

H. 2011 An Act Relative to Expanding Access to Healthy Food Choices in Vending Machines on State Property

Change the title in the text box to the name and number of the bill in your state/locality

This bill will increase access to healthier foods and beverages sold through vending machines on Massachusetts State property, supporting healthy eating for Massachusetts' residents.

Facts

- Fifty-nine percent of Massachusetts^a citizens are overweight or obese.¹
- Diet-related diseases, such as heart disease, diabetes, cancer, stroke, and osteoporosis are leading causes of disability and death.²
- Diet-related diseases reduce productivity and increase absenteeism of the workforce, reducing Massachusetts' economic prosperity.³
- Diet-related diseases increase health care costs to the state, businesses, and individual citizens. In Massachusetts, \$1,822 million in health care costs are attributable to obesity, including \$446 million in Medicare costs and \$618 million in Medicaid costs.^{b,4}

Why improve the foods and beverages available on state/local property?

- To support healthy eating for the 126,000 full- and part-time Massachusetts State^c employees and countless others visiting state/local property.⁵
- To provide the healthy options residents desire. According to a 2010 study by the Snack Food Association, 74% of people are trying to eat healthier, with 65% eating specific foods to lose weight. Healthy snack sales are outpacing traditional snacks 3 to 1.⁶
- To support Mass in Motion,^d ensuring Massachusetts “walks-the-walk” and does not undermine its other obesity prevention efforts.
- To act as an active driver of demand for and access to healthful food and beverages, instead of selling unhealthy food, which contributes to obesity and diet-related diseases.
- To promote healthy eating habits and provide a model for businesses, institutions, and residents.

^a Find your state obesity data at <http://www.cdc.gov/obesity/stateprograms/fundedstates.html>

^b Find your state's information at http://cspinet.org/new/pdf/obesity_costs_by_state_9-11.pdf

^c Look for state employee data through your department of labor

^d Insert the name of your state obesity prevention program

Massachusetts has already established nutrition standards for the foods served to patients and confined persons by state agencies and foods sold through vending machines, school stores, and a la carte lines in schools.^e Now it is time to ensure state employees and visitors have access to healthier options as well.

For more information, contact [the Center for Science in the Public Interest](#)
[at 202-777-8352](tel:202-777-8352) or nutritionpolicy@cspinet.org^f

¹ U.S. Centers for Disease Control and Prevention. [“Massachusetts: State Nutrition, Physical Activity, and Obesity Profile.”](http://www.cdc.gov/obesity/stateprograms/fundedstates/massachusetts.html) Accessed at <http://www.cdc.gov/obesity/stateprograms/fundedstates/massachusetts.html> on March 12, 2013.

²² U.S. Centers for Disease Control and Prevention. “Chronic Diseases and Health Promotion.” Accessed at <http://www.cdc.gov/chronicdisease/overview/index.htm> > on March 12, 2013.

³ Institute of Medicine, National Academies. *Accelerating Progress in Obesity Prevention*. Washington, D.C.: National Academies Press, 2012.

⁴ Finkelstein, EA, Fiebelkorn, IC, Wang, G. “State-Level Estimates of Annual Medical Expenditures Attributable to Obesity.” *Obesity Research*. 2004, vol. 12, pp. 18–24.

⁵ [Massachusetts Dept. of Labor and Workforce Development. “Current Employment Statistics.”](http://lmi2.detma.org/lmi/lmi_ces_a.asp) Accessed at http://lmi2.detma.org/lmi/lmi_ces_a.asp on March 12, 2013.

⁶ Watts SL. “State of the Snack Industry 2010.” Accessed at <http://healthycornerstores.org/wp-content/uploads/2011/11/SNAXPO-2011.pdf> on March 12, 2013.

^e If your state has improved the food environment in other areas of the state include that information here

^f Include contact information for the legislator or advocate who can answer questions about the bill