

Water in Sport: Northern Grampians Shire Council

The [Healthy Choices: food and drink classification guide](#) uses a [traffic light system](#) to classify foods and drinks as:

Introduction

During 2018–2020, Northern Grampians Shire Council partnered with VicHealth to improve access to water and create healthy drink environments in Stawell Sports & Aquatic Centre.

Objectives

- Increase the promotion and supply of water and reduce the availability and supply of sugary drinks in our community sports and recreation facilities. (>50% **GREEN** drinks like water and <20% **RED** sugary drinks)
- Strengthen council policies and practices to enable longer-term changes to healthy drinks environments across council-owned sport and recreation facilities.



RED: Limit intake

AMBER: Choose carefully

GREEN: Best choice

Why



Northern Grampians Shire Council has a commitment to supporting the health and wellbeing of our community.



The environments in which we live, work, learn, and play are key drivers of the types of food and drink we consume. Local governments can play a key role in implementing policies and practices to improve local food and drink environments.



There is community support and expectation for healthy food and drinks – 75% of customers surveyed from all Water in Sport councils believed that sport and recreation facilities should promote healthy eating.

Outcomes



Overall, availability of **'GREEN'** drinks increased from 22% to 74% of all drinks and **'RED'** drinks decreased from 75% to 14% of all drinks.



Stawell Sports & Aquatic Centre met the Healthy Choices Guidelines for drinks.



Stawell Sports & Aquatic Centre sales of **'GREEN'** drinks increased 10% and sales of **'RED'** drinks decreased by 27% between May 2018 and February 2020.



Stawell Sports & Aquatic Centre had no change in total drinks revenue.

Recommendations for creating healthy food retail environments in your community



Use the VicHealth [toolkit](#) for creating healthy food and drink environments in community food retail outlets.



Start by trialing a small 'quick win' which is easy to implement and unlikely to cause revenue loss, such as rearranging the fridge to put **'GREEN'** drinks at eye-level.



Develop healthy food environment policies and procedures for councils and facilities.



Contact the [Healthy Eating Advisory Service](#) for practical implementation support.

