Overview

OPAL (Obesity Prevention and Lifestyle), is South Australia’s most significant childhood obesity prevention initiative to date. OPAL supports children, through families and their communities, to eat well and be active. It is based on a proven community development and social marketing program operating in eight countries, reaching an estimated 20 million people.

OPAL is now operating in 20 communities across the state, reaching an estimated 400,000 South Australians with an additional site in the Northern Territory. (www.opal.sa.gov.au for specific OPAL sites)

OPAL is a long-term commitment involving Federal, State and Local Governments, operating within each community for five years to maximise the chances of delivering lasting change and to ultimately reduce the rate of childhood obesity.

Promoting healthy eating and physical activity.

If your school is in an OPAL community, your Local OPAL Council Team can assist you with the promotion of healthy eating and physical activity in your school. To contact your local team visit www.opal.sa.gov.au

OPAL has worked with a range of schools to support and implement a number of healthy initiatives including:
- supporting schools’ active travel programs with pedometer challenges and early learning programs to encourage active travel
- supporting schools with the provision of Be Active Kits
- supporting schools with review and implementation of healthy eating policies and healthy menu options
- implementation of edible gardens and healthy cooking components within the curriculum

Mailing lists and Resources

www.opal.sa.gov.au

Contact details

OPAL State Co-ordination Unit – SA Health 8226 6329
Local Council Teams www.opal.sa.gov.au