

Healthy Choices in Cardinia Shire

Healthy Choices in Recreation Facilities



A PLACE FOR HEALTHY CHANGE

Sport and recreation facilities are central in the community. In Cardinia Shire, more than 800,000 people visit these facilities per year. Sport and recreation facility canteens, cafes and kiosks traditionally provide unhealthy food. This environment and culture is a leverage point and platform for change.

Cardinia Shire has 7 recreation facilities, all are managed by Aligned Leisure. In partnership with Monash Health, they are working towards achieving the Healthy Choices Guidelines for Sport and Recreation Facilities in the 6 facilities that provide food and drinks.

MAKING HEALTHIER CHOICES

The Healthy Choices guidelines support healthy changes at Cardinia Shire recreation facilities. This classifies foods and drinks into 3 categories; green for the healthiest or best choice, amber items should be eaten in moderation and selected carefully, and red items are not essential and should be limited.

Baseline, 'pre' menu assessments were conducted at Cardinia Life, Officer Community Hub, Pakenham Regional Tennis Centre and all outdoor pools. Recommendations to increase healthy food and drink options to meet *healthy choices* were explored. Aligned Leisure Team Members and a Monash Health, Health Promotion Practitioner worked together to implement healthy changes. Currently, all outdoor pools have removed sugar-sweetened drinks, and Cardinia Life and Officer Community Hub have successfully met the Healthy Choices guidelines.

HEALTHY CHANGES AT RECREATION CENTRES

2 RECREATION **★★★**
FACILITIES
MEET THE HEALTHY
CHOICES GUIDELINES



WHICH REACHES
475,000
COMMUNITY
MEMBERS



**ALL RED
SOFT DRINKS
REMOVED**
XXXXXX

20 NEW
HEALTHY
OPTIONS ADDED



90 RED
MENU
ITEMS REMOVED

**RED SNACKS
REDUCED BY 77%**
BY

LESSONS

- BUILD STAFF'S CAPACITY TO CREATE AND SUSTAIN HEALTHY CHANGES AND THEIR KNOWLEDGE OF THE HEALTHY CHOICES GUIDELINES
- CONSIDER LOCAL CONTEXT FOR EACH FACILITY AND TAILOR RECOMMENDATIONS TO SUIT
- BUILD RAPPORT WITH THE STAFF AND PROVIDE ONGOING SUPPORT WITH MENU, PRODUCTS AND DISPLAY CHANGES
- SUGGEST TRIALS TO SAFELY TEST RECOMMENDATIONS AND CHANGES

WHAT'S NEXT?

- LAUNCH THE NEW HEALTHY CHOICES APPROVED MENU AT CARDINIA LIFE
- PAKENHAM REGIONAL TENNIS CENTRE KIOSK TO MAKE CHANGES AND IMPLEMENT HEALTHY CHOICES
- IN SUMMER, ALL SEASONAL POOL KIOSKS TO BE REASSESSED AND WORKING TOWARDS MEETING HEALTHY CHOICES
- COLLABORATIVELY, WORK TOWARDS THE HEALTHY CHOICES POLICY ADDITIONAL STANDARDS WITH ALIGNED LEISURE

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