

HEALTHY CHOICES AT KDHS CAFÉ



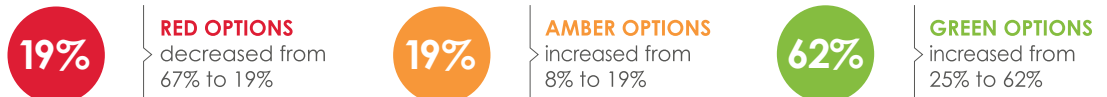
KYABRAM DISTRICT
HEALTH SERVICE

Kyabram District Health Service are leading the way in the Healthier Campaspe initiative to implement the Victorian Government's Healthy Choices guidelines with great results.

Healthy Choices were implemented between June 2016 and December 2017. In July 2016 all sugar sweetened soft drinks were removed from the Café. In December 2017 KDHS were notified that they met the Healthy Choices Criteria.

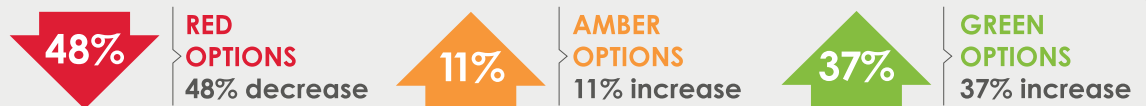


FROM JUNE 2016 TO DECEMBER 2018 THE FOLLOWING CHANGES WERE MADE IN THE CAFÉ:

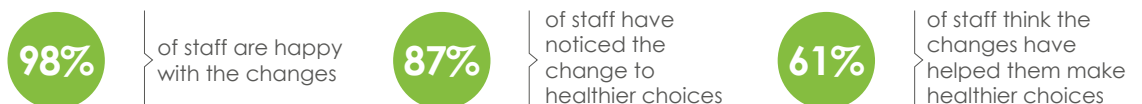


**SUPPORTING
HEALTHY
DECISION
MAKING**

OVERALL THE CHANGES HAVE RESULTED IN:



SATISFACTION WITH THE MENU CHANGES:



“There are great healthy options in the café and they are easy to choose with the traffic light stickers”

“Healthier Options Encourage Healthy Choices”

Healthy Community. Local Care.



This infographic has been adapted from Alfred Health's research on using behavioural insights to influence healthy choices.

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