 2001. US Department of Health & Human Services.
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