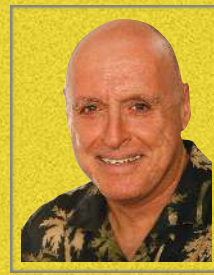


THE EXTRA POINT

BY JERRY ROBERTS



521 Google's View of a Healthier Workforce

Eating habits of workers has led to lower production, more illness, and higher health care premiums, and the situation is worsening. What can employers do to help turn things around? I'm Jerry Roberts and today, some ideas that Google has implemented could help the rest of us. That's next on The Extra Point.

We gave the facts yesterday, one in five children in America is obese, along with one in three adults. In Guam, in our little corner of America, it's worse than that. We know what we eat is bad for our health but we don't change.

Government programs don't work, pushing fruits and vegetables doesn't work, corporate wellness doesn't help, diet programs are anywhere from mostly ineffective to just plain ripoffs. Health care costs go up every year, overall health declines every year. America's approach to health doesn't work. We don't know what to do. Could our employers help? If you ask Google, the answer is yes.

Google feeds employees every week day and they've been doing it for 21 years. It's not cheap but Google wants to attract the best workers so they see it as an investment. They offer food that helps people to be healthier. It's good for people and good for business.

In the next couple of minutes we'll discuss what Google has done to help people make changes.

1. The plates are only eight to 10 inches wide, versus a standard 12 inches, which effectively limits serving sizes. It's a great idea. We don't look at the size of plates, we just fill them up. If there's less room for food, we'll eat less. We can do this at home. If the stores here don't have smaller plates, they'll get them. If not, we can find them on Ebay and Amazon. This is a huge idea.

2. Vegetables dominate the food landscape at Google. By the time you get to the meat or

desserts, there's not much space on your plate. Why can't we do that? Restaurant buffets can put veggies first, not the rice and tortillas. Planning a barbecue or fiesta? Veggies first?

3. Google controls portions on things like burritos. A burrito at Google weighs in at about 10 ounces, less than half the size of something similar you could purchase at a popular chain restaurant. Make tasty food in smaller sizes.

4. There are no 20-ounce caffeine- and sugar-infused designer coffees, no triple burgers, no all-you-can-eat cheesy breadsticks. Does this mean we can never have those again? Of course not. We just don't make these kind of choices a part of our daily routine.

5. They make water the drink of choice, not soda. They push fresh fruit, not sugary sweets. If people want the other things they'll buy them on their own. Now, here's the thing. The Google system has paid off for a lot of people and they no longer crave the kind of foods that once made up their entire diet.

Look, it's not a perfect system but Google has opened a door for employers to at least have a conversation with their workers. We all want to lower health care costs and we all want to be healthier. That's going to require some change. It can be done. Many people in Guam have already made changes they weren't sure they could make. They've succeeded and you can, too. Tomorrow, more ideas from Google about helping workers to get healthier.

That's The Extra Point. Get out there and make something good happen today. For 93.3 and the Ray Gibson Show, I'm Jerry Roberts.

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