



# OPAL Case Study

## Healthier food for the Paskeville Netball Club

The District Council of the Copper Coast

**Goal:** Healthy Outlets

**Theme:** Healthy Snacks

**Strategy:** Partnerships

### Summary

The District Council of the Copper Coast (DCCC) OPAL developed a partnership with the Paskeville Netball Club to ensure healthy eating and physical activity is widely encouraged for players and supporters through the club. The partnership allowed different policy, awareness raising and environmental change strategies to be progressed.



**Because we are a sporting club and do a lot of work on fitness, we thought it was important we develop this (healthy food options) policy. As part of it, we now have fresh fruit and water available in the clubrooms on Saturdays. We wanted to give people the choice, especially our younger girls.**

Tracey Browning, President,  
Paskeville Netball Club.

### Our approach

DCCC OPAL was contacted by a committee member of the Paskeville netball club who was interested in finding out more about OPAL and opportunities to partner with the club. Discussions with the club president, committee members and club officials identified mutual goals of healthy eating and physical activity as part of improving the club and the services offered to its membership. Previous consultations with the OPAL Local Advisory Committee and young people through a youth survey also indicated community support for healthier sporting clubs.

A partnership was formed with the aim of:

- increasing the nutritional quality of the meals and snacks on offer at the netball club
- promoting the OPAL program and its healthy eating and physical activity themes to stakeholders who engage with children, parents and policy makers who can facilitate supportive action and
- specifically promoting the 'Healthy Brekky is easy as PEEL, POUR, POP' theme to children and parents who are members of the Paskeville netball club or who visit the club.

### Our achievements

The Club now considers a health perspective in all of its actions. A Healthy Eating and Physical Activity Policy outlines the Club's commitment to good health. Healthy eating options including soup and fruit are now available on game days as part of the club catering; the fruit and soup were sold out on day 1! Water is more readily available and water bottles have been provided to players to help decrease soft drink consumption. Club events, such as the annual 'Bonding Night', are using the OPAL 'Healthy Catering Ideas' resource to inform their menus.

DCCC OPAL presentations to parents and children have been designed to build knowledge about the importance of healthy eating and physical activity and there have been positive comments from committee members, coaches, parents and players. OPAL has also provided 'Active Fun' resources to add variety to club training (e.g speed reaction balls and position markers).

It is hoped other clubs will follow the lead of the Paskeville club and to this end DCCC OPAL presented on healthy catering at a STARCLUB<sup>1</sup> Copper Coast Club workshop (for sport, recreation and community clubs).

**Opal**

## Why

If South Australia is to increase healthy eating and physical activity for children and families and reduce the rising rates of obesity, individuals and organisations across the state need to take action to change their environments, policies and practices. Sporting clubs are an important setting for promoting good health given their extensive reach into the community and their role in supporting physical activity. Increasingly clubs are also seeking to increase the nutritional quality of the meals / snacks on offer and ensure everyone is healthy, not just the players.

## Who

The primary target is children aged 8 -18 years with a secondary target of parents of the same age children. Team managers, coaches and umpires who engage with children and parents and policy makers are also vitally important.

## Rationale

In 2007, SA children aged 2-16 consumed an average of 5.4 serves of non-core or extra foods per day. Food availability, such as at sporting clubs, is an important determinant of consumption of these extra or energy dense nutrient poor foods and drinks.<sup>2</sup>

Research in sporting clubs has shown that clubs can successfully provide healthier food options and change



Back Row, from left: Jodie Price, Grace Knight and Britt Herbert. Front Row, from left: Amy Ward, Vivienne Metcalf, Claudia Geekie, Tlia Paige (with ball) and Isabelle Mildwaters.

eating behaviours if they receive assistance, such as that provided by OPAL, to address barriers, explain and promote the changes and gain support from club members.<sup>3,4</sup>

## Resources

The OPAL general and theme-related resources were used including 'Introducing OPAL' and 'Healthy Brekky' resources as well as water bottle carriers promoting the OPAL theme 'Water. The Original Cool Drink'.

## About OPAL?

The OPAL (Obesity Prevention and Lifestyle) initiative supports children, families and their communities to eat well and be active. It is South

Australia's largest ever investment in obesity prevention. OPAL uses a range of interconnected strategies to build knowledge and skills and change policies and environments in partnerships with others to support healthy behaviour. This case study is one of many linked projects that together are helping children, through their families and communities, to be healthy now and stay healthy for life.

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<sup>1</sup> Office for Recreation and Sport. STARCLUB. [on line]. Available from: [www.recsport.sa.gov.au/starclub/index.php](http://www.recsport.sa.gov.au/starclub/index.php). (Accessed 8 July 2013).

<sup>2</sup> SA Health. OPAL Summary of evidence healthy snacks. [on line]. Available from: [www.sahealth.sa.gov.au/wps/wcm/connect/277f8c8046ca14718ed6fe2e504170d4/OPAL+Healthy+Snacks+Factsheet-sss-20110509.pdf?MOD=AJPERES&CACHEID=277f8c8046ca14718ed6fe2e504170d4](http://www.sahealth.sa.gov.au/wps/wcm/connect/277f8c8046ca14718ed6fe2e504170d4/OPAL+Healthy+Snacks+Factsheet-sss-20110509.pdf?MOD=AJPERES&CACHEID=277f8c8046ca14718ed6fe2e504170d4) (Accessed 9 August 2013).

<sup>3</sup> Coppel L, Buchanan, S. Evaluation report healthy club canteens project 2008-2010. Melbourne: Vic Health; 2010.

<sup>4</sup> Good Sports. Good Sports healthy eating [on line]. Available from [goodsports.com.au/programs/healthy-eating/](http://goodsports.com.au/programs/healthy-eating/) (accessed 8 July 2013)

