

Friday 29th April, 2005

STEVENS, CORNES, BURGOYNE TO GIVE COOKING TIPS IN THE MALL

Health Minister Lea Stevens will don the apron in Rundle Mall today (12.30pm) with Port Power stars Chad Cornes and Shaun Burgoyne, Australian Opals basketball coach Jan Stirling, and radio and TV personality Michael Keelan.

The crew will be cooking up a storm using special recipes as part of a new campaign encouraging South Australians to eat more fruit and vegetables.

A nationwide 'Go for 2&5™' campaign (2 fruit and 5 veg) began airing on TV last night.

Ms Stevens says most people aren't eating the recommended quantities of fruit and vegetables.

"The Go for 2&5™ campaign explains how much fruit and veg we need to eat each day, as well as showing us just how easy it is to include more of these foods in our everyday diets," says Ms Stevens.

"This is important because if more people ate the recommended serves of fruit and vegetables there could be a significant reduction in disease and related health care costs.

"Experts believe there is a definite link between diets high in fruit and vegetables and a lower risk of developing a range of illnesses and conditions, including coronary heart disease, stroke, Type 2 diabetes, certain cancers and high blood pressure.

"That's why eating the right amount of fruit and veg is so important – an apple a day, plus a bit more, DOES keep the doctor away.

"In fact, a wide variety of seasonal fruits and vegetables should be enjoyed each day, such as broccoli, cabbage, carrots, sweetcorn, Red Delicious apples and kiwi fruit, all of which are in season now."

Go for 2&5™ was first developed by the Western Australian Department of Health. The Australian Government Department of Health & Ageing is running TV and print ads nationally, with the SA Health Department running radio ads and other promotions through shopping centres, schools and at community events.

'Go for 2&5™' will be launched today under the Canopy in Rundle Mall (near Gawler Place) at 12.30pm. Copies of the TV and radio ads will be available. For tips on fruit and veg serves and recipe ideas, check the website: www.gofor2and5.com.au

Meanwhile, Australia's Physical Activity Recommendations for children and young people will also be officially launched in South Australia today.

The recommendations for 5 to 18 year olds are:

- At least 60 minutes of moderate to vigorous physical activity every day
- And children and youth don't spend more than two hours a day playing computer games, watching TV or surfing the net for entertainment.

The Parliamentary Secretary to the Premier for Volunteers, Children's Services and Children's Health, Jennifer Rankine, who is launching the recommendations this morning, says while it may seem like an obvious message, it's clearly one that needs to be communicated.

"Not all children are physically active. Research shows children are less fit now than a decade ago," she says. "And at the same time we're seeing increasing levels of overweight and obesity among children, with around one in five children outside the healthy weight range.

"Times have changed. Children live in a world of more television and computer games, and increased car use. But as adults we need to play an active role in encouraging children to be active and healthy."

Ms Rankine says the recommendations remind everyone that whether it's walking, skateboarding, participating in sport or riding a bike, children and young people need to get out and be active.

The recommendations will also be used to promote and influence planning for physical activity for children and young people.

For a copy of the Recommendations, visit www.beactive.com.au

Ms Rankine will launch the Australian Physical Activity Recommendations for Children and Youth in South Australia today at 9.15am, at the Stamford Plaza Hotel, 150 North Terrace, Adelaide.