



# Reasons to Offer Healthier Options at Public Buildings and Facilities

1. Two thirds of Americans are overweight or obese, which contributes to heart disease, cancer, diabetes, and other health problems.

2. Diet-related diseases, such as diabetes, stroke, and osteoporosis, are leading causes of disabilities. For example, nationally, 12,000 to 24,000 people with diabetes become blind each year.

3. Public nutrition standards and food policies could decrease the economic burden of obesity, which cost \$150 billion a year - half of that is paid by taxpayers through Medicaid and Medicare.

4. American competitiveness is reduced when diet-related diseases reduce productivity of working-aged adults and more money is spent on health care.

5. Offering healthy options demonstrates government commitment to addressing obesity. Serving and selling unhealthy food contributes to obesity and chronic diseases. Instead, governments can become an active driver of demand for and access to healthful food.



6. Healthier options in public buildings and facilities contribute to state and local programs, policies, and goals to address obesity and nutrition.

7. Public agencies should be a model for healthy eating and can show that healthy food tastes good.

8. Public nutrition standards and food policies make healthier choices easier. People eat many meals and snacks during the workday.



9. Healthier food through public venues would support healthy eating by many people, including government employees, visitors to public buildings and property, program participants, and institutionalized people (examples: prisons, childcare, assisted living communities, homeless shelters, public hospitals, etc.). 17 million people work for state and local governments.



10. State and local jurisdictions are large purchasers of food. Directing their food dollars towards healthful options drives demand for healthier products and spurs companies to reformulate their products.

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