



Kevin Humphries MP

Minister for Mental Health

Minister for Healthy Lifestyles

Minister for Western NSW

MEDIA RELEASE

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MAKING THE HEALTHY CHOICE THE EASY CHOICE

The NSW Government has continued its campaign to drive down the state's overweight and obesity levels, with a forum today convened by the Minister for Healthy Lifestyles to look at ways government, food manufacturers and retailers can work together to make the healthy choice the easy choice.

Minister for Healthy Lifestyles, Kevin Humphries, said the NSW Food Forum has brought together more than 250 consumer advocates, health representatives, policy makers and food industry representatives to discuss ways to create healthier food environments in NSW and promote the value of healthy eating.

"This forum is an absolutely vital step towards arresting the unprecedented overweight and obesity levels we are currently seeing in NSW," Mr Humphries said.

"The most recent statistics show that around half the adult population (49.7 per cent) and 22.8 per cent of children between 5 and 17 years of age are overweight or obese.

"As the Minister for Healthy Lifestyles, I am absolutely committed to ensuring that this great state of ours becomes the healthy state.

"Through the NSW Food Forum, the NSW Government has created a unique opportunity for a range of food and health professionals to come together and work to improve the NSW food environment.

"The Forum will look at what is already being done across the state to create healthier food environments, and what needs to be done into the future to promote healthy eating and reduce the risk of developing chronic disease."

Mr Humphries said the NSW Food Forum is a key initiative of the recently launched NSW Healthy Eating Active Living Strategy, which represents the first time in NSW there has been a specific strategy to address adult overweight and obesity levels.

"Through this strategy the NSW Government has delivered a record investment in promoting healthy lifestyles, with more than \$136 million to be directed in to evidence-based programs that target chronic diseases and obesity," Mr Humphries said.

Recommendations from the Forum will form the basis for a series of stakeholder workshops that will take place over the course of 2014 to implement initiatives to create healthier food environments.

MEDIA: Jeremy Scott – 0467 741 200