Melton City Council takes action on sugary drinks in sporting facilities

When Melton City Council saw the stats, they knew they had to make a change.



of adults drink sugar sweetened beverages daily, compared to 11% across Victoria.



44% of young children have tooth decay, compared to 31% across Victoria.



27%
of adults are obese,
compared to
19% across Victoria.

They took action in their sporting facilities to:

Reduce

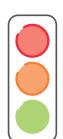
the availability of sugary drinks (including milkshakes).



Increase

the availability of healthy drink choices (including smoothies).





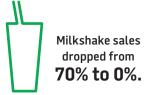
Melton City Council used the Victorian Government's *Healthy choices: food* and drink guidelines traffic light system to classify foods and beverages.

Red: Limit intake

Amber: Choose carefully

Green: Best choice

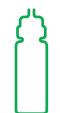
Results were impressive:





Over 80% of customers were supportive of the

healthy change.



An extra 1500L of healthier drinks purchased each year.

What Melton City Council learned:

- Start small and build on it.
- Get key players, including managers, on board early.
- To begin, get equipment, resources and healthy alternatives in place.
- Take customers along for the ride.
- Monitor and adapt as you go.

For more information on how to make a healthy change in your organisation contact the Healthy Eating Advisory Service **heas.health.vic.gov.au**

For more information about the evaluation of Melton City Council's healthy drink changes, go to **globalobesity.com.au/reports**

For more information about other organisations making the healthy choice the easy choice, visit **vichealth.vic.gov.au/easychoice**







