

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.



14%

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:



Milkshake sales
dropped from
70% to 0%.



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

