



# Grab the Good at Mike Barnett Sports Complex

## Healthway Healthy Venue Grants

The Mike Barnett Sports Complex (MSBC) is a large community hub which attracts approximately 204,000 visits per year from participants, spectators, supporters and volunteers. In 2021, the City of Rockingham in partnership with the South Metropolitan Health Service (SMHS) and Western Australian School Canteen Association (WASCA) created a healthier food environment at the MBSC thanks to a grant from Healthway.

The project included menu assessments, analysis of monthly sales data and the installation of new healthy signage, digital media and educational information to replace junk food signage.

Fourteen staff members completed the Fuel to Go & Play<sup>®</sup> online training to learn more about providing healthier options at the venue.

Menu assessments by SMHS and WASCA in December 2020 and June 2022 showed positive changes in the availability of healthy options, including:

- green coded food and drinks (on offer), increased by 13 percentage points (i.e. 81 per cent more green items)
- amber coded food and drinks (on offer), increased by 22 percentage points (i.e. 92 per cent more amber items)
- red coded food and drinks (on offer), decreased by 35 percentage points (i.e. 58 per cent less red items).

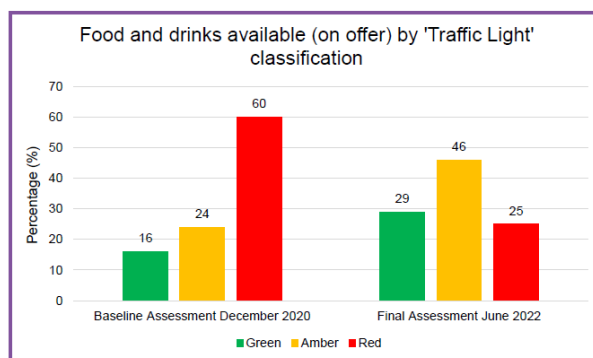
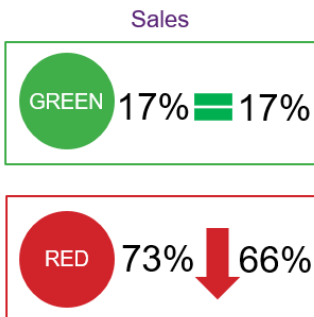


Figure 1: MBSC baseline and final menu assessment results validated by WASCA.

Monthly sales data was analysed and reviewed by SMHS and City of Rockingham to introduce healthy food and drink products and replace unhealthy options with low sale numbers.

As a proportion of the average number of food and drinks sold in November 2020 to February 2021, compared to March 2022 to June 2022, sales of



- green coded items did not change (17 per cent).
- amber coded items increased by 70 per cent (from 10 per cent to 17 per cent).
- healthy food and drinks (green and amber coded items combined) increased by 26 per cent ( from 27 per cent to 34 per cent).
- Unhealthy food and drinks (red coded items) decreased by 10 per cent (from 73 per cent to 66 per cent).

It's positive the sales data reflected the changes to healthier food and drink provision with increased sales of the healthier options and decreased sales of unhealthy food and drinks, without affecting overall sales.

A trial was also implemented at the kiosk, where the two most popular flavours of sports drinks were replaced with sugar-free alternatives. Due to the success of the trial, MBSC staff have continued to provide only sugar-free varieties for these two flavours as the total number of sports drinks sold increased over this period.

The Healthway funding was used to purchase five new café barriers and five decals displaying the *Grab the Good* message. A new menu board and product stickers have also been introduced, where food and drinks are colour coded to align with the traffic light system, indicating which options are green, amber or red.



Image: MBSC display pre implementation



Image: MBSC display post implementation

The changes at MSBC have increased the availability and promotion of healthy food and drinks and decreased the availability and promotion of unhealthy food and drinks. This has resulted in greater access to healthier food and drink options for patrons, staff and visitors.

Feedback about the changes has been very positive.

“Good to have quick, healthy choice options, such as squeezezy yoghurt”

*MBSC visitor*

“The new healthy food signage, updated menu and traffic light system not only allows visitors to make healthier food and drink choices, but also increases community members awareness of what food items are green, amber and red”.

*MSBC staff member*

“Making sure healthy food and drink options are available at our local recreation centres has a positive impact on the health and wellbeing of our community. Players, visitors and staff at the MBSC now have the choice to purchase healthy foods and drinks with 75% of the refreshed menu including healthier (green and amber) options”

*City of Rockingham Mayor  
Deb Hamblin*