

A Healthier Workforce

Our commitment to emphasize energy balance, nutrition, weight management and physical activity led us to play a leadership role in the development of the Healthy Weight Commitment Foundation in the United States. This new coalition of more than 40 food and beverage companies focuses our expertise in healthier foods and beverages, packaging, labeling, marketing and distribution to combat obesity by promoting balanced nutrition and exercise.

This focus on energy balance also finds expression in HealthRoads, our workplace health and wellness program designed for associates to achieve and maintain a healthy weight. PepsiCo associates live in diverse cultures and take different approaches to health and well-being, but they can all benefit from programs that support preventive care, healthy eating and exercise. Associates and their families in 21 countries benefit

from HealthRoads, providing personalized coaching, fitness and nutrition programs as well as incentives and online tools to help associates and their families achieve wellness. Its primary focus is diet, exercise and nutrition, but it also assists associates with potential health risks. HealthRoads is a catalyst for changing behaviors, and the program fosters a culture of well-being that supports talent sustainability—and helps PepsiCo control its health care costs.



In the United States, where 93 percent of HealthRoads participants and their partners have completed a personal health assessment, more than 31,000 have engaged in a wellness program to eliminate a health risk.