

Melbourne Stars Junior Basketball Presentation Night

Sugary Drink Free!

Held at the Aborigines Advancement League

Saturday 11th November 2017

Victorian Aboriginal Health Service Healthy Lifestyles Team (VAHS HLT)

And

Melbourne Stars Junior Basketball Club



On Saturday the 11th of November, the Melbourne Stars Basketball Club (MSBC) held their annual presentation night at the Aborigines Advancement League (AAL) with the support of the Victorian Aboriginal Health Service Healthy Lifestyle Team (VAHS HLT). The two organisations have a strong partnership that is built on healthy foundations (see [partnership case study here](#)), and in light of this mutual commitment the event was totally sugary drink free!

The event went for 4 hours and had children and young people of all age groups in attendance as well as their family members. An estimated 100 people attended the event which meant that the VAHS HLT were able to promote their health promotion messaging to quite a large number of kids/young adults. We know that Aboriginal young people consume more sugar sweetened beverages than their non-Aboriginal peers,¹ which combined with a high intake of processed foods and low consumption of fruit,² places Aboriginal young people at a higher risk of obesity compared to their non-indigenous peers³. Being able to support a junior sporting club to host a sugary drink free event was a great achievement and best practice example of Community leadership.

Providing bottled water for over 100 people cost less than \$150, which clearly demonstrated that water is not just the healthy choice, but often the comparatively cheaper choice.

¹ Australian National Preventive Health Agency. (2014). Obesity: Sugar Sweetened Beverages, Obesity and Health. Commonwealth of Australia. ACT, Australia.

² Department of Health and Human Services. (2014). Victoria's Health: Chief Health Officers Report 2014. Victorian Government. Melbourne, Australia.

³ Burns J., Thomson N. (2006). *Summary of overweight and obesity among Indigenous peoples*. Retrieved 29/07/2016 from <http://www.healthinonet.ecu.edu.au/health-risks/overweight-obesity/reviews/our-review>

The message to choose water was reinforced at the event through a presentation on sugary drinks by VAHS HLT, which was supported by a variety of health promotion materials supplied at their pop up table, where a selection of fun fruit flavoured water was also available.

Being able to create a health promoting environment for our young people is so important. The more people we can expose to healthier options and make the healthy choice as the easier choice, the closer we get to making healthy options the only choice!

This is yet another great example of Aboriginal Organisations leading the way towards self-determination in health for the Aboriginal Communities here in Victoria.

Keys to success

- Strong partnership between VAHS HLT and MSBC
- MSBC leadership committed personally and professionally to creating healthy environments.
- Water was the ONLY option available

Challenges

- Reusable bottles could be considered in the future