



# Kevin Humphries MP

## Minister for Mental Health

## Minister for Healthy Lifestyles

## Minister for Western NSW

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## MEDIA RELEASE

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### TEACHING KIDS TO FINISH WITH THE RIGHT STUFF

Young people will be encouraged to swap lollies for fruit and sugary drinks for water after their weekend game of sport as part of the NSW Government's push to lower childhood obesity rates, Minister for Healthy Lifestyles Kevin Humphries said today.

Mr Humphries said a new program launched today, Finish with the Right Stuff, will work with junior sporting clubs across the state to encourage young people to not undo all the positive benefits of their weekend sport by making poor food and drink choices after the game.

"Leading a healthy lifestyle is about much more than just regular exercise – it is also about making sure we take on board the right fuel to stay healthy and perform our best," Mr Humphries said.

"Research shows that for children, the period after exercise is one of the peak times for consumption of junk food with many choosing to indulge in foods with high sugar and fat content.

"This program will see NSW Health, the National Rugby League and the Australian Football League working with junior sporting clubs across the state to encourage young people to make healthier choices once the full-time whistle blows."

As part of the program junior sporting clubs will increase the availability of healthy food and drink choices in their canteens, as well as educate players on the importance of drinking water and eating well.

Mr Humphries said the program is an integral part of the NSW Government's \$136 million Healthy Eating Active Living Strategy – which is aimed at reducing overweight and obesity levels in NSW and making it the healthiest state in Australia.

"In 2012, around half the adult population (49.7 per cent) in NSW were either overweight or obese. In 2010, 23.6 per cent of children between 5 and 17 years of age were classified as either overweight or obese in NSW," Mr Humphries said.

"Through this strategy, and through programs such as Finish with the Right Stuff, the NSW Government is aiming to significantly reduce overweight and obesity rates of children and young people and helping them form healthy habits they will carry with them throughout their lives."

Further information on the Healthy Eating Active Living Strategy can be found at <http://www.health.nsw.gov.au/obesity>.