



Rethink your Drink!

CHRISTINE NEWMAN

DEPUTY DIRECTOR, WSLHD CENTRE FOR POPULATION HEALTH

The need

- ▶ 24.8% of young people (12-17 years) are overweight or obese in western Sydney
- ▶ Young people are among the highest consumers of sugary drinks, especially young males
- ▶ Young people consume at least 3 cups of sugary drinks per day



Rethink Your Drink - Westmead Hospital

- ▶ Health highlighting an important message, a role model to community & staff
- ▶ Trial - Removal of sugary drinks from sale in all food retail outlets and vending machines across Westmead Hospital
- ▶ Evaluation
 - ▶ 75% support/neutral about removing sugary drinks from hospital
 - ▶ 7.6% increase in water sales in food retail outlets
 - ▶ 44% increase in water consumption since trial commenced
 - ▶ 10% reported a decrease in the amount of sugary drink consumed



- ▶ Strong collaborative internal and external partnerships and bold leadership at all levels is critical to ensure policy success
- ▶ Removing SSB and providing free water access as an alternative anywhere is a strong supportive message
- ▶ Why not think about a policy/actions for your organisation, catering for young people, community events

