



Government of **Western Australia**
South Metropolitan Health Service

South Metropolitan Health Service (SMHS) Public Health Nutrition

Alexa Whitehorn
Public Health Nutritionist

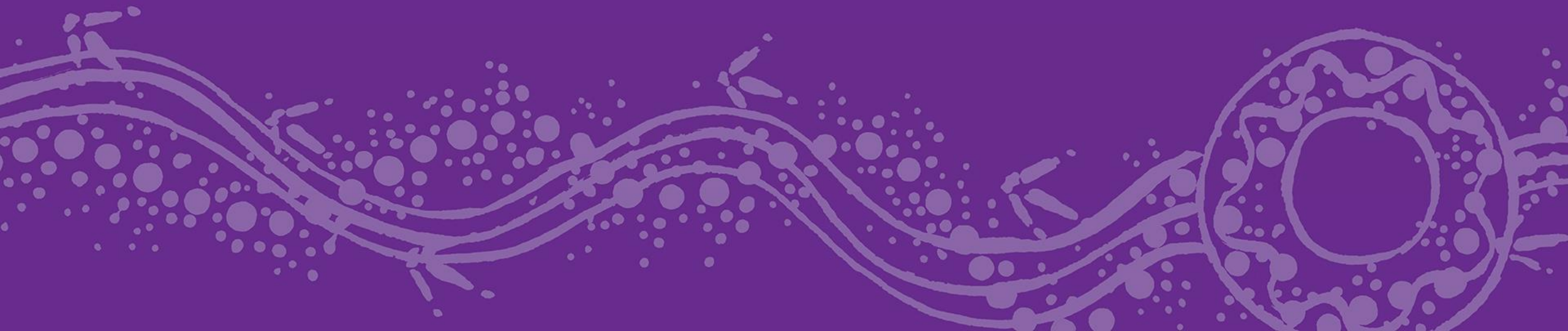
April 2025



South Metropolitan Health Service respectfully acknowledges the past and present traditional owners of this land on which we are meeting, the Noongar people. It is a privilege to be standing on Noongar country.

We also acknowledge that the Aboriginal population in the South Metropolitan Health Service is diverse and includes Aboriginal people from many communities across Australia.

We also acknowledge the contributions of Aboriginal and non-Aboriginal Australians to the health and wellbeing of all people in this country we all live on and share together.



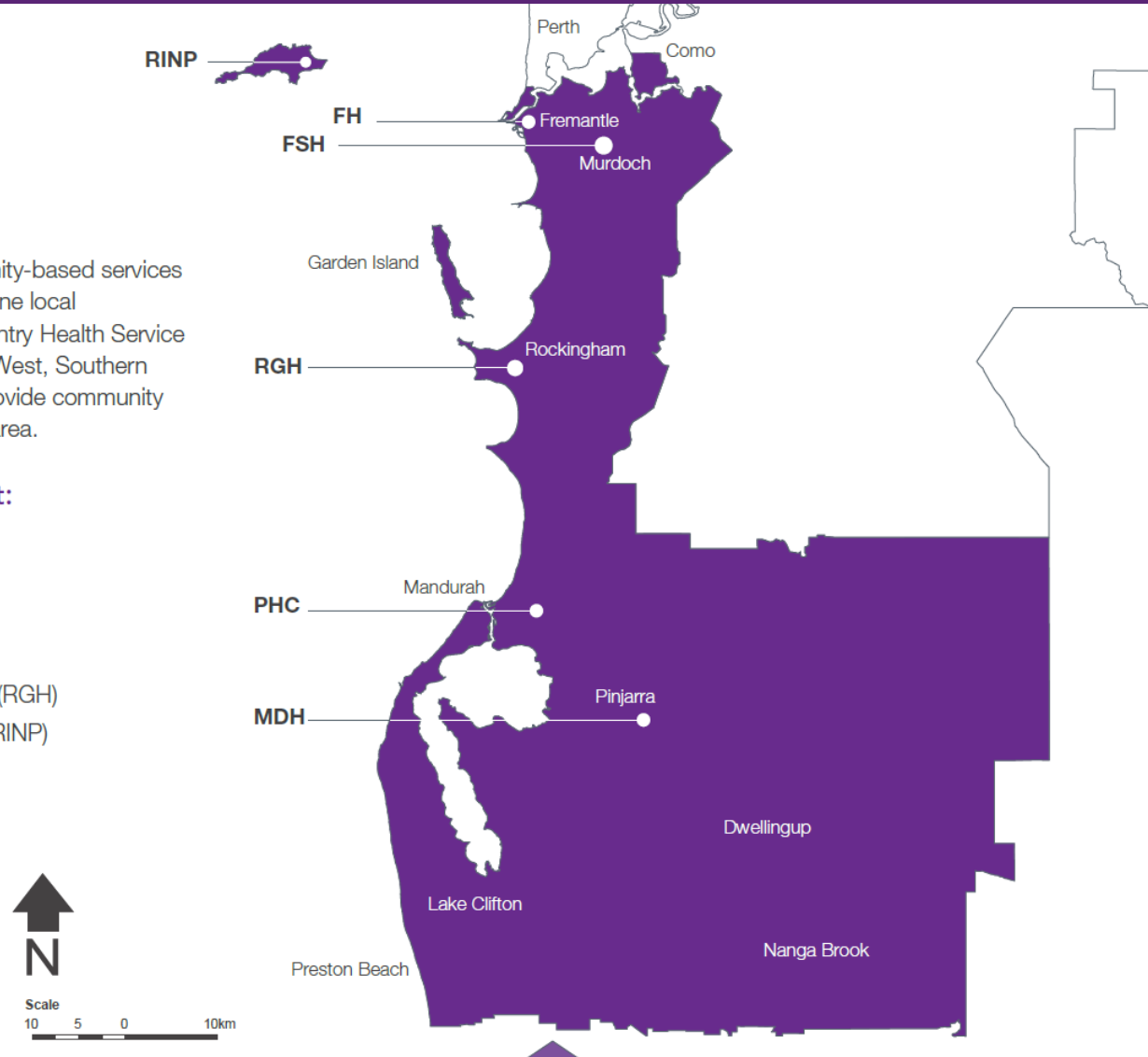
SMHS catchment area

Who we are at a glance

SMHS provides hospital and community-based services to quarter of WA's population within nine local government areas as well as WA Country Health Service patients from Great Southern, South West, Southern Wheatbelt and Goldfields. We also provide community services to the broader metropolitan area.

SMHS provides clinical care at:

- Fiona Stanley Hospital (FSH)
- Fremantle Hospital (FH)
- Murray District Hospital (MDH)
- Peel Health Campus (PHC)
- Rockingham General Hospital (RGH)
- Rottnest Island Nursing Post (RINP)
- Community health services



SMHS catchment
has an estimated population of:

657,827 people,

or

25%
of WA's population

Aboriginal
people account for

1.3%

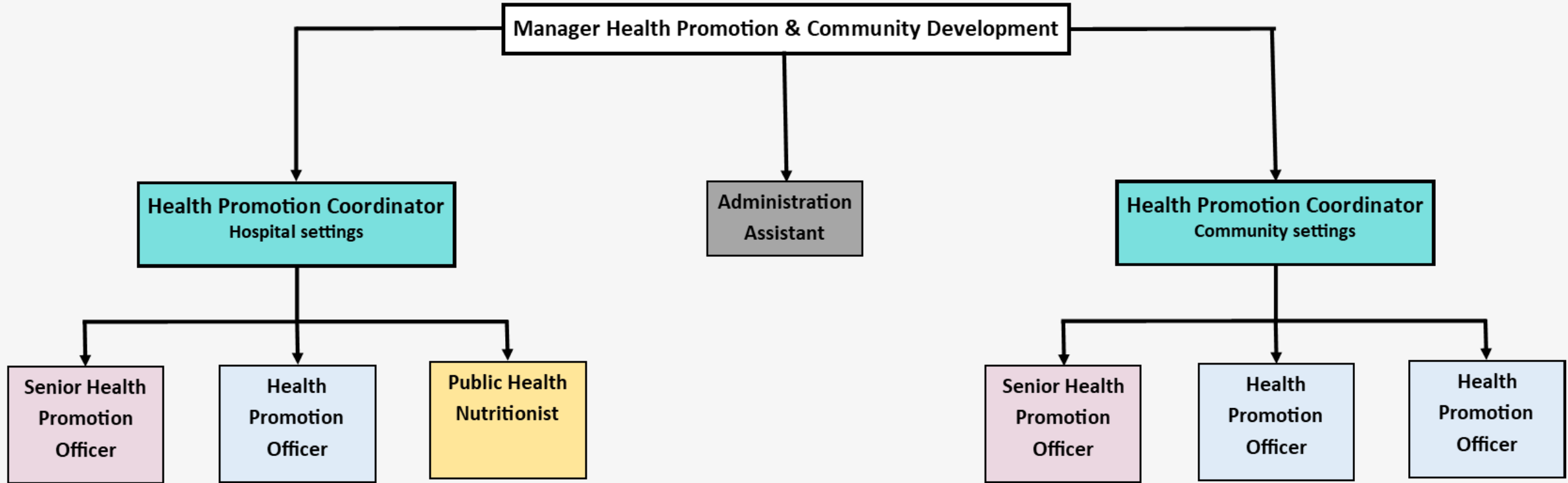
of the SMHS population base

Source: SMHS Strategic Plan 2021-25

SMHS Health Promotion

2025

**South Metropolitan Health Service
Health Promotion Organisational Chart**



Public Health Nutritionist role

- Part of Health Promotion team that works in hospital settings
- Supporting implementation of the Department of Health's *Healthy Options WA Policy*
- Provide nutrition expertise to my HP colleagues, local governments and community venues
- Currently 2 days per week.



My qualification and previous experience

Degree in Nutrition Bioscience

Foodcore™
Nutrition Services

Public Health Nutritionist



Health Promotion Officer



Public Health Nutritionist



Healthy Venues Project

- Increase healthy food and drink choices
- Reduce children's exposure to marketing of unhealthy food and drink
- Funds to be used for developing and implementing a range of promotional, educational or environmental strategies to increase healthy food and drink choices and reduce the promotion of unhealthy options.

Sites	Local Government Area
Aqua Jetty	City of Rockingham
Baldivis Indoor Sports Complex	City of Rockingham
Mandurah Aquatic & Rec. Centre	City of Mandurah
Mike Barnett Sports Complex	City of Rockingham
Murray Aquatic & Leisure Centre	Shire of Murray
Rockingham Aquatic Centre	City of Rockingham



How did SMHS Health Promotion support?

- Working group secretariat support
- Conducted menu assessments (validated by Foodcore)
- Supported development of healthy policies
- Assisted venues in working towards Healthy Venues menu targets (50% Green, no more than 20% Red)
- Analysed sales data and provided recommendations
- Engaged with suppliers
- Researched products and developed a product guide
- Procured Grab the Good signage from Healthway
- Conducted an environmental signage audit
- Supported with evaluation.

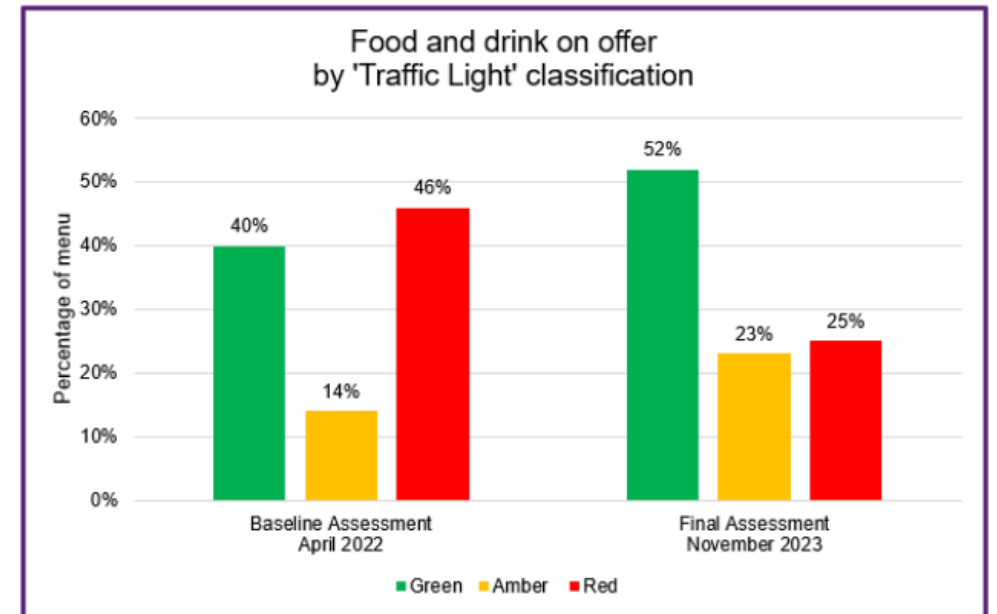


Figure 1: Aqua Jetty baseline and final menu assessment results validated by Foodcore



Aqua Jetty case study (City of Rockingham)

345,000 visits per year

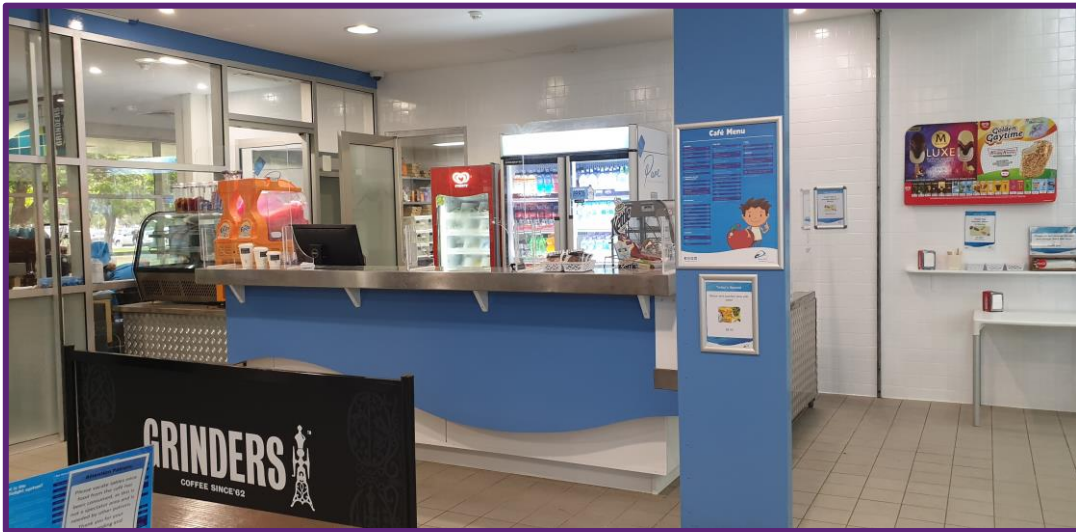


Image: Aqua Jetty café before Healthy Venues project implementation



Image: Aqua Jetty café after Healthy Venues project implementation

- Upward trend of 'healthy' food and drink sales (48% to 56%)
- Downward trend of 'unhealthy' food and drink sales (52% to 44%)
- Visitor survey results indicated positive feedback on the menu changes and new signage.

This venue promotes healthy eating and the community has greater access to healthy choices.



Policy development

City of Rockingham

Community Development
Community and Leisure Facilities



GUIDELINES

HEALTHIER FOOD AND DRINKS CHOICES FOR CITY OF ROCKINGHAM LEISURE FACILITIES

Details of the Guidelines:

1. Purpose

To support healthier food and drink choices available for purchase across all of the City's Leisure Facilities.

The objective of this guideline is to support staff and community members to make healthy food and drink choices while visiting City Leisure Facilities by:

- Creating environments which support the community to make healthy food and drink choices
- Increasing availability and promotion of healthier food and drinks
- Decreasing availability and promotion of unhealthy food and drinks
- Increasing knowledge and awareness of staff, volunteers and community members regarding healthy eating and drinking.

2. Application

This guideline applies to all employees responsible for determining the food and drinks available for purchase at all City of Rockingham Leisure Facilities' kiosks and cafes. This guideline does not apply to food or drink items brought in from outside the premises.

The City of Rockingham's "Healthier Food and Drinks for City of Rockingham Leisure Facilities" guideline will be guided by the use of the "traffic light" classification system, as outlined by the WA School Canteen Association's Fuel to Go & Play Program™.

3. Detail

Target

City of Rockingham Leisure Facilities staff will ensure that all standardised menus are working towards a target of:

- Minimum of 50% healthy (Green) food and drinks items available for sale at the facility
- Maximum of 20% unhealthy (Red) food and drinks items available for sale at the facility
- The remainder to be Amber food and drinks items.

The target will be achieved by ensuring:

- All menus are reviewed and colour coded under the traffic light system as part of the WA School Canteen Association's Fuel to Go & Play Program™
- List of all offered items and their colour coding is kept in the City's HPE System and is available to all staff
- Any new proposed items are to be coded in alignment with the "traffic light" classification under the Fuel to Go & Play Program™ prior to being added to the menu
- Appropriate signage and marketing collateral are developed and installed to promote healthier food and drink options.

Director Endorsement Date:	"P14[Type Date/Month/Year]"	Amendment No.	"P16[Type Version #]"
Amendment Dates:	"P15[Type Date/Month/Year]"	Next Scheduled Review:	"P17[Type Date/Month/Year]"

Shire of Murray



Murray Aquatic & Leisure Centre Healthy Community Venue Policy

The Murray Aquatic & Leisure Centre recognises and values the importance of creating a healthier environment for everyone who attends our venue. This policy sets out the aims and principles of the food and drinks provided within our community venue and ensures the venue aligns with best practice alcohol service and smoke-free environments.

Healthy Food and Drink Policy

Murray Aquatic & Leisure Centre is committed to providing healthier food and drinks that align to the Australian Dietary Guidelines and the Australian Guide to Healthy Eating, which establish the basis for a healthy eating approach. A key message of the guidelines is to enjoy a wide variety of nutritious foods every day.

Limiting the availability of confectionery, deep fried foods, sugary drinks and take-away foods is a key component of our healthy food and drink policy. Excess consumption of these items can be harmful and often displaces more nutritious food and drinks options.

Murray Aquatic & Leisure Centre will ensure a variety of healthier food and drinks options are available at all times. Our venue is well placed to promote the importance of healthy eating, and guide the development of healthy eating patterns and behaviours of participants and spectators. Our food service can reinforce the healthy messages promoted by our venue.

Standards for food and drinks

Murray Aquatic & Leisure Centre will ensure:

- healthy food and drink options are available through the Centre kiosk should catering be provided at activities or events
- unhealthy food/drink are not used as prizes or awards
- only food and drinks that support this policy are used for fundraising
- only food and drink advertising displayed in our venue supports this healthy food and drink policy
- free drinking water is available within the Centre

The Murray Aquatic & Leisure Centre kiosk will:

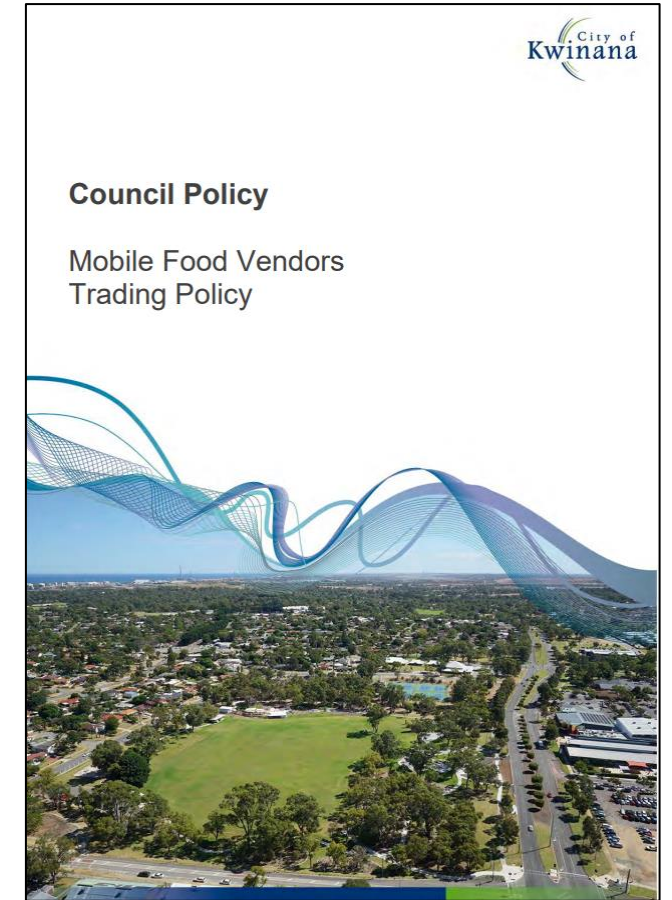
- plan a menu using the Fuel to Go & Play™ traffic light system to rate food and drinks as green, amber or red based on their nutritional value
- ensure that healthy food and drinks (e.g. green options) are promoted and displayed more prominently than other foods (e.g. red options)
- ensure that healthy choices are priced competitively

Mobile Food Vendors Trading Policy

- Adapted from the *How to Identify Healthier Food Vendors Guide* toolkit
- Applies to all mobile food vendors and temporary food stalls who conduct trading activities within the City of Kwinana
- Adopted by Council on 22 May 2024.

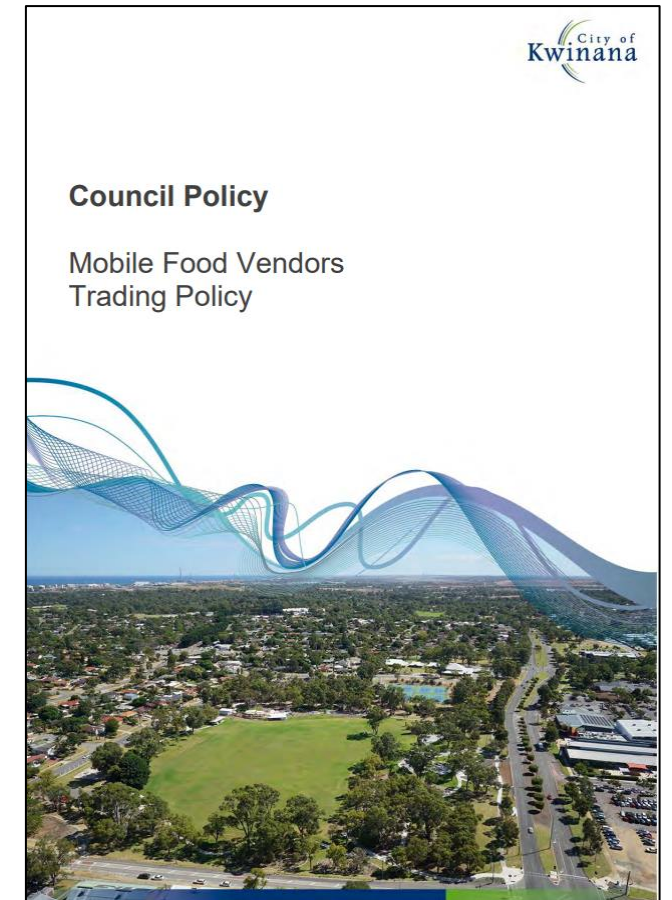
Includes:

- an example of a model food truck
- Traffic Light System and cooking methods information
- Examples of common menu items with colour coding for easy identification
- Self-assessment questions about the 4 P's – products, placement, price and promotion.



How did SMHS Health Promotion support?

- Provided an editable template of the *Healthy Food Vendor Assessment Form*, to be adapted to suit their needs
- Provided feedback on the Policy
- Supported integration of a beverage only vendors checklist
- Held regular meetings with the City to provide ongoing support.



Mobile Food Vendors Trading Policy



Appendix 2

Healthier Food Vendor Assessment Form

The City of Kwinana is committed to supporting the health of its community by encouraging food vendors to sell healthier food and drink options. Healthier food and drink options play an important role in creating the healthy environment that the community demands.

This assessment form helps the City to identify healthier food vendors. It also allows food vendors to identify areas for improvement and make healthier changes if needed. Healthier food vendor trading sites offered to food vendors who include and promote affordable, healthier food and drink options on their menu. All vendors are encouraged to actively promote healthy food and drink options at their point of sale.

***Fuel to Go & Play* approved Healthier Vendor Guide Vendors are encouraged to apply.** Refer to the Fuel to Go & Play [website](#) and [applicant handbook](#) for more information.

How to use this self-assessment form

- 1) Complete either the food and drinks vendor OR drinks-only vendor assessment form:

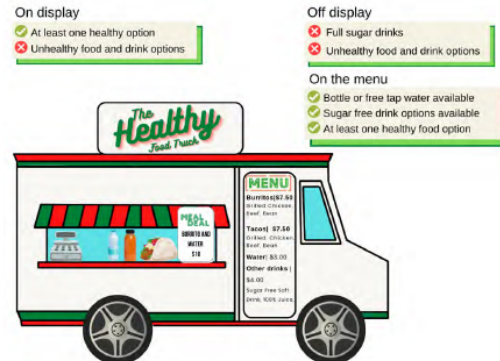
Vendors are required to meet the two essential criteria listed below:

- do not display full sugar drinks
- include at least one healthy (green) option on their menu.

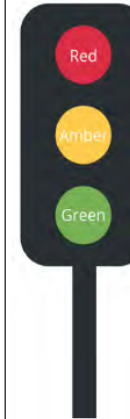
- 2) Please answer all questions to the best of your ability and tally your score at the end. Each question results in a score. For food and drinks vendors, a maximum of 12 points can be awarded in this self-assessment. For drinks-only vendors, a maximum of 10 points can be awarded in this self-assessment. It is recommended that vendors aim for a minimum score of 6.

Model healthy food truck

The following image shows simple strategies that you can implement to improve your self-assessment score.



How to identify healthier food and drink options on your menu



Red items:

- low in nutrients
- often high in energy, fat, sugar and/or salt
- discretionary items such as cakes, lollies, fried food, sugary drinks

Amber items:

- have some nutritional value
- may contain moderate amount of energy, fat, sugar and/or salt
- should be selected carefully

Green items:

- are good sources of vital nutrients
- contain food and drinks from the five food groups in the Australia Guide to Healthy Eating (fruit, vegetable, dairy and alternatives, meat and alternatives, grains)

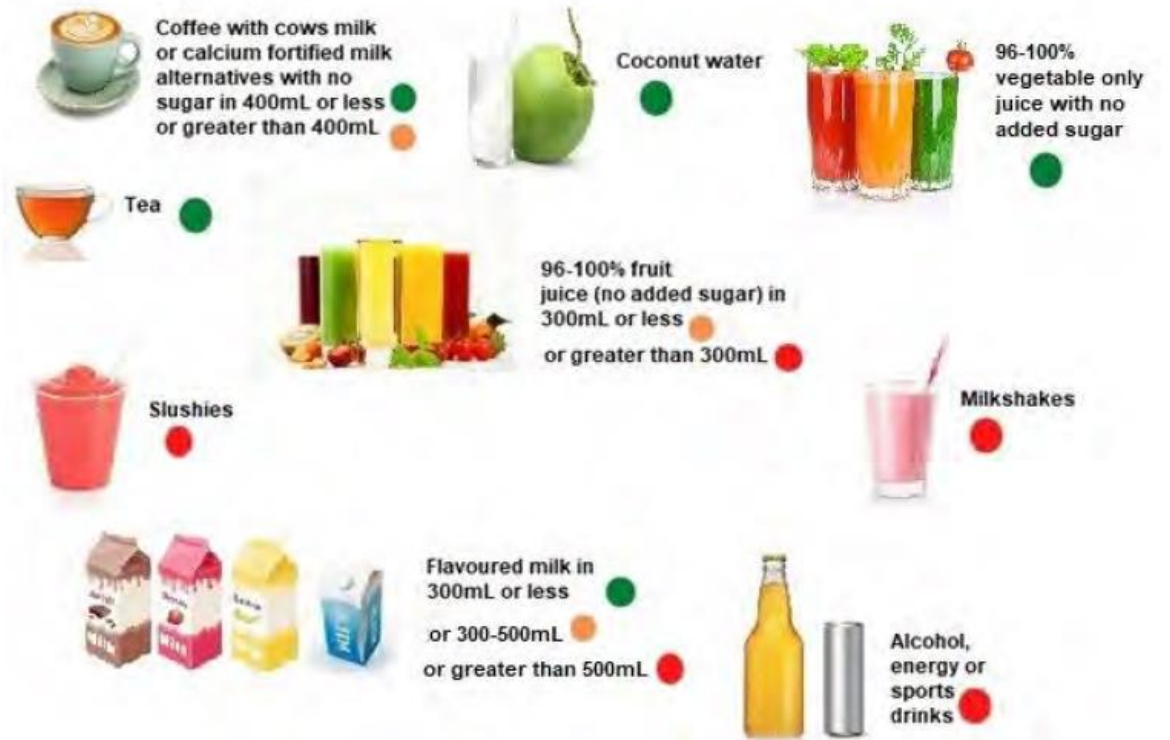
A simple way to identify healthier food and drink options is to use the traffic light system to categorise food and drinks based on their nutritional value.

In this assessment you will be asked whether you have a green option on your menu. A menu item is considered green if it contains only green ingredients and is prepared using a Green cooking method.

If you are unsure whether an item on your menu is healthy (green) or unhealthy (red), please contact City of Kwinana for clarification.

Type of food or drink		
Green Fill the menu	Amber Select carefully	Red Limit or remove
<p>These are the healthiest and most nutritious options as they are based on the five food groups. Encourage choosing these foods every day as they are generally low in saturated fat and/or sugar and/or sodium (salt) and high in nutrients.</p> <p>e.g. cheese and salad sandwich, vegetarian pizza with mozzarella cheese (or low salt cheese), lean chicken burger with salad, water, small vegetable juice, small and regular coffee.</p>	<p>These options may contain a combination of useful nutrients but may also contain moderate amounts of saturated fat and/or sugar and/or sodium (salt). Only consume occasionally and in moderation.</p> <p>e.g. small 96-100% fruit juices, sugar free sports drinks, sugar free soft drinks.</p>	<p>These options are either low in nutrients, and/or contain a large amount of saturated fat, added sugar, added sodium (salt) and/or alcohol. They can also be energy dense, so should only be eaten sometimes and in small amounts.</p> <p>Any meals made with processed meats such as bacon or ham are considered Red.</p> <p>e.g. Hawaiian pizza, deep fried gyozas, deep fried falafels, full sugar soft drinks, energy drinks and sports drinks.</p>
Cooking method		
Green	Red	
<ul style="list-style-type: none"> » Grilling » Barbequing » Baking » Steaming (steamed buns, dumplings) » Poaching » Stir frying 	<ul style="list-style-type: none"> » Deep frying (fries, donuts, spring rolls) » Shallow frying (croquettes, katsu chicken) » Crumbing or battering foods that have been fried » Cooking with butter or cream 	

Mobile Food Vendors Trading Policy



Final notes

- We acknowledge that local governments can have limited capacity and budget
- No obligation to commit to a whole project – contact me or our friendly SMHS Health Promotion community team about small steps you can take for success and for more information and suggestions
- We work in close partnership with Cancer Council WA and Foodcore, as well as other Health Service Providers
- Many of you are already doing a fantastic job
- We are guided by you – let us know what you need from us.



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Thank you

