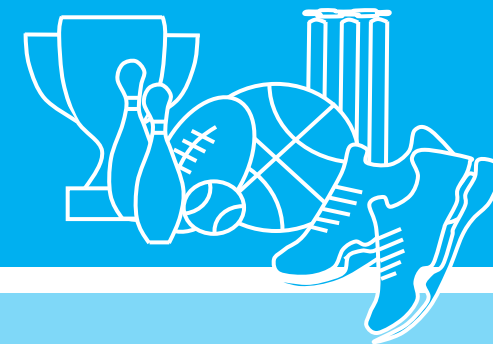


HEALTHY SPORTS CLUBS

2019 Winter evaluation findings



WHAT WORKED WELL?



Creation of the Healthy Sports Clubs webpage for easier provision of resources to sports clubs.



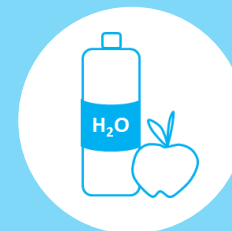
Capacity building the club champion on FoodChecker prompted greater understanding of healthy food options.



The initiative built the capacity of club champions on their chosen health area & on health promotion action.



Registration questions provided some basic context on clubs to help us support ideas for action.



Adaption of the Healthy Food & Beverages targets to suit different sports clubs contexts removed barriers.



High level of support from Monash Health to club champions, including 4-5 meetings per club, plus fortnightly emails.

ENABLERS



Club champions noted their reason for participation in the initiative was for the 'wellbeing of the club community'.



Greater promotion of the initiative via social media and grants from council partners, led to greater club engagement.



Multiple people at a club working on the initiative made implementation of actions easier, leading to greater awareness.

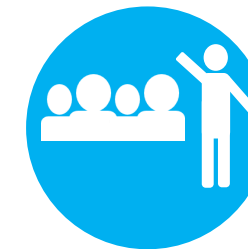
LIMITATIONS



Engaging clubs too late into the winter season meant limited time for actions to be noticed by club community.



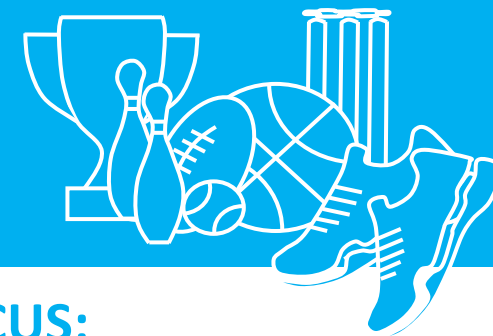
Working with just 1 club champion to initiate and drive changes can lead to incompleteness of actions due to the champion's limited time capacity.



Changes in club committee members led to previously engaged clubs disengaging with the initiative.

HEALTHY SPORTS CLUBS

2019 Winter evaluation findings



8 CLUBS REGISTERED

FROM **6** different SPORTS CODES

Athletics



AFL



Football



Netball



Softball



Triathlon



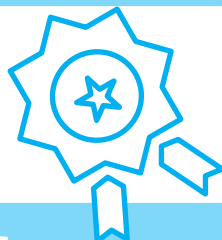
2 different HEALTH AREAS trialled



SUN PROTECTION



HEALTHY FOOD & BEVERAGES



2 menus assessed AND **1** FOOD POLICY CREATED



1 CLUB surveyed their club community & found that **73%** of respondents wanted more healthy options IN THE CANTEEN

APPROXIMATELY **910**

community members were reached



WINTER INITIATIVE FOCUS:

The winter 2019 season pilot of Healthy Sports Clubs focused on adaptations from the summer 2018-2019 season pilot learnings, including:



Increased club promotion of initiative & actions at club to increase awareness.



Addition of capacity building session for club champion on health promotion and chosen health area.



Development of Mental Wellbeing & Inclusion health areas for the initiative.



Organisation of Engagement Forum with stakeholder consultation on new health areas.