

What is a health promoting sporting club?

A health promoting sporting club is one that actively promotes and models healthy behaviours to its members and the wider community. This can be achieved by creating and maintaining healthy environments, providing consistent messages and opportunities to engage in healthy practices for its members .

A sporting club already provides an environment that encourages healthy physical activity. Other healthy lifestyle measures go hand in hand with physical activity in achieving positive health outcomes for all.

Sporting clubs are in a unique position to provide healthy lifestyle messages in relation to:

- Physical activity
- Hydration
- Healthy eating and eating habits
- Positive self image
- Alcohol, tobacco & other drug use
- Sun safety



What is a health promoting canteen?

A health promoting canteen is one that provides and promotes a variety of attractively presented, nutritious foods that provide essential nutrients and are low in saturated fat, salt and added sugar.

A sporting club is in a unique position to make a positive contribution to the health and well being of its own committee, coaches, parents, spectators and players along with the wider community. The canteen is a very important part of this.

What does a health promoting club do?

- Takes all opportunities to reduce the promotion and supply of foods and drinks high in saturated fat and salt and of little nutritional value.
- Takes all opportunities to promote and model consistent messages about healthy eating practices.

The Queensland Government provided \$24,567 to Nutrition Australia Qld Bowled Over by Good Food Project to get more Queenslanders discovering the lifelong benefits of participating in physical activity and improving eating habits.

Why have a health promoting sporting canteen?

CONSISTENCY OF MESSAGE

Physical activity and good nutrition go hand in hand in achieving positive health outcomes. Promoting good nutrition within an active sporting environment ensures that the community receives a consistent message. For junior competitors a healthy sporting canteen will be consistent with the health messages they receive in the classroom and foods offered at their school canteens.

IMPROVED PERFORMANCE

Nutrition and its ability to improve sports performance is well recognised. For elite competitors and keen social players, one of the keys to improved performance is a nutritionally adequate diet and the right amount of fluid.

PROVIDES CHOICE TO CONSUMERS

Making a change to a healthier menu is not about changing and removing everything on the menu but rather, allowing those who wish to make a healthier choice the option to do so.

PROMOTES HEALTH AND WELLBEING

The prevalence of overweight and obesity in children and adults in Australia is increasing. Along with physical activity, healthy eating messages form part of the effort to slow the rate of this increase. It is a common myth that those who are not overweight and/or regularly participate in sport or other physical activity do not have to worry about healthy eating. Healthy eating is for everyone – weight control is just one aspect. Many health issues independent of overweight and obesity are related to poor nutrition including high blood pressure, high cholesterol, diabetes, some types of cancers, dental caries and unhealthy gums, fatigue, depression and immunity. For junior participants habits formed in the early years of life have a significant impact of those adopted later in life.

For more information contact Nutrition Australia Qld 's **Healthy Clubs Queensland** enquiry line on (07) 3257 4393

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