

Including
everyone in our

Healthy Future

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At face value, Australians enjoy good health, with the second-highest life expectancy on the planet. But behind this statistic lies a big challenge.

We are now facing rapidly increasing rates of chronic illness, linked to

unhealthy

lifestyles. The future for many will be years of poor health and wellbeing.

There are many social, economic and environmental issues that are compromising our ability to live healthy lives. Their impact is magnified amongst disadvantaged members of the community.

**VicHealth works with
governments, organisations
and communities to create**

healthier

**social conditions and
improved built environments
for everyone.**



Addressing health inequalities and fostering change in the social, cultural and physical environments that influence the health of all Victorians is key to VicHealth's work. Everyone is included in our vision for a healthy future.

VISION

The Foundation envisages a community where:

- health is a fundamental human right
- everyone shares in the responsibility for promoting health
- everyone benefits from improved health outcomes.

MISSION

The Foundation's mission is to build the capabilities of organisations, communities and individuals in ways that:

- change social, economic, cultural and physical environments to improve health for all Victorians; and
- strengthen the understanding and the skills of individuals in ways that support their efforts to achieve and maintain health.

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CHAIR'S REPORT

In the last twelve months the case for increased investment in health promotion and disease prevention gathered significant momentum.

Australia's first national illness prevention summit, a VicHealth initiative in partnership with the Australian Institute of Health Policy Studies, was held in April 2008. The summit saw more than 100 of Australia's leaders from government, health services, NGOs, business, academia and the community create a vision for the prevention of illness and disability, including concrete ideas for delivering on that vision.

Over the past year it has been very reassuring to see a renewed emphasis from both state and federal governments towards a comprehensive and cooperative approach to strengthening disease prevention at state and national levels.

The challenge for us is to seize this opportunity to create significant and sustainable prevention approaches into the future.

We know that health is the top priority for most Australians. Without health, it's difficult to live well and to achieve our aspirations. Although there have been marked improvements in the health of Victorians in the last half-century, and our life expectancy has increased, significant challenges remain.

Among these is tackling the burden contributed by chronic diseases such as cancer, cardiovascular disease, mental disorders, diabetes and asthma which, if left unfettered, will overwhelm our health system and impact heavily on our prosperity.

Disadvantaged members of our community carry a disproportionate share of the burden of disease and illness. There is increasing evidence that the life and health expectancy gap experienced by these groups is due in large part to their vulnerability to chronic disease. In turn, the associated health burden risks compound their economic and social marginalisation.

Ensuring our prevention efforts are effectively targeted to those that have the poorest health is where we will achieve greatest healthcare savings. It is also in line with the community value of fairness. The challenge for health promotion is getting the balance right.

In addition to changes in our social and economic environments which will continue to have health relevance, there is also the looming issue of climate change.

There is mounting evidence that climate change has already begun to impact on health and wellbeing – for example, by affecting food affordability and compromising the sustainability of rural economies and communities. If unchecked, its impacts are likely to affect an increasing proportion of the population, particularly those who are already socially and economically vulnerable.

These changes suggest that Victoria faces significant health challenges and that we need to work in partnerships with organisations, government and the Victorian community to ensure improved health for all Victorians.

I would like to take this opportunity to acknowledge the great work that so many government departments, organisations and individuals undertake in partnership with us.

VicHealth is in a unique position to highlight what can be achieved by integrating funded program activity, research and evaluation. We also build opportunities for people to be informed, learn new skills, have greater access to activities that promote good health, and share healthier environments.

This role allows us to lead and advocate for excellence in the development of appropriate health-promoting policies and programs. It also enables us to maintain strategic alliances with national and global public health interests to strengthen health promotion action and advocacy.

Our Board has a breadth of experience in health, sport, the arts, research, business and communication, which gives us great advantages in addressing current and emerging health challenges. I would like to extend my sincere thanks to all Board members for their energy, enthusiasm and commitment to health promotion.

Finally, I would like to take this opportunity to thank Chief Executive Officer Todd Harper and all the VicHealth staff for their ongoing commitment and drive to create a healthier life for all of us.

Jane Fenton, AM
Chair



CEO'S REPORT

It is my pleasure to present VicHealth's *Annual Report 2007-2008*.

The last year has been a period of significant change in the global, national and local context.

In response to this rapidly evolving environment, we have continued our leading role in the promotion of better health for all Victorians, with a focus on reducing the differences in health status between population groups.

Addressing health inequalities, particularly with Indigenous people, is a fundamental part of VicHealth's work. We want to create equal opportunities for health and aim to bring disparities down to the lowest level possible. The complexity of addressing entrenched inequalities requires undertaking our efforts in a flexible, imaginative and evidence-informed way.

This year we reached the mid-point of our ambitious strategic plan to improve health and wellbeing for all Victorians – a plan that reflects national and state public health priorities.

Our health promotion priorities remain clear – reducing harm from tobacco and alcohol misuse; creating active communities; promoting healthy eating; and improving mental health and wellbeing.

Fostering change in social, economic, cultural and physical environments to support healthy lifestyles underpins our work.

The foundation of VicHealth's achievements in these areas lies in our ability to create partnerships

at all levels; to focus on evidence; to use the learning from our programs and research; and the political support which allows us to innovate and trial approaches to complex current health issues.

In the past year we continued to work in partnership with federal and state governments, particularly the State Department of Human Services and the Department of Planning and Community Development, as well as organisations, communities and individuals from a broad range of sectors including sport, recreation, community, local government, education, arts and business.

Some highlights include:

- Commencing work with six local councils across the state on our new program *Streets Ahead*, which aims to foster flexible, community-based, sustainable initiatives to increase physical activity among children aged 4 to 12 years through active transport.
- Ongoing research by Associate Professor Tony LaMontagne, from the McCaughey Centre: VicHealth Centre for the Promotion of Mental Health and Community Wellbeing, on workplace stress, revealing that almost one in six cases of depression among working Victorians is caused by job stress.
- Work undertaken by VicHealth fellow and Associate Professor David Dunstan from the International Diabetes Institute, putting a focus on the obesity and diabetes-related health implications of sedentary working patterns. This will inform new thinking on how we can re-engineer the workplace to be both economically productive and health-promoting.
- We invested a further \$1.5 million into five major projects under our *Building Bridges* program, to promote cultural understanding and break down discrimination and associated health problems. The scheme is targeted at workplaces, the education system, local government and communities.
- Our *Respect and Responsibility* program funded 29 projects,

covering a broad range of sectors, to trial different approaches in preventing violence against women. VicHealth is working with women's organisations, and with Indigenous and culturally diverse groups, men, boys and workplaces to prevent violence against women.

As well as our focus on current priority areas, we continued to invest in research and evidence-gathering on emerging health concerns.

VicHealth's new Discovery Grants Scheme, which fosters emerging ideas and conceptual research, this year funded initiatives towards further understanding in the prevention of chronic diseases, workplace health promotion, alcohol harm reduction, and the application of information technologies in health promotion.

For many years VicHealth has engaged in debates on the harmful impact of alcohol in our community. However, we need to strengthen our efforts. One project funded under the Discovery Scheme includes research on the development of parental guidelines on how to prevent and deal with underage drinking, to be undertaken by Professor Anthony Jorm at the Orygen Research Centre.

The health gains experienced in the last half-century have been significant. We must work together to generate and apply the knowledge that will ensure that our longer lives are healthy, happy and productive. Addressing chronic disease is crucial to meeting this challenge and the benefits of improved health must be shared by all.

I would like to extend my gratitude to the dedicated team at VicHealth for their ongoing focus on including everyone in Victoria's healthy future.

Todd Harper
Chief Executive Officer



Celebrating 20 years: VicHealth Chair, Ms Jane Fenton AM presented special awards of recognition to the political leaders who ushered the Tobacco Act 1987 into Parliament. These being then Premier, the Hon. John Cain; then Health Minister, the Hon. David White; the Shadow Health Minister, the Hon. Mark Birrell, and the Hon. Kenneth Wright, Leader of the National Party (represented here by State National Party MP, Hugh Delahunty).

BUILDING A HEALTHY FUTURE

The Victorian Health Promotion Foundation (better known as VicHealth) is the peak body for health promotion in Victoria. It is an independent, statutory authority that was established by the Victorian Parliament as part of the *Tobacco Act 1987* with a mandate to promote good health for all Victorians. Our Chair and Board of Governance has a breadth of experience in health, sport, the arts, research and communication.

VicHealth advocates for excellence and innovation in health-promoting policies and programs, with a focus on promoting good health and wellbeing and preventing ill health and chronic disease.

Our activities range from small grants funding for community-based projects to long-term multimillion dollar funding for programs such as Quit. We also invest heavily in public health research.

Our approach is flexible, imaginative and evidence-informed. Our work complements and adds value to the work of state, commonwealth and non-government organisations.

VicHealth is in a unique position to foster environments and cultures that support health and wellbeing. We fund a diverse range of projects, which are underpinned by evidence and rigorously evaluated.

Chronic disease represents one of the largest challenges facing the health system today; it is estimated to cause about 80% of the total burden of disease in Australia. The death rate for most major chronic diseases in Australia, except diabetes and osteoporosis, is decreasing; but in contrast, the number of hospitalisations for all chronic diseases has increased.

Most chronic disease in Australia today is associated with a range of risk factors including unhealthy eating, physical inactivity, alcohol, smoking and stress. These behavioural risk factors, which are often related to the social, economic and physical environments in which we live and work, can lead to high blood pressure, high cholesterol, diabetes and mental health problems.

On average, less than 3% of total health expenditure is allocated to organised public and private prevention programs, but 40% to 50% of the causes of premature deaths can be attributed to

modifiable factors. All of VicHealth's projects and programs are aimed at addressing factors that increase chronic disease. This is done through health promotion programs, research, education, policy development and behaviour change.

This year, we made 982 individual health promotion investments addressing the greatest preventable risk factors for ill health: smoking; lack of physical activity; discrimination, violence and social and economic exclusion leading to mental health problems; poor nutrition; and harmful drinking. While working to improve the health of all Victorians, we also target many activities and support research initiatives towards reducing health inequalities.

NATIONAL PREVENTION SUMMIT

The National Prevention Summit, an initiative of VicHealth and the Australian Institute of Health Policy Studies (AIHPS), brought together both the Federal and Victorian Ministers for Health, as well as more than 100 of Australia's leaders from all levels of government, health, business, academia and the non-profit sector to develop strategies for stemming the tide of illness threatening to overwhelm our healthcare system.

Delegates supported a platform for advancing the health and wellbeing of all Australians that also contributed to deliberations at the 2020 Summit less than two weeks later.

VicHealth and AIHPS are now coordinating the development of issues papers to explore in more depth some of the ideas and themes raised at the summit, with the intention of submitting well-developed proposals to the new National Preventative Health Taskforce and the National Health and Hospitals Reform Commission.

CREATING ACTIVE COMMUNITIES

When it comes to developing more flexible and inclusive opportunities for people to participate in sport and active recreation, VicHealth continues to lead the way. Through our investment in 44 State Sporting Associations, nine Regional Sports Assemblies and eight statewide peak bodies we are broadening access and tackling health inequalities. Many more Victorians, including people with disabilities, Indigenous Australians, new arrivals and people from lower socioeconomic groups, are becoming more physically active and developing a sense of belonging with the local sporting community.

Tackling the general decline in children's physical activity, playing outdoors and what many researchers have described as the loss of 'children's independent mobility' – the capacity of children to move around their neighbourhoods, towns and cities without adult supervision – is also a key focus. Building on the successes of the Walking School Bus, which we piloted with four councils in 2001 and this year was running in 60 local government areas across Victoria, we have introduced a new program, *Streets Ahead*. It allows for the development of more comprehensive and flexible children's independent mobility projects, which will be implemented in targeted neighbourhoods.

As in previous years, VicHealth provided funding through Active Club Grants to help more than 620 local sports clubs purchase sports safety equipment and portable shade and to train volunteers.

PROMOTING HEALTHY EATING

It is common knowledge that good eating habits play a central role in maintaining health and preventing cardiovascular disease, diabetes, osteoporosis, some cancers and dental disease. Nutrition-related ill health accounts for the largest burden of disease including obesity and high cholesterol. VicHealth also knows that poor nutrition rarely results from a lack of knowledge but is more likely to do with the social, environmental, cultural and economic factors influencing people's food choices.

To address these underlying factors, to improve access to healthy food among Victoria's disadvantaged and to improve food security, VicHealth is supporting eight local councils under the *Food for All* program to increase people's access to and consumption of a variety of foods, particularly vegetables and fruit. The program focuses on the barriers people face in accessing healthy food and assists local governments to prioritise food access issues in planning.

In addition, we are working in partnership with researchers and non-government organisations to advocate for and support policies and legislation that encourage nutritious food choices in the areas of food retail, marketing, advertising and supply.

PLANNING FOR HEALTH

There is growing evidence that the design of the environment we live in can support or impede our efforts to adopt a healthy lifestyle. Factors include: proximity to parks, open space, shops selling a variety of food for healthy eating, services, and public transport; bicycle lanes and footpaths; a sense of place and community connectedness; aesthetics; and suitable housing and housing designs that provide a sense of safety.

↓ VicHealth's Focus ↓

Promotion

Prevention

Early Intervention

Treatment

Rehabilitation

Influencing the way we design and build our suburbs has long been on VicHealth's agenda. This year we collaborated with a range of organisations, government departments and individuals to help ensure that health is factored into the planning of our future environments. This work is helping to address concerns about lack of exercise and rising levels of obesity; lack of access to shops, schools and other key venues; and depression arising from social isolation.

PROMOTING MENTAL HEALTH AND WELLBEING

VicHealth is a major collaborator with international peak bodies such as the World Health Organisation (WHO), the World Federation for Mental Health, the UK-based Clifford Beers Foundation and the American-based Carter Center in developing research and policy in mental health and wellbeing, and is renowned as a world leader in mental health promotion.

Rates of mental ill health are increasing alarmingly: by the year 2020 it is estimated that depression alone will be the second-highest cause of disease burden in the world. VicHealth's work in this area continues to focus on the development of programs aimed at increasing both the skills of individuals in maintaining mental health and improving the environments in which people live, since this is a vital influence on good mental health.

Therefore, we work in partnerships to address the factors that have a strong influence on mental health, such as social isolation, violence and discrimination, and poor access to resources for vulnerable groups.

REDUCING SMOKING

Since its beginning, VicHealth has supported and funded the smoking prevention and cessation programs delivered by Quit Victoria and in more recent times, the research, policy development and advocacy work undertaken by the VicHealth Centre for Tobacco Control.

Evidence shows that tobacco control has been one of the best, if not the best, buy in health for over a quarter of a century. Since VicHealth commenced funding Quit Victoria in 1987, Victoria's smoking rates have fallen substantially: by about 20% in men and nearly 15% in women.

In recent years there have been some particularly important steps forward in tobacco control. In March 2006, graphic health warnings appeared on cigarette and tobacco packaging and most Victorian workplaces became smoke-free. On 1 July 2007 licensed premises became smoke-free, with legislation also influencing pack sizes. Retailers must comply with laws and regulations governing point-of-sale signage, and the sale and display of tobacco products.

Working with government and our partners, especially the Tobacco Control Unit at the Cancer Council Victoria, VicHealth has a continuing commitment to tobacco control and the next steps must build on our successes. Over the next four years we will contribute more than \$16 million to initiatives directly aimed at reducing the prevalence of smoking in the Victorian community.

REDUCING HARM FROM ALCOHOL

For many years VicHealth has been engaged in debates concerning harmful consumption of alcohol and has supported programs that promote responsible drinking.

We work in collaboration with government and community partners to facilitate an innovative approach to alcohol harm reduction; building evidence on the social impacts of alcohol consumption; identifying effective interventions; and developing programs to reduce alcohol-related harm.

With harmful drinking among young people rising, we need to strengthen our efforts to reduce alcohol-related harm. While the social use of alcohol is widely accepted, alcohol-related harm in Victoria results in premature disability and death associated with road trauma, workplace accidents, drowning, sexual assault, domestic and interpersonal violence, and self harm.

We believe that the way forward lies in forging broad coalitions and ensuring a coordinated approach from health groups, as well as fostering new research and evidence about what works.

OTHER HEALTH ACTION AREAS

VicHealth also contributes to other health issues including sun protection.

Every year, 1600 Australians die from skin cancer. The cost to the health system is enormous – over \$294 million annually. Ironically, skin cancer is one of the most preventable cancers in Australia.

The *SunSmart* program aims to minimise the human cost of skin cancer in Victoria. The program, jointly funded by the Cancer Council Victoria and VicHealth, leads the world in skin cancer protection.

VicHealth has contributed more than \$13 million to the *SunSmart* program since it was established in 1988. In this financial year we provided just under \$500,000.

In 2007 the issue of solarium regulation came to the forefront of people's minds and was put firmly on the political agenda following the tragic death of Clare Oliver (who was diagnosed with melanoma aged 25 and died shortly after). Through *SunSmart's* campaigning and the support of Health Minister Daniel Andrews, Victoria became the first state to regulate the solarium industry on 1 February 2008.

TACKLING HEALTH INEQUALITIES

To minimise the impact of social and economic disadvantage on people's health, VicHealth targets many of its activities and research initiatives towards those who are most vulnerable.

Significant inequalities in health exist in Victoria and Australia. They result from some people having inadequate access to essential health and other public services; exposure to unhealthy, stressful living and working conditions; limited lifestyle choices; and the tendency for sick people to move down the social scale. Those health inequities are unfair, unnecessary and avoidable.

Major work has been undertaken this year to develop an equity tool to guide health promotion intervention planning and evaluation. This tool (described in the People Places Processes resource) has been trialled in one local government area across a range of projects, with favourable results. A second-phase trial is currently being planned across a wider range of Victorian settings. Interest in participating in the trial has been strong. The statewide Primary Care Partnership network is also interested in using the tool as an integral component of their three-year planning cycle in integrated health promotion, due to commence in 2009.

In conjunction with the Department of Human Services (DHS), VicHealth has been a leading partner in developing a compendium of good practice showcasing examples of projects with proven impacts on reducing inequality. VicHealth-funded projects are included in the compendium.

The Victorian Health Inequalities Network – which was previously managed by Victorian Council of Social Services (VCOSS) and Monash University – has now become a VicHealth-managed project. To date, activity has included the establishment of a network of over 200 members and a forum, People Places Processes, held in April 2008.

VicHealth activity – in conjunction with the Department of Human Services – has led to the development of a suite of health inequalities indicators, assistance with ensuring an equity focus in the statewide physical activity plan and development of a set of core competencies for the health promotion workforce in reducing inequality.

FOSTERING INNOVATION AND BUILDING EVIDENCE IN HEALTH PROMOTION

At VicHealth, supporting innovation and building evidence for health promotion is an overarching theme for all our program work. We have a rigorous approach to finding new and improved ways of doing what we do. VicHealth's strategic planning process included the development of a new research framework to better link research, evaluation, and program and policy formulation. Another important part of the research formula is a commitment to building relationships and effective partnerships in both the research and wider communities. This will further support the innovative approach to health promotion that is the hallmark of VicHealth.



In recognition of their outstanding and innovative contribution to health promotion – the winners of the 2007 VicHealth Awards receive their plaques.

AWARDS

VicHealth's annual health promotion awards are presented in recognition of outstanding achievements and innovative contributions to health promotion through VicHealth-funded projects. The 2007 awards were presented at VicHealth's Annual General Meeting at the Plaza Ballroom, Regent Theatre, Melbourne on 12 December 2007. Congratulations to all award winners.

AWARDS FOR PROJECTS PRIMARILY PROMOTING PHYSICAL ACTIVITY

Keen-Agers: Increasing Physical Activity Amongst Senior Victorians – Council on the Ageing (Victoria)

(project with budget under \$75,000)
The project seeks to expand the Keen-Agers table tennis concept of recreational sports participation for seniors, by evaluating and documenting the model's success and establishing workforce development and good practice sharing mechanisms across the health, sport, fitness and aged care sectors.

Physically Active Koori Kids (2007-2008) Gippsland Lakes Community Health

(project with budget over \$75,000)
This project aims to increase the physical activity levels of Indigenous young children, working with Koori communities and partner agencies across Lake Tyers, Lakes Entrance and Bairnsdale. A Physically Active Koori Kids committee oversees staff recruitment and establishment of a series of sustainable kinder gyms and active play opportunities for children, while also providing

Koori workers and parents with training, education, mentoring and support.

AWARDS FOR PROJECTS PRIMARILY PROMOTING MENTAL HEALTH AND WELLBEING

Pacifika Down Under

(project with budget under \$15,000)
This community festival brought Pacific region communities together to celebrate their cultural identities and connect people with local support services. The project showed the value of involving diverse cultural communities in artistic pursuits as a means of promoting mental health and wellbeing.

Pitcha This

(project with budget between \$15,000 and \$75,000)
This project sought to engage Indigenous young people and their communities in a process of identifying and producing positive, realistic images to reflect the strengths and participation of community members in everyday life. Film, photography and digital storytelling were all used to produce positive images with six Victorian communities.

Australian Football League (AFL) Violence Against Women Strategy

(project with budget over \$75,000)
The AFL's Respect and Responsibility Policy's broad intention is to firmly position the AFL as a leader in advocating cultural change across the football industry and to develop and promote safe and inclusive environments for women and girls, across all levels of football.

AWARDS FOR PROJECTS PROMOTING OTHER HEALTH ISSUES

Planning For Health and Wellbeing Project – Planning Institute of Australia (PIA), Victorian Division

(project with budget under \$75,000)
PIA has aimed to increase the number of planners aware of advocating for the integration of planning and health. The project also increased the capacity of planners to influence local urban design so that health is part of the plan. Gathering research, evidence and practice of good planning for health and wellbeing is another central aim of the project.

'I want you to think of what's happening here every time you look at your cigarette... Every time' – Quit Victoria

(project with budget over \$75,000)
Tobacco use still claims around 16,000 lives in Australia and is the preventable health risk responsible for the greatest burden of disease in Australia. An opportunity presented itself in 2006 and 2007 with the introduction of new graphic health warnings on Australian cigarette packets. The objectives were to add depth, meaning and personal relevance to the new warnings.

INVESTMENTS AT A GLANCE

EXPENDITURE

In 2007-2008, VicHealth contributed **\$24,748,825** towards program activity, research grants and associated expenditure.

Grants expenditure (program and research grants, and other grants associated activity) accounted for **\$22,894,910**.

\$1,853,915 was expended on developmental work, special studies and VicHealth-implemented communication strategies.

BUILDING EVIDENCE

In 2007-2008, VicHealth contributed **\$4,635,345** towards public health research across all our priority areas. VicHealth funded 13 public health research grants, five research scholarships, 25 fellowships and four research centres. Table 2 shows the distribution of funding to research.

PROJECT VOLUME

In 2007-2008 VicHealth received 1626 applications for funding. VicHealth approved 805 applications. In addition to new funded projects, 189 grants were carried over from previous years.

DISTRIBUTION OF FUNDING ACROSS VICHEALTH'S PRIORITY AREAS

Table 1 Expenditure on priority areas

Health Action Area	Total	Percent
Active Communities (includes Sport and Recreation, Active Transport and Built Environment Projects)	\$9,470,614	41.4%
Healthy Eating	\$864,077	3.8%
Health Inequalities	\$783,812	3.4%
Innovation and Evidence	\$1,392,721	6.1%
Mental Health and Wellbeing	\$5,610,981	24.5%
Other	\$870,247	3.8%
Tobacco Control	\$3,902,458	17.0%
Total Expenditure	\$22,894,910	100.0%

Tackling health inequalities is one of VicHealth's integrated themes and is an overarching consideration for all our funding. The expenditure for Health Inequalities shown in Table 1 relates to funding for specific projects in this field.

Figure 1 Expenditure on priority areas

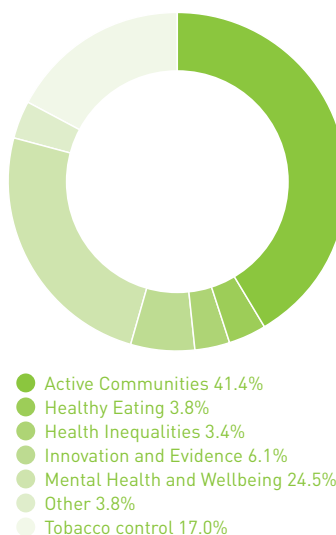


Table 2 Research funding

	Centres	Public health research grants	Research scholarships	Research fellowships	Total
No. grants	4	13	5	25	47
Total \$	\$1,665,000	\$768,835	\$54,280	\$2,347,230	\$4,835,345
% of annual budget for all grants	7.2%	3.3%	0.2%	10.2%	20.9%

VICHEALTH BOARD OF GOVERNANCE



Chair. Ms Jane Fenton AM

Jane Fenton is principal of Fenton Communications, a strategic communications consultancy. She is a fellow of the Public Relations Institute of Australia, a life governor of Very Special Kids and director of the Murdoch Children's Research Institute.



Dr Sally Cockburn

Dr Sally Cockburn has some 20 years' experience as a GP and is a well-known media commentator. Sally has a solid understanding of corporate governance through extensive experience on health and charity boards including seven years on the Metropolitan Ambulance Service Committee of Management and two years as chair of the Variety Club of Victoria. She has been a member of the Ministerial Advisory Committee on Women's Health and is on the board of the Monash Medical Foundation and Family Planning Victoria.



Mr Lindsay Gaze OAM

Lindsay Gaze is director of coaching and player development for the Melbourne Tigers in Australia's National Basketball League. Lindsay is a member of the Sport Australia Hall of Fame board, and one of Australia's most prominent and experienced basketball coaches. He represented Australia in basketball as a player in three Olympic Games and as a coach in four Olympics.



Ms Sue Cormack

Sue Cormack manages her own consultancy business in Geelong and has vast professional experience at national, state and local levels in the areas of sport, recreation and education. Sue is currently National Project Officer for the Schools Network, supporting Australian schools to develop sport and physical activity. She is also active in club and community development to support grass-roots sport across the Barwon Region. Sue's work with volunteers in community organisations is driven by her strong interest in the connections and friendships that these environments offer to local community members.



Mr Richard Dalla-Riva MLC

Richard Dalla-Riva MLC, State Liberal Party Member for Eastern Metropolitan Region, was born in Orbost, Victoria and educated at Beechworth Primary School and Macleod High School. Before entering politics, Richard was a Senior Police Detective with the Victoria Police. After leaving the Police Force, Richard held a variety of positions in business before being elected to Parliament in November 2002. He currently serves as Shadow Minister for Industry and State Development, Shadow Minister for Major Projects and Freedom of Information.



Mr Hugh Delahunty

Hugh Delahunty, State National Party Member for Lowan, has a long involvement in local government as a councillor and mayor with Horsham Rural City Council. He was an advisor with the Office of Rural Affairs and has links with many community and sporting bodies. He played with Essendon Football Club and is a life member of Murtoa Football Club. He was the previous National Party Spokesman for Health and Aged Care and is now the Shadow Minister for the portfolios of Sport and Recreation, Youth Affairs, and Veterans' Affairs.



Dr Mei Ling Doery

Dr Mei Ling Doery is a medical practitioner with a keen interest in human performance, which has been recognised with a Young Investigator Award from the European Space Agency. Her broad professional experience includes club doctor for Richmond reserves football team, health consultant to CSIRO and a Medical Officer for the Australian Defence Force. Mei Ling has had a leading role with the Australian Medical Students association, Ausdoctors.net, the UN Space Generation Forum, SpaceFutures and the Victorian Youth Space Forum.



Mr Peter Gordon

Peter Gordon, executive director and deputy chairperson of national law firm Slater & Gordon, has been at the forefront of smoking and health litigation in Australia, involving class action litigation against the Australian tobacco industry and helping the US Department of Justice in a multibillion dollar action against the tobacco industry. Peter has worked for asbestos victims for 20 years. In 2004, he established the \$500,000 Slater & Gordon Asbestos Research Trust. He is also a former AFL director and president of Footscray Football Club.



Professor David Hill AM

Professor David Hill is director of The Cancer Council Victoria. One of Australia's leading public health researchers, Prof. Hill is widely regarded as a leading international expert in social marketing and public health campaigns. In 2001 he was made a Member of the Order of Australia for services to the promotion of community health, particularly in the development of cancer awareness and prevention programs. He is President-Elect of the International Union Against Cancer and will become its President in August 2008.



Mr John Howie

John Howie is a lawyer and special counsel with Williams Winter Solicitors. He is chair of the Victorian Legal Aid Commission as well as chair of the VicSport Board, president of the Film Victoria Board and a member of the Melbourne Olympic Park Trust.



Ms Belinda Jakiel

Belinda Jakiel was born and raised in Ballarat and is a descendant of the Wotjobaluk people and the country of Poland. Belinda is National Project Manager Indigenous Employment Program with AFL Sportsready. She is also a qualified teacher, a former elite athlete, director of Victorian Indigenous Leadership Network, patron of EastWeb and an ambassador for *Go for your Life*. Her professional experience involves extensive work with young people, Indigenous communities and high-risk groups.



Professor Richard Smallwood AO

Professor Richard Smallwood has a wealth of experience in senior medical and public health positions, recently as Commonwealth Chief Medical Officer. He is chair of the Victorian Ministerial Taskforce for Cancer, former chair of the National Health & Medical Research Council and past president of the Royal Australasian College of Physicians. Prof. Smallwood is an international speaker on research, clinical and health service topics and author/co-author of some 250 publications. He is Deputy President of the Australian Medical Council and Chair of its Specialist Education Accreditation Committee, and a board member of Bio21.



Ms Kirstie Marshall OAM

Kirstie Marshall, State Labor Party Member for Forest Hill, was elected to the Victorian State Government in 2002 and re-elected in 2006. Prior to getting involved in politics, Kirstie was well known for sporting achievements. She was named the Victorian Sportswoman of the Year four times, was the Australian Skier of the Year six times and was awarded an OAM for her contribution to skiing and sports administration on the Queen's Birthday Honour List in 2003.



Ms Jerril Rechter

Jerril Rechter is CEO/Artistic Director of Footscray Community Arts Centre and has extensive experience of leadership in the arts, education, not-for-profit and youth sectors in Australia. Jerril is a recipient of fellowships from the Australia Council, Harvard Club of Australia and Winston Churchill Memorial Trust. She has received a Tasmania Day Award and in 2003 was awarded a Centenary Medal for service in the Tasmania Together process as a Community Leaders Group member.

STAFF

Senior Officers at 30 June 2008



Chief Executive Officer
Mr Todd Harper



*Director, Mental Health
and Wellbeing*
Ms Lyn Walker



*Director, Active Communities
and Healthy Eating*
Ms Kellie-Ann Jolly



*Acting Director, Communications
and Marketing*
Ms Kerry Grenfell



Director, Corporate Services
Ms Jackie McCann



*Director, Research, Strategy
and Policy*
Mr Tass Mousaferiadis



*Ms Jackie Van Vugt, Director,
Communications and Marketing,
resigned the position in May 2008
after almost seven years of service.*

CEO

*Mental Health
and Wellbeing
Active Communities
and Healthy Eating
Tobacco Control
and Alcohol
Harm Reduction*

*Research, Strategy
and Policy
Corporate Services
Communications
and Marketing*

VICHEALTH STAFF LIST

Current at 30 June 2008

CEO's Office

Chief Executive Officer

Todd Harper

Executive Assistant

Lisa Pittard

Senior HR Advisor

Jen Atkinson

Active Communities and Healthy Eating

Director

Kellie-Ann Jolly

Program Staff

Serrin Cooper

Shelley Maher

Virginia McInnery

Vanessa Phillips

Jane Potter

Ben Rossiter

Lee Choon Siau

John Strachan

Roopa Umesh

Shelley White

Mental Health and Wellbeing

Director

Lyn Walker

Program Staff

Dee Basinski

Betty Bougas

Mark Boyd

Melanie Heenan

Philippa McLean

Kenton Miller

Cassie Nicholls

Irene Verins

Geof Webb

Kim Webster

Tobacco Control and Alcohol Harm Reduction

Senior Program Advisor

Brian Vandenberg

Research, Strategy and Policy

Director

Tass Mousaferiadis

Program Staff

Michele Agustin-Guarino

Jennifer Alden

Kerry Haynes

Andrena Matthews

Monica O'Dwyer

Lisa Thompson

Librarian

Shirley Pandolfo

Corporate Services

Director

Jackie McCann

Business Systems

Martyn Baker

Information Systems

Xa Dinh

Finance

Rashmi Baijnath

Iromi Kodikara

Len Tan

Operations Support

Chris Davis

Larna Grace-Pack

Paul Grant

Eromi Paiva

Karen Reinsch

Communications and Marketing Unit

Acting Director

Kerry Grenfell

Program Staff

Antony Balmain

Helene Finnie

Jo Hillas

Natalie Lleonart

Sam McCrow

Heather Smith

Robyn Thompson

Jackie Van Vugt

Fulbright Fellowship

Emily Morgan

BOARD APPOINTED ADVISORY PANELS

ACTIVE TRANSPORT

Mr Hugh Delahunty (Chair)
VicHealth Board

Ms Susan Barford
Southvale Primary School

Ms Bernadette George
BG Urban Solutions

Ms Anne Harris
RACV

Ms Marlene Johnson
Growth Areas Authority

Ms Kellie-Ann Jolly
VicHealth

Mr Patrick Love
Catholic Education Office

Ms Vera Lubczenko
Sustainability Victoria

Dr. Karen Malone
University of Wollongong

Ms Sheryl McHugh
Wellington Shire Council

Ms Margaret Pledger
Parents Victoria

Mr John Robinson
Department of Infrastructure

Dr Ben Rossiter (Convenor)
VicHealth

HEALTHY EATING

Ms Sue Cormack (Chair)
VicHealth Board

Ms Jennifer Browne
*Victorian Aboriginal Community
Controlled Health Organisation
(VACCHO)*

Mr Trevor Budge
*Planning Institute of Australia,
Victoria*

Mr Richard Dalla Riva
VicHealth Board

Mr Paul Fishlock
Campaign Palace

Ms Kellie-Ann Jolly
VicHealth

Ms Kirsten Larsen
*Department of Sustainability
& Environment*

Mr Mark Lawrence
Deakin University

Ms Kathy McConell
*Department of Human Services,
Public Health*

Ms Sarah McKay
Obesity Prevention Policy Coalition

Ms Sarah Pollock
Wesley City Mission

Ms Jane Potter (Convenor)
VicHealth

Ms Lee Choon Siau
VicHealth

Mr Maurice Sinclair
George Weston Foods

Ms Mary Stewart
Horticulture Specialist

Ms Ragini Wheatcroft
Department of Primary Industries

SPORT AND RECREATION

Ms Belinda Jakiel (Chair)
VicHealth Board Member

Ms Christina Black
Department of Human Services

Mr Peter Burns
YMCA

Mr Lindsay Gaze
VicHealth

Ms Sue Hendy
Council on the Ageing

Mr Garry Henshall
Parks & Leisure Australia

Ms Keran Howe
*Victorian Women with
Disabilities Network*

Ms Kellie-Ann Jolly
VicHealth

Mr Arden Joseph
*Department for Victorian
Communities (Community
Sport & Recreation)*

Ms Megan Kerr
VicHealth

Ms Shelley Maher
VicHealth

Mr Michael Neoh
Sports Assemblies Victoria

Prof. Warren Payne
University of Ballarat

Mr Steve Perrson
The Big Issue

Ms Kate Roffey
VicSport

Ms Kate Simkovic
*Australian Sports Commission (Active
After-school Communities Program)*

Ms Jackie Solakovski
Lander & Rogers

Assoc. Prof. Jeff Walkley
RMIT

RESEARCH AND EVALUATION ADVISORY COMMITTEE

Prof. Richard Smallwood (Chair)
VicHealth Board Member

Prof. John Catford
Deakin University

Dr Mukesh Haikerwel
General Practitioner

Prof. Helen Herrman
*ORYGEN Research Centre
University of Melbourne*

Prof. David Hill
Cancer Council Victoria

Dr Jim Hyde
Department of Human Services

Prof. John McNeil
Monash University

Prof. Terry Nolan
University of Melbourne

Prof. Kerin O'Dea
University of Melbourne

Dr Lyn Roberts
National Heart Foundation

Dr Leanne Rowe
University of Melbourne

Ms Tracey Slatter
Colac Otway Shire

COMMUNITY ARTS PARTICIPATION SCHEME

Ms Fiona Beckwith
Arts Victoria

Ms Kate Gillick
Victorian Arabic Social Services

Ms Vic Marles
Legal Services Commission

Ms Jerril Rechter
VicHealth Board

Mr Steven Richardson
Arts House

Mr Mark Wilkinson
Darebin City Council

COMMUNITY PARTICIPATION SCHEME

Ms Jane Crawley
Melbourne City Council

Ms Lil Healy
Department of Planning and Community Development

Mr Adrian Panozzo
RecLink Australia

Ms Jerril Rechter
VicHealth Board

Ms Cath Scarth
Adult Multicultural Education Services

COMMUNITIES TOGETHER SCHEME

Dr Jo Barraket
University of Melbourne

Ms Belinda Jakiel
Athlete Development Australia

Ms Denise Leembruggen
Awakenings Festival

Ms Kath McEntee
Department of Victorian Communities

Ms Melika Yassin Sheikh-Eldin
AMES Community

VIOLENCE AGAINST WOMEN ADVISORY COMMITTEE

Mr Mick Boyle
Department of Justice

Ms Elizabeth Broderick
Human Rights and Equal Opportunity Commission

Ms Deb Bryant
West CASA

Dr Sally Cockburn
VicHealth Board

Ms Rhonda Cumberland
Office for Women's Policy, DPCD

Ms Libby Eltringham
Domestic Violence and Incest Resource Centre

Dr Michael Flood
University of Wollongong

Dr Marion Frere
University of Melbourne

Mr Terry Healy
Department of Planning and Community Development

Mr John Howe
VicHealth Board

Ms Isabella McCrea
National White Ribbon Foundation

Prof. Jenny Morgan
University of Melbourne

Ms Sam Mostyn
Australian Football League

Deputy Commissioner
Simon Overland
Victoria Police

Prof. Boni Robertson
Griffith University

Assoc. Prof. Julie Stubbs
University of Sydney

Ms Bronwyn Webster
Commonwealth Office for Women

PREVENTING VIOLENCE AGAINST WOMEN – TECHNICAL ADVICE AND SUPPORT

Ms Libby Eltringham
Domestic Violence and Incest Resource Centre

Ms Sue Finucane
Office for Children, Department of Human Services

Dr Marion Frere
McCaughey Centre: University of Melbourne

Dr Melanie Heenan
Australian Football League

Dr Kylie Kripps
Onemda Koori Research Unit, University of Melbourne

Ms Fiona McCormack
Domestic Violence Victoria

Ms Mandy McKenzie
Domestic Violence and Incest Resource Centre

Prof. Jenny Morgan
University of Melbourne

Ms Gen Ryan
Office for Women, Victorian Government

CULTURALLY AND LINGUISTICALLY DIVERSE (CALD) DISCRIMINATION ADVISORY COMMITTEE

Mr Waleed Aly
School of Political and Social Enquiry, Monash University

Mr Paris Aristotle
Victorian Foundation for Survivors of Torture

Asst. Commissioner
Ashley Dickinson
Victoria Police

Assoc. Prof. Kevin Dunn
University of New South Wales

Dr Marion Frere
University of Melbourne

Ms Eugenia Grammatikakis
Municipal Association Victoria

Ms Carmel Guerra
Centre for Multicultural Youth Issues

Ms Lynne Haultain
CPR

Mr George Lekakis
Victorian Multicultural Commission

Mr Ian McHutchinson
Adult Multicultural Education Services

Assoc. Prof. Harry Minas
Victorian Transcultural Psychiatry Unit and Centre for International Mental Health

Ms Leah Nichles
Department of Immigration and Citizenship

Mr Mark Purcell
Oxfam Australia

Prof. Richard Smallwood
VicHealth Board

Dr Helen Szoke
Victorian Equal Opportunity and Human Rights Commission

Mr Peter van Vliet
Ethnic Communities Council of Victorian Health Promotion Foundation

Ms Teresa Zolnierkiewicz
ANZ Executors and Trustees Company Ltd



Through its many program investments, VicHealth gives numerous people more opportunities to be physically active.

CREATING ACTIVE COMMUNITIES

Physical inactivity is ranked second only to smoking as the most important factor affecting our health.¹ That's why VicHealth advocates and supports change that makes everyday living more active. We do this by working with a range of organisations and different sectors at state, regional and local levels.

In the pursuit of its goals to increase Victorians' physical activity, VicHealth invests in programs to increase participation in sport and active recreation, supports walking and active transport programs, and advocates for urban planning factors in health as a central design principle.

An ideal healthy environment makes it easy and pleasant for people to walk and exercise. It has safe areas for children to play outside, has street-friendly building design that promotes a sense of safety and interaction between neighbours, provides places for people to come together that are both enjoyable and accessible for everyone, and a good public transport system.

ACTIVITY SNAPSHOT

PARTICIPATION IN COMMUNITY SPORT AND ACTIVE RECREATION

Many Victorians who could benefit most from increased participation in sport and active recreation have the least access and opportunity to participate, particularly people with disabilities, Indigenous Australians, new arrivals and people living in low socioeconomic areas.

In order to broaden access and opportunity and reduce health inequalities, VicHealth is partnering with 44 State Sporting Associations, nine Regional Sports Assemblies and eight statewide peak bodies through its Participation in Community Sport and Active Recreation (PICSAR) program. Funding will enable these organisations to reach out to many more people, including those living in regional Victoria, so that they can become more physically active and can develop a sense of belonging with the local sporting community.

The Victorian Rugby League, for example, which has a strong commitment to increasing participation among Indigenous and new arrival communities, is using VicHealth funding to provide training and resources to make clubs more culturally aware and inclusive. In turn this will help to make their clubs more vibrant and sustainable.

RecLink, an organisation that advocates for and improves access to sporting, social and recreational activities to some of Victoria's most disadvantaged people, is also receiving funds, which will be used to expand its work in outer metropolitan Melbourne and regional Victoria.

As well as increasing the number of people actively participating in physical activity, funding will help many organisations to increase the diversity of coaches, officials and administrators involved at all levels.

Disability Support Network

Supporting sporting bodies to find ways to better include people with disabilities has been a new focus for VicHealth this year. There are fewer options and choices for people with disabilities to enjoy the social and health benefits of participating in community sport and recreation. Their participation rate in sport is 2%, yet they represent 19% of the population. Six peak disability and disability sport and recreation organisations are now part of VicHealth's PICSAR program. Together they will help support the 17 funded sports organisations that have identified people with disabilities as a primary target group.

Diving into Physical Activity

With funding through VicHealth's PICSAR program, Diving Victoria linked up with the Victorian College for the Deaf to engage a new group of very keen participants. During a 12-week program at the Melbourne Sports and Aquatics Centre, 14 students aged nine to 13 were introduced to diving, with the assistance of AUSLAN-trained instructors. Some of the youngsters had never been in a pool before and certainly none of them had been taught diving skills. Organisers say one of the greatest things the students learned from the program was confidence and an ability to confront their fears.

Diving Victoria has found a very willing partner with the hearing-impaired community and the two organisations are planning a series of activity days. A second 12-week program has been run for students at the College for the Deaf and it's likely that the initiative will be picked up by organisations in regional Victoria. Diving Queensland will also start a similar pilot, based on the Victorian model.

PICSAR Evaluation

An evaluation of the PICSAR program is underway so that we can find out if we are making a difference to participation levels. VicHealth has engaged Monash University and ARTD consultants to measure the impact that VicHealth funding has on increasing participation levels of people experiencing health inequalities. The evaluation will investigate outcomes at the individual, community and organisational level and will build evidence and knowledge about the role of sport and active recreation in increasing participation for people with disabilities, Indigenous Australians, new arrivals and people living in low socioeconomic areas.

Research

VicHealth is investing in a range of research projects to improve our understanding of what influences people to be physically active. These include investigating the influence of physical inactivity and television viewing on type 2 diabetes and obesity in older adults, analysing the economic factors that influence an individual's physical and mental health, exploring physical inactivity amongst children in Victoria and exploring factors influencing the participation of young women in sport and physical activity.

ACTIVE TRANSPORT

Streets Ahead

Over the last two decades, the number of children who walk or cycle to primary school has dramatically declined: 70% of Australian children aged 5 to 12 years are driven to school even though 80% of them live within three kilometres of their school. This decline represents more than simply a change in methods of travel to school. It is indicative of a general decline in children's physical activity, playing outdoors and what many researchers have described as the loss of 'children's independent mobility' – the capacity of children to move around their neighbourhoods, towns and cities without adult supervision.

This year, VicHealth introduced a new program to build on the successes of the *Walking School Bus*, which it piloted with four councils in 2001 and in 2008 was running in 60 local government areas across Victoria. *Streets Ahead: Supporting children to get active in their neighbourhoods* allows for the development of more comprehensive and flexible children's independent mobility projects, which will be implemented in targeted neighbourhoods, rather than entire local government areas as in the case of the *Walking School Bus*.

Streets Ahead will assist communities to create supportive environments that enhance children's active transport and independent mobility in all aspects of community life, not only to and from school. Six demonstration projects have been funded for three years.

Walktober

Walktober is an initiative developed by Kinect Australia in collaboration with VicHealth. This annual event aims to increase individual and broader community awareness of the benefits of walking and to promote relevant programs and activities occurring in the month of October. It exists to create a community motivated and able to walk safely for fun, for health and for the environment. This year hundreds of coordinating organisations at state and local levels joined Walktober.

Walktober Walk to School Challenge 2007

VicHealth again invited all Victorian primary schools to be part of the Walktober Walk to School Challenge. The main objective of this initiative is to raise awareness of the physical, environmental and social benefits of walking among all ages and to get children walking to school. A total of 312 schools from 71 council areas participated in the event, with 56,651 children walking to school on the day.

PROGRAM INVESTMENTS IN CREATING ACTIVE COMMUNITIES

In the pursuit of its goals to increase Victorians' physical activity levels, VicHealth invests in sport and active recreation, walking and active transport, as well as planning initiatives to create environments that are conducive to physical activity.

INVESTMENTS IN SPORT AND ACTIVE RECREATION

Participation in Community Sport and Active Recreation (PICSAR) grants program

The PICSAR program aims to increase participation in community sport and active recreation, particularly for people with a disability and those from low socioeconomic, Indigenous and new arrival communities. It comprises three levels of activity – state, regional and local. It aims to demonstrate the social, physical and mental health benefits of physical activity, and helps prioritise interventions aimed at getting inactive or partially inactive people doing sufficient physical activity for health gain.

PICSAR – state and regional grants

Access for anyone, anywhere at anytime

Tennis Victoria
\$200,000.00

Accessible Sailing Yachting Victoria

\$75,000.00

An Active and Healthy Mallee

Mallee Sports Assembly
\$99,000.00

Active Health in Gippsland

GippSport
\$220,000.00

All Communities Project

Football Federation Victoria
\$60,000.00

Aquathlon – A how to guide

Triathlon Victoria
\$15,000.00

Asian and New Arrivals Project

Badminton Victoria
\$55,000.00

Baseball for All

Baseball Victoria
\$15,000.00

Basketball Plus

Basketball Victoria
\$125,000.00

Beep and Jeep

Pool Victoria Inc
\$33,000.00

Bowls – Taking the lead in healthy partnerships

Royal Victorian Bowls Association and Victorian Ladies Bowling Association
\$130,000.00

Boxing for H.O.P.E.

Boxing Victoria Inc
\$15,000.00

Building active Aboriginal centres programs

Victorian Aboriginal Youth Sport & Recreation Cooperative Ltd
\$230,000.00

Building communities through swimming

Swimming Victoria Inc
\$75,000.00

Building knowledge and capacity

Action for Community Living – VICNORD
\$145,000

Cricket 4 Me

Cricket Victoria
\$200,000.00

Communities in Touch

Touch Football Australia – Victorian Branch
\$50,000.00

Community Rugby Project

Victorian Rugby Union
\$70,000.00

Dig In

Volleyball Victoria
\$15,000.00

Dive into Health and Safety

Victorian Diving Association
\$35,000.00

Embracing all through AFL

AFL Victoria Development Foundation
\$250,000.00

FlippaBall POD for All

Victorian Water Polo
\$40,000.00

Friends for Fitness

Blind Sports Victoria
\$15,000.00

Get Active

Leisure Networks
\$100,000.00

Getting the Goulburn Valley Active

Goulburn Valley Sports Assembly
\$105,000.00

Getting Women on Board

VicSport
\$45,000.00

Go with the Flow

Canoeing Victoria
\$15,000.00

Handball for All Abilities

Handball Federation of Victoria
\$15,000.00

Hockey by the Sea

Hockey Victoria
\$30,000.00

Inclusive Pony Club – riders and coaches

Pony Club Association of Victoria
\$15,000.00

Inclusive Squash

Victorian Squash Federation
\$55,000.00

It's About the Opportunity

Rowing Victoria
\$30,000.00

Koori Kids Come and Try

Victorian Snowsports Association
\$15,000.00

Community Lacrosse

Lacrosse Victoria
\$15,000.00

Learning for Life <i>Life Saving Victoria</i> \$70,000.00	SafetyNet Program <i>Netball Victoria</i> \$180,000.00	Bums off Seats <i>Wimmera Regional Sports Assembly</i> \$50,000.00
The LINKING Project <i>Orienteering Victoria</i> \$40,000.00	Shooting for All <i>Sporting Shooters Association of Aus (Vic)</i> \$55,000.00	Crossenvale Community Active Recreation Program <i>Shire Of Campaspe</i> \$30,000.00
Lord Taverners Players Pathway <i>Indoor Sports Victoria</i> \$15,000.00	South West Program <i>South West Sports Assembly</i> \$108,000.00	East End Adventure <i>Mallee Sports Assembly</i> \$65,000.00
More Accessible Cycling <i>CycleSport Victoria</i> \$120,000.00	SPAR (Sport, Physical Activity and Recreation) – Where are U? <i>Wimmera Regional Sports Assembly</i> \$99,000.00	GCONNECT <i>GippSport</i> \$55,598.00
Motorcycling for All <i>Motorcycling Victoria</i> \$15,000.00	Sports for All <i>Reclink Australia</i> \$135,000.00	Kids Onside <i>VICSRAPID</i> \$44,200.00
Multicultural and Indigenous Development <i>Victorian Rugby League Inc</i> \$60,000.00	Sport for Life <i>Council on the Ageing (COTA) Victoria</i> \$120,000.00	No Quick Fix <i>Ballarat and District Aboriginal Cooperative</i> \$58,368.00
Multicultural Sport and Recreation Project <i>Australian Multicultural Foundation</i> \$176,000.00	Stimulating Community Activity and Wellbeing <i>Calisthenics Victoria Inc</i> \$55,000.00	Out of Africa, into Soccer – Club Integration Project <i>Leisure Networks</i> \$60,000.00
New Generation Bocce <i>Bocce Federation of Victoria</i> \$15,000.00	Surfing for Under-represented Groups <i>Surfing Victoria</i> \$80,000.00	Physically Active Koori Kids (Pre School) <i>Gippsland Lakes Community Health</i> \$55,100.00
New Gym Faces in New Gym Places <i>Gymnastics Victoria</i> \$70,000.00	Taking it to the Streets <i>The Centre for Continuing Education</i> \$115,000.00	Physical Fitness and Self Defence Program <i>Sports Focus</i> \$32,000.00
OnSide Life Skills through Sport <i>OnSide Victoria</i> \$15,000.00	Victorian Street Soccer <i>The Big Issue in Australia</i> \$120,000.00	Structured Active Play in Early Childhood <i>Leisure Networks</i> \$60,000.00
Participation Advocate <i>VICSRAPID</i> \$30,000.00	Western Suburbs Participation Program <i>Victorian Weightlifting Association</i> \$15,000.00	UP & OUT There <i>The Centre for Continuing Education</i> \$60,000.00
PICSAR Program <i>Sports Focus</i> \$119,460.00	Wheelies for All <i>Wheelchair Sports Victoria</i> \$70,000.00	Vision Change <i>Interchange Loddon Mallee Region Inc</i> \$36,800.00
PICSAR Program Phase 2 <i>Central Highlands Sports Assembly</i> \$129,500.00	<i>PICSAR – Active Participation grants (rural and regional)</i>	Youth Leadership in Health and Wellbeing <i>Valley Sport</i> \$60,000.00
Regional Development Program <i>Women's Golf Victoria</i> \$80,000.00	Across the Land to the Alps – The Active Road Show <i>The Centre For Continuing Education</i> \$60,000.00	
Safer Sporting Communities Project <i>Sports Medicine Australia (Vic Branch)</i> \$110,000.00	Activity Supermarket <i>Community Centre Swifts Creek</i> \$60,000.00	

PICSAR Program support

Disability Support Program

These grants support active collaboration between statewide disability sport and recreation agencies. They also provide a consistent form of advocacy for disability equality and guide the development of research into the participation barriers and enablers for people with a disability.

ACL – VICNORD
\$7,000.00

Blind Sports Victoria
\$7,000.00

Deaf Sports and Recreation Victoria
\$7,000.00

VICSRAPID
\$7,000.00

Victorian Institute of Sport – SportEd Victoria
\$7,000.00

Wheelchair Sport Victoria
\$7,000.00

Koori sport and recreation capacity building initiative

Victorian Aboriginal Youth Sport and Recreation Cooperative
\$75,000.00

A pilot project to increase Koori participation in community sport and active recreation by working with and building the capacity of a selection of Koori communities across Victoria.

Local Government Physical Activity Network

Kinect Australia
\$30,000.00

Funding to further develop the physical activity network, which supports local government authorities and other stakeholders to adopt and apply a 'whole of council' approach to planning for physical activity. Includes the development of a physical activity website and network meetings in metropolitan Melbourne and regional/rural Victoria.

Smartplay Program

Department for Planning and Community Development
\$90,000.00

A program to promote and support sports injury prevention as a means of encouraging active participation.

VicSport – PICSAR support

VicSport
\$135,000.00
A program to support implementation of the Participation in Community Sport and Active Recreation Program, including: state and regional grants, Active Participation grants, and Active Club grants.

PICSAR Active Club grants program

Active Club Grants 2007

Awarded to 623 Sporting clubs/organisations
\$1,194,874.00
Grants for equipment and safety training to encourage participation opportunities in physical activity for those who are currently inactive or traditionally encounter barriers to participation.

Workshops

9 Regional Sports Assemblies and Sports Medicine Australia (Vic Branch)
\$29,300.00
Funding for Regional Sports Assemblies and Sports Medicine Australia to undertake Active Club Information Sessions in their area. Smartplay policies as well as healthy, welcoming and more inclusive information are promoted in these sessions.

Sport – Communication activities

2007 Jayco Herald Sun Tour

TL Sports Pty Ltd
\$50,000.00
Sponsorship of the 2007 Jayco Herald-Sun Tour, with focus on the associated community participation events and the promotion of the VicHealth/Go for Your Life tour village. The tour cross-promoted the mass participation ride 'Around the Bay in a Day', as well as a participation event in Bendigo.

Rumbalara Football & Netball Club publication

Rumbalara Football & Netball Club
\$40,000.00
This project aims to document the achievements of the Rumbalara Football & Netball Club.

Sport and active recreation developmental/innovation programs

Alcohol and junk food promotion in sport

YMCA
\$50,000.00
A project to determine the extent and nature of alcohol and junk food promotion in sport and explore opportunities to reduce this. It involves an environmental scan of the extent and types of promotion in place, as well as an exploration of relevant state, national and international literature.

Business plan development

Fitzroy Stars Football Club
\$30,000.00
This is a grant to support the Fitzroy Stars Football Club to produce a business plan and secure the resources required to revitalise the club as a metropolitan Indigenous community hub. The long-term vision is to replicate the positive achievements of the Rumbalara Football & Netball Club of Shepparton to increase sport and recreation participation while creating a safe and supportive environment for community members to develop new skills and connect with one another.

**Respect and Responsibility:
Creating quality environments
in community football clubs**

AFL Victoria

\$187,500.00

A project to support development and implementation of education and training material, policies and procedures, and organisational resources to reduce violence against women. Local level football clubs will be the sites for implementation.

**Spectator behaviour in
community sport**

*Sport and Recreation Victoria
Department for Planning and
Community Development*

\$50,000.00

To support the expansion of the Spectator Behaviour in Community Sport Campaign, this project will facilitate the production of sport specific materials as well as the development and delivery of a consistent single message across all sports.

**Sport and active recreation
program evaluation activities**

**PICSAR state and regional
grants evaluation**

Monash University/ARTD

\$187,990.00

The PICSAR evaluation will identify the types of participation opportunities offered, and who participated in the PICSAR State and Regional and Active Participation grants. The evaluation will determine whether there has been an increase in the capacity of funded organisations to improve access and opportunities for participation. The evaluation will investigate outcomes at the individual, community and organisational level.

**INVESTMENTS PROMOTING
ACTIVE TRANSPORT**

Walking School Bus program

VicHealth's Walking School Bus program is a partnership between local government and community agencies that work with local primary schools to establish Walking School Buses in their municipalities. The purpose of the program is to create change in the school travel patterns of Victorian primary school children. The program delivers health, environmental and safety benefits.

Establishment grants

Mildura City Council

\$30,000.00

Walking School Bus Plus grants

Bass Coast Shire Council

\$9,000.00

Baw Baw Shire Council

\$9,000.00

Bayside City Council

\$9,000.00

Beechworth Health Service

\$9,000.00

Boroondara City Council

\$9,000.00

Brimbank City Council

\$9,000.00

Cardinia Shire Council

\$9,000.00

Casey City Council

\$9,000.00

*Caulfield Community Health Service
(Bayside Health)*

\$9,000.00

Central Goldfields Shire Council

\$9,000.00

Centre for Continuing Education Inc

\$9,000.00

Darebin City Council

\$9,000.00

East Gippsland Shire Council

\$9,000.00

Frankston City Council

\$9,000.00

Greater Bendigo City Council

\$9,000.00

Greater Dandenong City Council
\$9,000.00

Greater Geelong City Council
\$9,000.00

Greater Shepparton City Council
\$9,000.00

Horsham Rural City Council
\$9,000.00

Hume City Council
\$9,000.00

ISIS Primary Care
\$9,000.00

Kingston City Council
\$9,000.00

Knox City Council
\$9,000.00

Latrobe City Council
\$9,000.00

*Lower Hume Primary Care
Partnerships – Murrindini Shire*
\$9,000.00

Macedon Ranges Shire Council
\$9,000.00

Maribyrnong City Council
\$9,000.00

Maroondah City Council
\$9,000.00

Melbourne City Council
\$9,000.00

Moira Shire Council
\$9,000.00

Moonee Valley City Council
\$9,000.00

Moreland City Council
\$9,000.00

Mornington Peninsula Shire
\$9,000.00

Nillumbik Shire Council
\$9,000.00

*North Grampians and Pyrenees
Shire Council in conjunction with
the Grampians Community
Health Centre*
\$9,000.00

Port Phillip City Council
\$9,000.00

Shire of Melton
\$9,000.00

Stonnington City Council
\$9,000.00

Surf Coast Shire Council
\$9,000.00

Swan Hill Rural City Council
\$9,000.00

Victoria YMCA, Werribee
\$9,000.00

Warrnambool City Council
\$9,000.00

Wellington Shire Council
\$9,000.00

Whitehorse City Council
\$9,000.00

Whittlesea City Council
\$9,000.00

Wodonga City Council
\$9,000.00

Yarra City Council
\$9,000.00

Streets Ahead program

Streets Ahead is a program to increase physical activity in children aged 4 to 12 years. Working with local communities, the program aims to create a supportive culture and environment for children's independent mobility around their neighbourhood. Increasing the number of children who walk and cycle to school is a primary aim, but focus is also on supporting children to engage more freely with their local community.

Brimbank City Council
\$75,000.00

Cardinia Shire Council
\$80,000.00

Darebin City Council
\$80,000.00

Greater Bendigo City Council
\$79,069.00

Greater Geelong City Council
\$76,789.00

Wodonga City Council
\$80,000.00

Individual projects promoting active transport

Bicycle Victoria: Kids riding to school

Bicycle Victoria
\$100,000.00

A community-based program, to increase the number of children riding to school on a regular basis. The project uses multiple strategies to work with children, schools, community, government and industry to create a more supportive environment for cycling and motivate participation.

Social Marketing – qualitative research to underpin the promotion of walking

YMCA
\$80,000.00

A qualitative research project that explores in depth some of the known barriers and motivators for walking as a transport option, as well as identifying 'the most likely' converts (but mindful of a health inequalities lens). The findings from this research will help inform the development of a campaign plan for the promotion of walking.

Walktober 2008

Kinect Australia
\$88,200.00

Walktober is an umbrella campaign to increase individual and community awareness of the importance and benefits of walking, and to link walking initiatives promoting greater collaboration and momentum for walking in Victoria.

INVESTMENTS IN CREATING LIVEABLE COMMUNITIES

Measuring, evaluating and reporting project – Stage one

Planning Institute of Australia (Vic)
\$75,000.00

The aims of this project are to integrate existing best-practice frameworks for building healthy, sustainable and liveable communities and apply this integrated model to one of Melbourne's growth areas – Collins Estate Cranbourne East. This project will also develop an agreed evaluation framework and methodology to measure the health and wellbeing status for residents living in this development over the next five years.

Space to play: Phase 2

National Heart Foundation of Australia (Victoria Division)
\$39,875.00

This project aims to increase opportunities for children aged 8-12 years to be more physically active by creating interactive, natural open play spaces that are relevant and accessible to the target group.

RESEARCH TO INCREASE PHYSICAL ACTIVITY

Arc Linkage Grant: Sport and Recreation and its impact on community wellbeing

La Trobe University
\$25,000.00

The aim of the research project is to identify the impact of participation in community sport and active recreation on social inclusion and connectedness in communities.

Exercise Recreation and Sport Survey (ERASS): Victorian oversample

Sport and Recreation Victoria
Department of Planning and Community Development
\$20,979.00

The Victorian oversample of the Exercise, Recreation and Sport Survey is a joint initiative between VicHealth and Sport and Recreation Victoria, to collect adequate data to plan, evaluate and monitor interventions to increase community participation in physical activity.

**Sport and active recreation –
Building research**

University of Ballarat

\$100,000.00

This project aims to build on research undertaken during the three year evaluation of the Partnerships for Health (PfH) and Participation in Community Sport and Active Recreation (PICSAR) Schemes.

Discovery grants

Vertical Living: examining the physical, social and environmental determinants of the independent mobility of children living in high rise buildings

The University of Melbourne

\$36,021.00

This project flows from an existing grant from the Volvo Education and Research Foundation and aims to elicit the physical and social environmental determinants of child-friendly high rise housing communities. This study draws out the views of children and their parents presently living in high-rise housing about their surrounding communities. The project also aims to uncover international good policy and practice in promoting physical activity and independent mobility for these children.

Research Fellowships

Understanding and influencing sedentary behaviour and physical activity in older adults

International Diabetes Institute

\$105,000.00

Dr David Dunstan. This research program examines the relationships between sedentary behaviour and the development of lifestyle-related health conditions in older adults. It also examines the effectiveness of targeted prevention strategies designed to reduce sedentary behaviour and increase physical activity in older adults.

Research Scholarships

Young women's participation in physical activity in rural and regional Victoria

University of Ballarat

\$22,000.00

This project seeks to determine the relative influence of social, psychological and environmental factors on the participation of young women in sport and physical activity; the differences in the participation relative to geographic isolation; and to develop recommendations for enhancing participation of young women from rural and regional Victoria.

**PHYSICAL ACTIVITY RELATED
CONFERENCE SUPPORT**

Transported

Architects for Peace

\$5,990.00

A conference to facilitate cross-disciplinary discussions and solutions relating to sustainable transport. Addresses the link between built environment and health and wellbeing, using sustainability and transport as a primary focus.



The food choices we make have an impact on our individual health and that of our society. By eating one more serve of fruit and vegetables a day, we would reduce our chance of getting heart disease, stroke or cancer and save the health care system at least \$160 million per year.

PROMOTING HEALTHY EATING

In the past, VicHealth has funded research, community development and other activities to promote healthy eating. The focus had been on improving individuals' awareness about the importance of healthy eating and supporting activities to encourage behaviour change to purchase, cook and consume a range of food for healthy eating.

In recent years, there has been growing evidence that social and economic disadvantages prevent people from accessing a variety of nutritious and culturally acceptable foods. Many unhealthy foods are vigorously marketed to Victorian children, so VicHealth's investment in obesity-related research initiatives is of crucial importance. We believe the continuous 'pester power' of this marketing means many children often eat unhealthy food and are set up for long-term problems such as diabetes and obesity.

VicHealth's current aim is to increase the understanding of factors that influence eating patterns and help reverse the trends in obesity over the next 10 years.

ACTIVITY SNAPSHOT

HEALTHY EATING

Food for All program

Six years ago, VicHealth funded two councils as community demonstration projects to develop and implement strategies to give their communities better access to nutritious food and improved food security. Since then, the *Food for All* program developed and has gone from strength to strength. Councils are leading the way in forging partnerships and creating innovative, practical and sustainable ways for their communities to regularly access a variety of nutritious foods. Eight councils (covering nine municipalities) were funded for three years.

The City of Brimbank has produced a 'welcome kit' for its new arrivals to help familiarise them with the varieties of fresh fruit and vegetables, as well as safe food practices; the City of Casey and Cardinia Shire created an award scheme for local eateries, encouraging them to provide good-value nutritious meals; the City of Greater Dandenong is using peer educators to help parents access information about healthy eating, particularly for their children; Frankston City Council has embedded food security in its Municipal Public Health Plan; the Western Region Health Services in the City of Maribyrnong has produced evidence that many of their residents live in areas which do not have easy access to fresh fruit and vegetables; the Shire of Melton has invested in research that provides a solid base of local evidence and momentum for food security that informs its strategic

planning; Swan Hill Rural City Council supports the Robinvale Community Growers Market, which has reinvigorated the town in many ways; and an innovative partnership between Wodonga Council and Wodonga service agencies is revolutionising the way the city's residents access emergency food relief.

Future Foods for Future Health Conference

In partnership with multiple Victorian Government departments (Department of Human Services; Department of Innovation, Industry and Regional Development; Department of Primary Industries; Department of Sustainability and Environment), and Food Science Australia, this conference brought together international and national leaders from public health, local government, environment, research, urban planning, farming, agri-food production, food processing, retailers and food marketers to examine the issues critical to food supply and health and explore how health issues will redefine the food industry in Australia. Climate change, drought, peak oil and globalisation are all drivers of potential food insecurity, and rising rates of obesity and related chronic illnesses are generating pressure to reconsider what we eat and how we can all obtain sustainable, nutritious food. The two day conference attracted nearly 400 participants and provided opportunities for inter-sector discussion.

The Parents Jury

The Parents Jury provides a forum for parents to voice their views on children's food and physical activity issues, and to collectively advocate for the improvement of children's food and physical activity environments. VicHealth provides funding to the web-based network, which began in 2004 as an initiative of The Cancer Council Victoria, Diabetes Australia (Vic) and the Australasian Society for the Study of Obesity.

Membership has grown from 12 to 3392 parents. A major focus of The Parents Jury's work over the last two years has been to engage community members to build the political argument for changes to food advertising legislation. This year it conducted four opinion polls to monitor public support for various initiatives. It received good media coverage of its Children's TV Food Advertising Awards and the Trial by Jury project. The Jury also held two media training sessions for parents to train as spokespeople and members were given the opportunity to participate in two advocacy training workshops.

Building the evidence on child obesity

Within Healthy Eating, VicHealth funds many researchers, including Dr Karen Campbell whose research has focused on child obesity, healthy eating and the home environment. Since commencing her VicHealth fellowship, Dr Campbell and colleagues at Deakin University's Centre for Physical Activity and Nutrition have been awarded a National Health and Medical Research Council grant to conduct the Infant Feeding Activity and Nutrition Trial (InFANT)².

This study aims to test the effectiveness of a prevention intervention delivered to first-time parents, focused on parenting skills which support the development of positive diet, physical activity and low-level sedentary behaviours in infants.

The design of this intervention has been informed by:

- a systematic review of interventions aiming to impact on weight, physical activity, diet and sedentary behaviours from three month to five year olds.
- evidence suggesting that first-time parents may be particularly receptive to knowledge and skill development on parenting and the promotion of healthy family eating and physical activity.

This cluster-randomised controlled trial involves recruiting parents through Maternal and Child Health Centres, commencing when the babies are three months of age. The parents take part in six two-hour sessions over a 15-month period. The sessions are aimed at building knowledge, skills, confidence and social support for parents regarding the promotion of healthy food and activity for their infants. Unique features of the intervention are the use of pre-existing social groups (first-time parent groups), and anticipatory guidance.

Through increasing parents' capacity to affect positive outcomes for their infants, Dr Campbell and her colleagues seek to promote parental support of a range of obesity protective behaviours for their children.

PLANNING FOR HEALTH AND WELLBEING

Growth Area Authority

VicHealth, in conjunction with a range of partners, funded the Growth Areas Authority to develop a strategic framework, which includes common principles, liveability goals and indicators, and a practical checklist for liveability planning. Planning before building is much more cost effective than refitting after areas have been developed. Our partners include the Department of Human Services, the Housing Industry Association, the Municipal Association of Victoria, National Heart Foundation, the Department of Planning and Community Development and VicUrban.

Planning New Developments

Stockland, Growth Area Authority, VicHealth and the Planning Institute of Australia (Vic) are working in partnership to integrate existing best-practice frameworks for building healthy, sustainable and liveable communities, and are applying this model to one of Melbourne's growth areas – Collins Estate Cranbourne East. It will also develop an agreed evaluation method to measure the health and wellbeing status of the residents living in this estate over time.

The Victorian Local Governance Association – Land Use and Community Food Security in Victoria: Implications and Response for the Future

VicHealth contributes funding to this project which aims to build the capacity of local governments to integrate community food security and land use objectives. This will be carried out by an audit to ascertain the extent to which local governments are achieving these objectives, prepare a discussion paper with policy options for consultations and trial these policies in two local government settings.

PROGRAM INVESTMENTS PROMOTING HEALTHY EATING

VicHealth's program in healthy eating is primarily focused on increasing regular access to, and consumption of, a variety of foods (particularly vegetables and fruit) by people living in disadvantaged communities.

Food for All grants program

A key strategy in our effort to improve healthy eating is the *Food for All* program. This program is designed to encourage local government authorities to improve integrated planning of those things that influence access to food, such as transport, housing, economic development and land use.

City of Wodonga
\$50,000.00

This is the last instalment of the *Food for All* – Phase 1 program grants. City of Wodonga was one of eight local government areas funded to undertake the Food for All program since 2005.

Evaluation of the *Food for All* program – Phase 2

Social Policy, Research and Evaluation Services
Dr Meg Montague
\$35,000.00

This evaluation project aims to identify and report on the outputs and impacts achieved with the *Food for All* program. The analysis includes success factors at the individual, community and local government levels, and will provide recommendations for future food security programs.

Other healthy eating/obesity related projects

Land-use and community food security in Victoria

VLGA
\$46,000.00

The aim of this project is to build the capacity of local governments to integrate community food security and land use objectives.

Obesity Prevention Policy Coalition

Cancer Council Victoria
\$112,000.00

This project funds a coalition to identify, analyse and advocate for improved policy and regulatory environments for healthy eating; with a specific focus on food marketing aimed at children.

Official Supporter campaign Phase 3 – Healthy canteens

The Big Picture Strategic Services
\$50,000.00

This project will assist sports clubs to provide a range of healthy food options in their canteens (food outlets) at affordable prices. It will research food options currently offered at club canteens, assess the capacity of clubs to make a shift, identify healthy options and test the options via a pilot in a selected number of metropolitan and regional clubs.

Parents Jury Phase 2 – Diabetes Australia (Vic)

Diabetes Australia – Victoria
\$30,000.00

A web-based network of parents which aims to provide a platform for parents to have a voice and contribute to improving the food and physical activity environments for children.

Research initiatives in obesity prevention

Healthy Eating and Physical Activity: Data analysis and community liaison

Deakin University – (CPAN)
\$100,000.00

The aim of this project is to more fully examine the plethora of data generated by public/population health research projects to improve the promotion of healthy eating and physical activity, and to more widely disseminate the findings of this work.

Discovery Grants

Obesity and its risk factors among African migrant adolescents: assessing the role of intergenerational acculturation gap

Deakin University
\$37,290.50

This project examines elements of the family environment and family dynamic that predispose African migrant adolescents to obesity and obesity-related chronic diseases. This pilot study will also explore African migrants' perspectives on barriers and inhibiting factors for adopting and maintaining healthy lifestyles.

Research Fellowships

Environmental and cultural determinants of obesity in populations at risk of food insecurity

Deakin University

\$105,000.00

Dr Cate Burns. Obesity is linked with poverty and food insecurity – limited or uncertain access to healthy food. This fellowship studies the sociocultural and environmental determinants of obesity in populations at risk of food insecurity, particularly in relation to eating habits.

Preventing obesity in children and their families

Deakin University

\$130,000.00

Prof. David Crawford. This research aims to understand the underlying drivers of the obesity epidemic, and seeks to identify strategies to promote healthy eating, increase physical activity and prevent obesity in children and their families.

Supporting parents to promote children's healthy eating

Deakin University

\$105,000.00

Dr Karen Campbell. This research program explores the relationship between home environment and children's eating. The research will develop, implement, monitor and evaluate an intervention to support parents in encouraging children's healthy eating.

Long-term implications of the increasing prevalence and duration of obesity for health in Australia: An aid to more effective and targeted prevention

Monash University

\$100,000.00

Dr Anna Peeters. This fellowship aims to comprehensively describe the burden of obesity through the lifetime experience of disease and disability as a basis for prioritisation for interventions.

Research Scholarships

Changing diet and physical activity behaviours improves mental and physical wellbeing in women in midlife

Monash University

\$5,136.00

Ms Catherine Lombard. This scholarship aims to determine the contribution of individual lifestyle components to physical and mental wellbeing in women in midlife; and to develop and test a multifaceted, sustainable, cost-effective health promotion strategy to improve their physical and mental wellbeing.

How weight loss might be maintained: the development of a web-based survey

Deakin University

\$4,650.00

Ms Catherine Lombard. This study aims to deconstruct the social, physical and psychological correlates of weight regain, in an effort to inform the further development of successful weight maintenance programs.



Community celebrations and festivals provide opportunities to reduce discrimination by increasing contact between people from different backgrounds as they work together towards shared goals.

PROMOTING MENTAL HEALTH AND WELLBEING

VicHealth funds research and programs that focus on the societal factors that determine mental health and wellbeing.

We promote mental health and wellbeing by encouraging social participation, by reducing discrimination and violence, and improving access to economic and other resources required for health. Irrefutable evidence suggests that this reduces stress, anxiety and depression for individuals and the broader community. Our aim is to address the complex environmental factors that impact on health while at the same time improving peoples' control of their own lives and enabling them to participate in community life. To do this we use research, communications and advocacy, and fund community-based participation projects, evaluation and workforce skills development.

In recent years VicHealth has created tighter links between all these activities, creating more rigorous evidence, better practice and stronger advocacy for continued change. By doing this, we continue to make substantial, measurable contributions to mental health and wellbeing at all levels.

ACTIVITY SNAPSHOT

INCREASING SOCIAL PARTICIPATION

This year, VicHealth continued funding and supporting hundreds of organisations to provide the most socially isolated Victorians with opportunities to be a part of their community's civic and cultural life.

Arts projects

The arts have a well-recognised potential to promote mental health and wellbeing. One of the arts' most powerful contributions to health is that they reflect and create an inclusive sense of community. There is considerable evidence that the stronger people feel this sense of belonging, the healthier they are. VicHealth supports participation in community arts activities by funding community members to work in collaboration with artists to create a performance, exhibition or public event that expresses or raises issues important to their community.

For example, artists from Polyglot Puppet Theatre are working with children and their parents from the Carlton High Rise Estate to create *The Big Game*, a giant version of a board game that incorporates puppetry, play, literacy and numeracy, performance and spectacle. The workshops aim to engage the children and through them, build a greater sense of community among their parents, many of whom are new arrivals and refugees from the Horn of Africa, Vietnam, China, Turkey and Yugoslavia. The Big Game will be 'performed' at a variety of venues in Melbourne and also feature at the Melbourne International Arts Festival 2008.

VicHealth continued to support a variety of dance, hip hop, rap, video and other projects to engage young people, including *Deaf Can Dance*. This initiative of the Deaf Arts Project, run by the Deaf Arts Network in partnership with Arts Access Victoria, provides hip hop, funk and breakdance workshops for young people whose first language is Auslan. Held at the Victorian College of the Arts studios, the workshops will culminate in performances at the Melbourne Fringe and Art of Difference festivals.

VicHealth also supported the *Anti Racism Action Band* (Melbourne Northern suburbs), *Drummond Street Dance Project* (North Melbourne), *Telling it as it is* (Melbourne South East), *In the Zone* (Corio), *Reel to Real* (Bendigo and Echuca) and *Border Crossing* (North Richmond).

Festivals and celebrations

VicHealth provides grants to community groups to create inclusive community-driven festivals and celebrations. Community celebrations provide opportunities to celebrate diversity and reduce discrimination by increasing contact between people from different backgrounds as they work together towards a shared goal.

One of the festivals funded this year was the *Youth Stage at the Tararerer Indigenous Festival*. The festival, which features the local talent of South-Western Victorian Aboriginal artists through music, song, dance and visual arts, is recognised for its ongoing proactive approach to reconciliation. There are limited outlets for young Indigenous artists in the area,

so in 2007 the festival introduced a 'youth stage' to showcase young Indigenous talent as well as young artists from Melbourne. Workshops and forums were also incorporated. By including under-18s in a less-structured concert environment there was a dramatic increase in the numbers of Indigenous youth who attended and participated (from planning and staging to performing). Many were mentored by older performers.

Community Participation Scheme

This year, VicHealth looked at how to increase participation in a broad range of community and group activities by people who experience barriers to participation. This includes people from low socioeconomic backgrounds, people with disabilities, Indigenous Victorians, people from refugee backgrounds and children and young people living in low socioeconomic areas.

Thus, we launched the Community Participation Scheme, which represents an amalgamation of two schemes designed to increase social participation (the Communities Together Scheme and the Community Arts Participation Scheme). Grants of up to \$20,000 have been allocated to activities that enhance civic engagement, increase involvement in group activities, and increase access to supportive relationships.

Technology projects

This financial year, VicHealth's Young People, Technology and Social Relationships projects continued to receive additional funding and resources from external bodies representing the corporate and philanthropic sectors. The projects are designed to explore how young people use technology as a means to connect with one another and the broader community and test utilisation of this technology to broaden access to social relationships and support for isolated young people. Numerous national and international conference presentations have been made on the progress of each of the five funded projects during this year.

REDUCING VIOLENCE AGAINST WOMEN

VicHealth delivered a comprehensive new framework for action in preventing violence against women to the Victorian Government in late 2007. The framework identifies the causes of this violence and the best ways forward to prevent violence before it occurs. This new approach will form a central plank of the State Government's work in this area over future years.

A Fairer Victoria

In 2003, VicHealth identified violence against women as a priority in its broader program of activity aimed at addressing the preventable causes of poor mental health, given the strong evidential link between this form of violence and anxiety, depression and other mental health problems.

Since then, significant advances have been made to improve assistance to women and children directly affected by this violence. Communities and agencies across the state have continued their work in providing accommodation, legal advice, information, material aid and social support. Public awareness campaigns have expanded and there is evidence that the great majority of Victorians – 98% of women and 93% of men – identify violence affecting women as a serious problem.

VicHealth has placed particular emphasis on strengthening primary prevention responses to this problem, working in partnership with others across a range of sectors and settings. In 2007 we worked closely with the State Government to develop a framework and evidence base to support primary prevention of violence against women. This is an essential step in efforts to address the underlying causes of this violence and to provide a solid foundation for a coordinated prevention response.

A Fairer Victoria 2008, launched by the Premier on 8 May 2008, continues this commitment, investing over \$1 billion across a range of initiatives including these addressing family violence. A Fairer Victoria is a whole-of-

government social policy action plan to address disadvantage and promote inclusion and participation.

Respect and Responsibility Projects

A new program has been developed by VicHealth with \$1.52 million allocated to support five major projects over the next three years. The new program builds on \$810,000 invested in 29 innovative projects covering a broad range of community sectors across Victoria, trialling different approaches to preventing violence against women. The five larger projects will be evaluated over the next three years in order to identify and document models of good practice in preventing violence against women.

In 2004, VicHealth launched a report on the health impacts of intimate partner violence. This ground-breaking study used burden of disease methodology to conclude that violence used by men against women resulted in more injury and death than any other preventable risk factor for women aged 15-44 years of age. Then in 2006, VicHealth released a report on community attitudes to violence against women. This report showed that there were widely held attitudes which were supportive of violence and put women at risk. These studies showed there was an urgent need for comprehensive prevention programs in Victoria. The new program will contribute to this identified need.

PREVENTING DISCRIMINATION

Building Bridges

VicHealth has injected \$1.5 million directly into five major projects under the Building Bridges program to promote cultural understanding, and break down discrimination and associated health problems.

The new program builds on the work of 40 community projects, already funded under a pilot across the state. It follows evidence of strong links between racial discrimination and health, as shown in the September 2007 VicHealth report, *More Than*

Tolerance. It is based on an approach used overseas to reduce discrimination by bringing groups from different backgrounds together to work on projects that all see as important and providing benefit.

Building Bridges complements a range of other community-based programs funded by VicHealth to increase participation in sport and recreation, and healthy eating and wellbeing initiatives that promote health in migrant, refugee and Indigenous communities.

The five funded projects under Building Bridges will be monitored with evaluation over a three year period to test how effective the approach is in reducing discrimination.

Discrimination Community Attitudes Survey

This VicHealth report, released in September 2007, showed that there is a strong relationship between ethnic and race-based discrimination and poor mental health. Such discrimination is also linked to cigarette smoking as well as drug and alcohol misuse.

In addition, a number of previous studies are highlighted in the report, showing an association between discrimination and physical health problems such as heart disease, weight problems, diabetes and low infant birth weight.

While the report highlights Victoria's good record of fostering cultural diversity, the study indicates that people from migrant and refugee backgrounds continue to experience unacceptably high levels of discrimination, which in turn affects their health and wellbeing. For example:

- Nearly two in five people had experienced discrimination in the workplace at some time (three times as likely as those born in Australia).
- Nearly one in three people (30%) had experienced discrimination in education at some time (twice as likely as those born in Australia).

- Nearly one in two people (45%) reported having had such experiences at a sporting or other public event at some time.

The report suggests a number of approaches to addressing cultural discrimination.

INCREASING ECONOMIC PARTICIPATION

VicHealth continues to build on existing research that mental health remains relatively poor among those with low education levels, low-status occupations and low incomes, and among unemployed people or those with job insecurity. These two projects illustrate the focus VicHealth has on improving employment and educational opportunities for those most in need.

Economic cost of workplace stress

VicHealth, through the McCaughey Centre: VicHealth Centre for the Promotion of Mental Health and Community Wellbeing, School of Population Health, University of Melbourne, has provided \$50,000 of funding for Assoc. Prof. Anthony Lamontagne for his project *Estimating the Economic Benefits of Eliminating Job Strain as a Risk Factor for Depression*.

This project will build on previous evidence identifying the economic benefits of addressing job strain as a risk factor for depression using epidemiologic and economic modelling. Assessing the economic impacts of health promotion interventions is now of major importance in health promotion and illness prevention and this report will contribute to a strong body of evidence in this area.

Gambina

This project improves the economic, health and social wellbeing of the Indigenous community in the Goulburn Valley region, by providing a holistic approach to engaging Indigenous young people and families in an integrated program of activities with schools and industry to increase career aspirations, school retention rates and access

to employment opportunities. Initial outcomes have shown that this program is highly effective and the program was extended this year to encourage a greater evaluation focus to demonstrate its many successes.

STRENGTHENING POLICY AND PRACTICE

From Margins to Mainstream

Planning began this year for the From Margins to Mainstream, the 5th World Conference on the Promotion of Mental Health and the Prevention of Mental and Behavioural Disorders, which will be held in September 2008 at the Melbourne Convention Centre. More than 30 countries will participate in this global biennial event, which will reflect VicHealth's approach to the promotion of mental health and the prevention of mental health problems by focusing on the links between social participation, violence, discrimination and poverty.

The McCaughey Centre: VicHealth Centre for the Promotion of Mental Health and Community Wellbeing

In 2008 the McCaughey Centre: VicHealth Centre for the Promotion of Mental Health and Community Wellbeing entered its second year of operation. This next phase of Centre activity was punctuated by a number of highlights, including the official launch of the Centre by the Minister for Victorian Communities; the establishment of initial Centre strategic directions; the consolidation of the McCaughey staffing profile; securing long-term Centre accommodation; the production and publication of a wide range of research papers and policy reviews; and the organisation of numerous forums, seminars and workforce development events. The McCaughey Centre is rapidly becoming an exciting source of new ideas, conversations and projects and is continuing to explore and build a wide range of collaborative research, teaching and knowledge transfer partnerships.

Mental Health Promotion Short Courses

Training in the skills required to undertake work in mental health promotion continues to be an area of great interest to various sectors across Victoria and interstate. Through VicHealth's Short Course in mental health promotion, hundreds of people were given the tools and knowledge to help protect mental health. This year, the Short Course was delivered to drought-stricken regions as part of the Department of Human Services Drought Strategy. It brought cross-sector organisations together to focus on the social and economic impacts of drought and the best ways to support people and communities through it. Much of the course was focused on strengthening the ways in which communities can assess their needs, plan activities and work together.

PROGRAM INVESTMENTS IN PROMOTING MENTAL HEALTH AND WELLBEING

VicHealth focuses on the following social and economic determinants in promoting mental health and wellbeing:

- Social inclusion
- Freedom from discrimination and violence
- Access to economic resources

SUPPORTING SOCIAL INCLUSION FOR MENTAL HEALTH AND WELLBEING

Audience Access grants program

Research indicates that those experiencing social and economic disadvantage are less likely to attend and participate in arts events and activities. This grants program was established some years ago, to see if it was possible to make arts venues more accessible to people in disadvantaged circumstances. This is the last of those grants.

National Gallery of Victoria Access Program

National Gallery of Victoria
\$50,000.00

Community Arts Participation grants program

Participation in Community Arts activity provides opportunities for social inclusion as a means to promote mental health and wellbeing. Grants are provided to assist community members to work in collaboration with artists to create a performance, exhibition or public event that expresses or raises issues important to that community. Through this process people are provided with the opportunity to: get involved in group activities; access supportive relationships; build self-esteem and confidence; develop skills to express and celebrate their culture; and increase a sense of self-determination and control.

Against All Odds Project

Liminal Lines Incorporated
\$29,824.00

A.R.A.B (Anti-Racism Action Band)

Victorian Arabic Social Services
\$30,000.00

Back to Back Theatre – Community Programs 08/09

Back to Back Theatre
\$25,000.00

The Big Game

Polyglot Puppet Theatre
\$22,720.00

Border Crossing

North Richmond Community Health Centre (Inc)
\$30,000.00

Brunswick Women's Theatre in Hume – Making a Scene Meadow Heights Learning Shop

\$21,680.00

Caravan Serai 2008

City of Darebin
\$20,000.00

City of Voices 'Triumphs and Tragedies'

Port Melbourne Neighbourhood House
\$4,000.00

Citz

Footscray Community Arts Centre
\$30,000.00

Connecting Identities:

Geelong Trilogy

City Of Greater Geelong
\$30,000.00

Connecting the Peninsula ATSI Community – Stepping Stones Project

Frankston Arts Centre
\$30,000.00

Creating Suburbia

Cardinia Shire Council
\$30,000.00

A Daughter's Dream

Courthouse Youth Arts Centre Inc
\$25,000.00

Deaf Arts

Arts Access Victoria
\$30,000.00

Digital graffiti: Plugged In*Frankston Arts Centre*

\$20,000.00

Drummond Street Dance Project*Drummond Street Relationship Centre*

\$15,000.00

Eye2eye with Noweyung Theatre Project*Noweyung Ltd*

\$12,600.00

The Four Horsepersons of The Apocalypse*Platform Youth Theatre*

\$30,000.00

Growing a Fringe*City of Greater Bendigo*

\$29,700.00

Highwater Theatre – Stage 2*Somebody's Daughter Theatre Company Inc*

\$60,000.00

Home Lands*City of Melbourne*

\$30,000.00

In Spring Time*Auspicious Arts Projects Inc*

\$30,000.00

In the Zone*Cloverdale Community Centre*

\$22,000.00

Jumpjet Circus Project*Westside Circus Inc*

\$25,000.00

Mental Health Music Network*Auspicious Arts Projects Inc*

\$30,000.00

Mosaic Meditation Garden*Mt Alexander Hospital*

\$30,000.00

Othello Cars*Banyule City Council**(Arts and Culture)*

\$30,000.00

Pitcha This #2*Koorie Heritage Trust Inc*

\$20,000.00

Rawcus – Community**Inclusion Program***Rawcus*

\$20,000.00

Real to Reel Music Program*St Luke's Anglicare*

\$20,000.00

RICVIC*The Torch Project*

\$60,000.00

The Seal Wife*The Old Van Ltd*

\$30,000.00

Studio 1: MySpace*Castlemaine and District**Continuing Education Inc*

\$30,000.00

Telling It As It Is*Australian Multicultural**Foundation Ltd*

\$30,000.00

VI Inprint*Visionary Images Inc*

\$20,000.00

Visible Arts Mentorship Program*Multicultural Arts Victoria*

\$30,000.00

Voices from The Horn of Africa:**Young People Tell Their Stories***University of Melbourne*

\$60,000.00

Waddawewant – Beyond Survival*Ilbijierrri Aboriginal and Torres Strait**Islander Theatre*

\$30,000.00

Wildscapes of Warringine*Mornington Peninsula Shire*

\$25,000.00

Wise Roomers*Elwood St Kilda Neighbourhood**Learning Centre*

\$30,000.00

Women's Circus Suffrage Project*Women's Circus Limited*

\$30,000.00

Communities Together**grants program**

The Communities Together grants program seeks to promote mental health and wellbeing by reducing barriers to participation in community celebrations and festivals for groups disadvantaged by social, cultural, geographic or economic circumstances. This program facilitates social inclusion by providing opportunities for involvement in group activities, skills development, relationship building and civic engagement.

111 Ways to Have Fun*Hopetoun A&P Society Inc*

\$10,000.00

4th Lake Bolac Eel Festival*Lake Bolac Development**Association*

\$10,000.00

Antiochian Community**Family Festival***Antiochian Community Support**Association*

\$10,000.00

Ararat Golden Gateway Festival*Ararat Golden Gateway Festival Inc*

\$5,000.00

Art Is... Pulling Strings*Art Is... Festival*

\$10,000.00

Awakenings Festival 2008*Wimmera Uniting Care*

\$10,000.00

Bendigo Multicultural Festival*Bendigo Regional Ethnic**Communities Council Inc*

\$6,000.00

Big West Festival*Maribyrnong Festival Ltd,**Trading as Big Festival*

\$10,000.00

Braybrook's Big Day Out*Braybrook & Maidstone**Neighbourhood Association Inc*

\$10,000.00

The Casa Care 'Take Action for All-Abilities!' Festival*Upper Yarra Community House*

\$10,000.00

Celebration of Aust Country and Celebration of Cultural Diversity Days*Willow Grove Primary School*

\$8,500.00

<p>CERES 2008 and 2009 Autumn Equinox Harvest Festivals <i>CERES Community Environment Park</i> \$10,000.00</p>	<p>Gnatannwarr Multicultural Festival 2008 <i>Warrnambool City Council</i> \$20,000.00</p>	<p>Naidoc Week Activities <i>Rahmahyuck District Aboriginal Corporation</i> \$6,000.00</p>
<p>Clayton South Multicultural Community Women's Festival <i>Oakes Avenue Mothers Club</i> \$10,000.00</p>	<p>'Going Potty' garden & arts festival <i>Rosewall Neighbourhood Centre</i> \$10,000.00</p>	<p>Natimuk Frinj Festival <i>Arapiles Community Theatre</i> \$10,000.00</p>
<p>Collingwood Harvest Festival <i>Good Shepherd Youth & Family Service Inc</i> \$10,000.00</p>	<p>Gung Ho Multicultural Festival of Food, Dance, Music and Art – Building Community Ownership <i>Wonthaggi Neighbourhood Centre at Mitchell House Inc</i> \$10,000.00</p>	<p>Pacifika Down Under Festival 2008 <i>Pacifika Peoples Community Group Inc</i> \$10,000.00</p>
<p>Communities Together <i>Moira Shire Council</i> \$10,000.00</p>	<p>Harmony Day community celebration <i>North Yarra Community Health</i> \$10,000.00</p>	<p>Rock 'n' the River 2007 and 2008 <i>Mildura Rural City Council</i> \$7,500.00</p>
<p>Connecting Young People & Newly Arrived Families into the Fawkner Festival <i>Fawkner Community House</i> \$10,000.00</p>	<p>Heathdale BBQ Festival 2008 <i>Heathdale Neighbourhood Association</i> \$10,000.00</p>	<p>Rosedale Werna Lidj Festival <i>Rosedale Chamber of Commerce & Industry Inc</i> \$10,000.00</p>
<p>Corio Norlane Community 'Celebrating Diversity' project <i>Norlane Neighbourhood House</i> \$10,000.00</p>	<p>HYP Fest Harmonious Youth Participation Festival <i>Australian Lebanese Welfare Inc</i> \$10,000.00</p>	<p>Shekinah Community Ball 2007 <i>Shekinah Homeless Services Inc</i> \$3,871.00</p>
<p>Cultures and Culture of the East End Community <i>St Luke's</i> \$10,000.00</p>	<p>International Women's Day and Harmony Day events <i>International Women's Group Inc</i> \$12,000.00</p>	<p>Springvale Multicultural Show Day <i>Springvale Toy Library Inc</i> \$800.00</p>
<p>A Day in the Park community festival <i>Kyabram Community & Learning Centre Inc</i> \$9,000.00</p>	<p>International Women's Day celebration <i>Women's Health West</i> \$8,000.00</p>	<p>Sudanese Youth annual social and cultural events <i>New Sudan Youth Association of Australia Inc</i> \$5,000.00</p>
<p>The Doveton Show <i>Doveton Eumemmerring Neighbourhood Renewal in Partnership with the Brotherhood of St Laurence</i> \$10,000.00</p>	<p>Kinglake Ranges Festival <i>Kinglake Ranges Neighbourhood House Inc</i> \$10,000.00</p>	<p>Tarerer Festival 2007 <i>Tarerer-Gunditj Project Association Inc</i> \$10,000.00</p>
<p>East Reservoir Twilight Festival <i>Darebin Community Health</i> \$10,000.00</p>	<p>Loddon's Working With Diversity Day <i>Department of Justice, Corrections Victoria</i> \$7,880.00</p>	<p>Taste of Tatura Festival 2008 and 2009 <i>Taste of Tatura Festival</i> \$10,000.00</p>
<p>Embrace Difference – Celebrate Diversity Project <i>Colac Area Health</i> \$5,000.00</p>	<p>Major Cultural Celebration at Word and Mouth Shine Multicultural Youth Festivals <i>Greater Shepparton Community Strengthening</i> \$10,000.00</p>	<p>United We Stand – A Celebration of Rural Life <i>Country Fire Authority</i> \$5,000.00</p>
<p>Family Fun Day <i>Barham & District Community Support Fund Inc</i> \$9,750.00</p>	<p>Meet the Neighbours <i>Melbourne's Living Museum of the West Inc</i> \$20,000.00</p>	<p>W Tree Spirit of Place Festival <i>Buchan Neighbourhood House</i> \$10,000.00</p>
<p>Frankston Multicultural Dinner Dance Festival <i>Frankston City Council</i> \$6,789.00</p>		<p>Wally Wood Community Movie Festival <i>Walwa Bush Nursing Centre</i> \$7,000.00</p>
		<p>Where the Heart Is.... community festival <i>Royal District Nursing Service</i> \$10,000.00</p>
		<p>Wild on the Border dance party <i>Murray Arts</i> \$5,000.00</p>

**Wild Stomp – Carnival
Wodonga WILD**

City of Wodonga
\$5,000.00

Winberri Music Festival

Kangan Batman TAFE
\$12,000.00

Women’s Celebration Concert

Women’s Health Goulburn North East
\$8,000.00

**Women in Harmony: International
Women’s Day in Bendigo**

City of Greater Bendigo
\$6,910.00

Youth Technology grants

Information and communication technologies play an increasingly significant role in the key social and economic determinants of young people’s mental health and wellbeing. This grants program explores how technology influences young people’s social relationships.

10MMM

Western District Health Service
\$100,000.00

**The Avatar Project: creating
collaborative online and 3D game
spaces for social interaction**

Victoria University
\$61,420.00

**Bridging the Digital Divide:
Giving young people at risk
opportunities to get connected**

Inspire Foundation
\$100,000.00

**Social participation in technology
(SPiT)**

Interchange Central Gippsland Inc
\$100,000.00

SYN.ORG.AU

Portable Content
\$100,000.00

**Individual projects to support
social inclusion**

**Train stations as creative
community hubs**

Department of Transport
\$100,000.00

In this pilot scheme VicHealth will work in partnership with 10 other organisations – led by the Public Transport Division of the Department of Transport – to develop community arts activity in three train stations in Geelong, Hobson’s Bay and Yarra Ranges. The aims are to: increase opportunities for participation in arts activity; increase safety at and around the stations through natural surveillance; encourage ownership of the stations by local residents and station users; and create hubs which are vibrant centres of community activity.

**Research to support
social inclusion**

**ARC: Connecting communities
to government**

University of Melbourne
\$30,000.00

Ms Jennifer Lewis. This project will identify the social connections and linkages within and between communities and local government to build supportive social networks and improve citizen engagement, with an emphasis on marginalised groups.

**ARC: Good Starts project:
An audio-visual arts and health
research project with newly-
arrived young people from
refugee backgrounds**

La Trobe University
\$25,000.00

Prof. Sandy Gifford. This is an audio-visual arts and health research project to help young refugees better cope with the resettlement process.

Discovery Grants

**Speakeasy: Prototyping a
distributed community advice
system in the Sudanese
Nuer community**

La Trobe University
\$4,997.00

The most important thing needed by immigrants is information. Information allows them to be active and engaged in society, whereas lack of information leaves them isolated and dependent. The speakeasy project gives callers access to timely and relevant information from people within their own community.

Research Fellowships

Off To A Healthy Start:

**A longitudinal ethnography of the
social contexts and determinants
of health and wellbeing among
newly arrived refugee youth**

La Trobe University
\$109,658.00

Prof. Sandy Gifford. The aim of this five-year ethnographic study is to describe the social contexts and determinants that promote mental and social wellbeing for newly arrived refugee youth and their families during the settlement process. Broader contextual factors that facilitate or hinder wellbeing will be assessed at the level of the school, family and community.

**Pathways to inclusion:
The contribution of community
participation and networks
to improved health and
wellbeing outcomes**

The University of Melbourne
\$84,000.00

Dr Deborah Warr. This research considers how participation in local community groups and institutions promotes social connection. Specifically, it explores how social connection builds local social resources and defines the pathways through which it impacts on mental and physical health.

Surviving (and thriving) on the road less travelled: A longitudinal study of young people, sexual diversity, resilience and social networks

La Trobe University

\$105,000.00

Dr Lynette Hillier. This research project aims to promote the health and wellbeing of marginalised same-sex attracted young people by understanding the factors that protect them from drug use, mental ill health and suicide.

Why let them fall? Understanding the role of health promotion in shaping a better life for all young people

The University of Melbourne

\$105,000.00

Dr Jane Burns. This research project explores mechanisms to engage government, corporate and community sectors in mental health promotion with young people, and how effective approaches may be sustained, and adapted beneficially across settings and countries.

PhD Scholarships

Masculinities and the health of young refugee males from Southern Sudan

Deakin University

\$10,003.00

Mr Ndungi wa Mungai. This project will research how notions of masculinities can help in analysing the health issues of young males from Southern Sudan in Melbourne. The research will analyse how masculinities intersect with gender, class, race, ethnicity, age and culture to impact on the physical and psychological wellbeing of the target group. The target group for this research is young males (under 25) from Southern Sudan living in Melbourne who have arrived on refugee or humanitarian visas.

What is the social impact of the creative industries on regional and metro communities?

Deakin University

\$9,808.00

Ms Tabitha Ramsey White. This project identifies and evaluates the potential role, limitations and inclusiveness of the creative industries to create positive social impact of the arts to inform policy, planning and design and implementation of community arts activities.

Social inclusion related conference support

Promoting positive relationships for safer school communities

The Alannah & Madeline Foundation

\$10,000.00

The focus of the conference is creating safer school communities through the building of positive, inclusive relationships between all members of the school community – students, teachers and parents.

Schools, communities and the arts

Cultural Development Network

\$6,000.00

This conference seeks to increase the amount and quality of after-hours use of school facilities for community-based arts and cultural activity by informing and inspiring all stakeholders about possibilities for their own context.

REDUCING DISCRIMINATION FOR MENTAL HEALTH AND WELLBEING

Building Bridges: Together We Do Better (Phase 2)

This program recognises that whilst cultural diversity enriches the local community, it also creates some challenges. The program aims to address the identified social distance and tension between groups within the community by providing positive intercultural contact opportunities. This year's funding for the Building Bridges program allowed the expansion and strengthening of some of the most promising projects from the first phase in 2006.

Anti Racism Action Band

Victorian Arabic Social Services

\$89,000.00

Beaut Buddies

The Victorian Foundation for

Survivors of Torture Inc

\$82,000.00

Cultural Games

Maribyrnong City Council

\$80,000.00

Kar Kulture

South Eastern Region Migrant

Resource Centre

\$62,000.00

Kitchen Culture

Melbourne City Mission in

Partnership with WYPIN

\$89,000.00

Individual projects supporting the reduction of discrimination

Fellowship for Indigenous Leadership

Brotherhood of St Laurence
\$30,000.00

This project will ensure the further development of Indigenous Leadership by providing opportunities for recognised Indigenous leaders to pursue their vision, learn skills in leadership, mentorship and strategic planning and networking.

Onemda – Indigenous Knowledge Sharing Project

The University of Melbourne
\$50,000.00

This project strengthens and consolidates support for professional development and knowledge generation for Indigenous leaders in health through establishment of a network and appropriate skills building.

Promoting diversity at the local level

Municipal Association of Victoria
\$50,000.00

This project will support the Association to work with local councils in Victoria to build their capacity to promote positive intercultural relations, address discrimination and increase acceptance of diversity. It will do this by linking councils to resources to assist them in this work, supporting the development of networks between councils, and providing resources and professional supports.

Research and evaluation related to reducing discrimination

Evaluating practice to reduce discrimination affecting CALD communities

The University of Melbourne
\$99,657.00

Evaluation of projects funded under Phase 2 of the Building Bridges Scheme. This evaluation will build the evidence and knowledge base for reducing discrimination through projects supporting cooperative inter-cultural contact.

Research Practice Leader Program – Reducing ethnic and race-based discrimination

The University of Melbourne
\$126,000.00

Dr Natascha Klocker. The Research Leader in Mental Health Promotion is an applied research and evaluation position established as a VicHealth/Melbourne University partnership. It will support research and evaluation allied to a program of work being undertaken by VicHealth and its partners to address ethnic and race-based discrimination. Included in the work is research and evaluation of specific programs as well as secondary research and analysis, and research translation activity to inform policy and practice. The grant will also help to build research capacity related to preventing discrimination by exploring new research questions, building networks with other researchers and supporting post-graduate student research projects.

REDUCING VIOLENCE FOR MENTAL HEALTH AND WELLBEING

Respect, Responsibility and Equality grants program: Phase 2

This grants program supports the scale up of a range of innovative community-based approaches in preventing violence against women. These projects support work with a broad range of women's organisations, Indigenous and culturally diverse population groups, men, boys and even workplaces to prevent violence against women at the community level.

Baby makes 3

Whitehorse Community Health Service
\$90,000.00

Gender local governance and violence prevention

Maribyrnong City Council
\$90,000.00

Northern interfaith project

Darebin City Council
\$90,000.00

Partners in prevention

Domestic Violence & Incest Resource Centre (DVIRC)
\$80,000.00

Working together against violence

Women's Health Victoria
\$90,000.00

These projects were not scaled up but did receive a further 12 months funding to support prevention activity that while not focused at the primary end, had made some important inroads into raising awareness and facilitating community engagement in understanding violence against women.

CASA House sexual assault prevention project

CASA House (Royal Women's Hospital)
\$40,000.00

Grassroots primary prevention of family violence

Nillumbik Shire Council
\$40,000.00

Multimedia stop violence against women project

Women's Domestic Violence Crisis Service
\$40,000.00

Individual projects to reduce violence for mental health and wellbeing

White Ribbon Day

No To Violence, Male Family Violence Prevention Association Inc
\$25,000.00

Funding to facilitate cross-sector involvement and collaboration in the White Ribbon Campaign in order to: increase community awareness of the individual, family and community level impacts of violence perpetrated against women; and encourage men to take responsibility for violence perpetrated against women.

Research addressing violence in relation to mental health and wellbeing

ARC: Adolescent mental health and supportive classroom environments

La Trobe University

\$14,000.00

Assoc. Prof. Ramon Lewis. This research aims to develop strategies to prevent teachers' aggressive classroom management and improve the mental health and wellbeing of both students and teachers, and learning opportunities for students.

ARC: Gender, local governance and community safety: Making the links between violence in public and private space

The University of Melbourne

\$20,000.00

Dr Carolyn Whitzman. The research project brings together community safety and violence prevention strategies, in public and private space, to improve community health and wellbeing.

ARC: Models of intervention to stop violence against women

La Trobe University

\$25,000.00

Dr Angela Taft. This project will develop, implement and evaluate models of good practice in partner violence management from nurses' and women's points of view. It will also estimate the prevalence of women experiencing partner violence among Maternal Child Health nursing populations.

ARC: Understanding Victorian women's experiences of unplanned pregnancy and abortion

The University of Melbourne

\$25,000.00

Prof. Doreen Rosenthal. Study to understand Victorian women's experiences of unplanned pregnancy and abortion in order to improve the mental health of women, their partners and family planning.

Research Practice Leader Program – Primary prevention of violence against women

La Trobe University

\$126,000.00

Dr Michael Flood. The Research Leader in Mental Health Promotion is an applied research and evaluation position established as a VicHealth/LaTrobe University partnership. The grant will support research and evaluation allied to a program of work being undertaken by VicHealth and its partners to prevent violence against women. The work includes research and evaluation of specific programs as well as secondary research and analysis, and research translation activity to inform practice and policy. The grant will also help to build research capacity related to the primary prevention of violence against women by exploring new research questions, building networks with other researchers and supporting post-graduate student research projects.

Research Fellowships

Promoting women's mental wellbeing by reducing intimate partner violence against women – Building an evidence base and expanding our knowledge

La Trobe University

\$100,000.00

Dr Angela Taft. This research program evaluates whether formal and informal primary health care strategies improve the mental health, wellbeing and mother-child bonds of women at risk of or experiencing partner abuse.

INCREASING ACCESS TO ECONOMIC RESOURCES FOR MENTAL HEALTH AND WELLBEING

Ganbina Indigenous School To Work Project – Phase 2

Ganbina: Koorie Economic Employment Training Agency
\$50,000.00

This project provides a holistic approach to engaging Indigenous young people and families in a program of activities with schools and industry to increase their career aspirations, school retention rates and access to employment opportunities.

Research addressing increased access to economic resources for mental health and wellbeing

Estimating the economic benefits of eliminating job strain as a risk factor for depression

The University of Melbourne

\$40,000.00

Project to quantify the economic benefits of addressing job strain as a risk factor for depression using epidemiologic and economic modelling.

Research Fellowship

Managing employment pathways to reintegrate older workers

Swinburne University of Technology

\$105,000.00

A/Prof Libby Brooke. This project extends the Finnish 'work ability' framework, enabling unemployed and injured older workers, retirees and volunteers to participate in employment. By engaging stakeholders across employment, rehabilitation and health services, interventions supporting ability and positive ageing will be developed.

STRENGTHENING POLICY AND PRACTICE IN MENTAL HEALTH PROMOTION

The McCaughey Centre: The VicHealth Centre for the Promotion of Mental Health & Community Wellbeing

University of Melbourne

\$1,000,000.00

Professor John Wiseman. The purpose of this centre is to create and share knowledge about the social, economic and environmental determinants of community wellbeing and mental health. The centre also hosts Community Indicators Victoria, which supports the development and use of local community wellbeing indicators.



Using graphic surgical footage the Quit 2007 'Carotid' campaign aimed to educate smokers on how smoking could lead to stroke.

REDUCING SMOKING

A top priority for VicHealth remains reducing the incidence of smoking, which is best reduced through effective health promotion strategies, including awareness campaigns, individual counselling and advocating for new, improved legislation to control the sale and use of tobacco. VicHealth has continued to be a major contributor to the decline in smoking rates through its work with the Tobacco Control Unit at The Cancer Council Victoria.

We also fund the VicHealth Centre for Tobacco Control (VCTC), which conducts innovative research in tobacco control and undertakes policy development designed to reduce tobacco use in Australia. VicHealth continues to move towards our goals of getting fewer people to take up smoking; of a cleaner, safer environment where less people are exposed to tobacco smoke; and of greater accountability by the tobacco industry.

ACTIVITY SNAPSHOT

Supporting Indigenous Communities

While Australia's national smoking rate has fallen to 17%, there has been no significant change in the number of Aboriginal and Torres Strait Islanders who are smokers. Currently 51% of Indigenous Australians are daily smokers and some communities have even higher rates. Overall, Indigenous people take up smoking earlier, smoke longer and make fewer quitting attempts than the broader Australian population. The Centre for Excellence in Indigenous Tobacco Control (CEITC) at the Onemda VicHealth Koori Health Unit (University of Melbourne) is a research, policy and advocacy organisation. It develops programs to support Indigenous communities throughout Australia to tackle the burden of smoking. Last year Onemda worked with CEITC to produce a training kit for Indigenous health workers, *Talkin' Up Good Air*. This highly popular kit has been made available to all medical services in the country that see Indigenous clients. Copies of the kit are available via CEITC's website at www.ceitc.org.au

PROGRAM INVESTMENTS TO REDUCE HARM FROM TOBACCO

SUPPORTING TOBACCO CONTROL AND THE REDUCTION OF SMOKING

Tobacco Control Unit

The Cancer Council Victoria
\$3,691,752.00

The Quit Program aims to reduce the prevalence of smoking in Victoria and to reduce the exposure of non-smokers and smokers to the harmful substances in tobacco smoke. Supporting this program is a broad range of policy and program initiatives, delivering a comprehensive program on tobacco control that includes cessation, prevention, exposure reduction and policy advancement.

VicHealth Centre for Tobacco Control

Tobacco Control Unit (TCU)
The Cancer Council Victoria
\$200,000.00

The VicHealth Centre for Tobacco Control, which has a national and international profile, contributes to the decline in smoking levels by carrying out research and development to identify and promote innovative ways of reducing exposure to tobacco, thus reducing the adverse health and social effects of tobacco use.

REDUCING HARM FROM ALCOHOL

VicHealth has continued to contribute to debates on alcohol misuse and supported programs which promote responsible drinking. Changing the culture of hazardous drinking requires an innovative approach tackling the broader social, cultural, environmental and economic aspects of alcohol consumption. To this end, we strengthened our investments in key programs.

ACTIVITY SNAPSHOT

Local Government and Alcohol Licences

VicHealth has been active in the debate about the extent to which local communities should have a voice in the liquor licences issued in their area.

Following changes to Victorian planning laws, local councils now have a greater say when assessing new applications for planning permits for on-premises liquor outlets. These increased powers were announced in the State Government's *Victorian Alcohol Action Plan* in May 2008 and were a welcome addition to recent initiatives aimed at addressing the state's growing alcohol problem.

Working through their local councils, Victorian communities can have more input on the location and operation of licensed premises. The amendment to the Victorian Planning Provisions means councils can develop new guidelines which will consider both the cumulative impact of existing and proposed licensed premises, as well as amenity factors such as hours of operation and patron numbers.

Alcohol misuse is a complex problem requiring a suite of measures to achieve long-term change. Giving local communities a stronger voice on this important issue is a positive step forward.

Alcohol Coalition

VicHealth is facilitating the development of a new coalition of health agencies who share a concern about the level of alcohol misuse and the health and social consequences in the community. Members of the new coalition, which include VicHealth, the Australian Drug Foundation, Turning Point Alcohol and Drug Centre, and The Cancer Council Victoria, have a strong track record in tackling major health issues in the community, and have come together to develop and promote responses that are evidence-based and known to be effective in preventing and reducing alcohol-related problems.

The impetus for the coalition is the need for a consolidated and coordinated approach by key agencies in preventing and reducing alcohol-related problems. The Coalition believes that finding a solution for alcohol misuse requires governments, the community, individuals and the alcohol industry to all play a part. The Coalition's long-term goal is to promote safer drinking cultures in the community.

Guidelines for parents on dealing with underage drinking

VicHealth is funding Professor Anthony Jorm from the Orygen Research Centre to develop guidelines for parents, which can be widely promoted in the community, on how to prevent and deal with underage drinking. Parents are important role models for their children's behaviour and are often the first to detect that a young person is drinking. However, parents may not know how to behave or respond and feel overwhelmed, due to a lack of knowledge of appropriate messages, fear of potential estrangement from the young person, or their own personal alcohol/drug problems. Providing suitable information to parents is a key public health strategy, as it teaches them how to respond to common alcohol use situations. Indeed, a key point of intervention is with early users, because early initiation is a strong predictor of later misuse.

Good Sports

VicHealth funds the Australian Drug Foundation's Good Sports program. The program enhances the critical role community sporting clubs can play in their communities and helps to create a safe and healthy culture more focused on young people and families and less on the consumption of alcohol at high-risk levels. The program helps to create sustainable change by enabling sporting clubs to change their systems and practices towards the responsible management of alcohol. There are 1286 community sporting clubs participating in Good Sports across Victoria.

Community Alcohol Action Network (CAAN)

VicHealth is a major supporter of the Community Alcohol Action Network (CAAN), an initiative of the Australian Drug Foundation in response to growing concerns about alcohol misuse, particularly binge and underage drinking. VicHealth has provided CAAN with funding to undertake monitoring of alcohol issues, media advocacy, policy development, community mobilisation activities and to produce and disseminate the Grog Watch e-newsletter, which has more than 1500 subscribers.

PROGRAM INVESTMENTS TO REDUCE HARM FROM ALCOHOL

REDUCING ALCOHOL-RELATED HARM

Community Alcohol Action Network (CAAN)

Australian Drug Foundation
\$80,000.00

The Network aims to raise awareness of harmful alcohol consumption as an issue of public health and safety in Victoria and to mobilise the community to take action against inappropriate alcohol marketing and supply.

Good Sports Program 2008-2009

Australian Drug Foundation
\$200,000.00

This program assists clubs and/or sports and communities to develop and implement policies, to promote the responsible use of alcohol and serving practices.

Research to address alcohol-related harm

Discovery Grants

An evaluation of a community mobilisation intervention that aims to reduce alcohol-related harm associated with licensed premises

Australian Drug Foundation
\$31,500.00

This project is an evaluation of a community mobilisation intervention that aims to reduce alcohol-related harm associated with licensed premises in Geelong. The intervention will consist of a formalised accreditation program that will systematically implement demand, supply, and harm-reduction strategies within licensed venues. Moreover, it will mobilise communities through the media, social marketing and targeted enforcement.

Guidelines for parents on dealing with underage drinking: A Delphi consensus study

ORYGEN Research Centre
\$37,500.00

This is a grant to develop guidelines for parents on how to prevent and deal with underage drinking that can be widely promoted in the community. This will be done through conducting a content analysis of suggestions made in the literature for how parents can reduce the risk of underage drinking and how they should respond when it occurs. The study also aims to produce a set of guidelines for parents which will contain messages that can be promoted at the population level.

PROGRAM INVESTMENTS SUPPORTING OTHER HEALTH ISSUES

Sunsmart Program

The Cancer Council Victoria
\$460,000.00

Major statewide skin cancer prevention program using media and community-based strategies to promote behaviour change and to influence structural barriers and social factors which affect skin cancer risk.

Common Solutions Project – Stage 1A

Shire of Melton
\$61,249.00

An innovative project that aims to support and collaborate with other sectors to develop policies, research and projects that will enhance the health and wellbeing of young Victorians in their family, school and community environments. The project is being funded in partnership with the Royal Automobile Club of Victoria (RACV) and the Transport Accident Commission (TAC).

Shelley Maher
(Senior Project Officer);

Mark Boyd (Senior
Project Officer) and
Cassie Nicholls (Short
Course Manager);

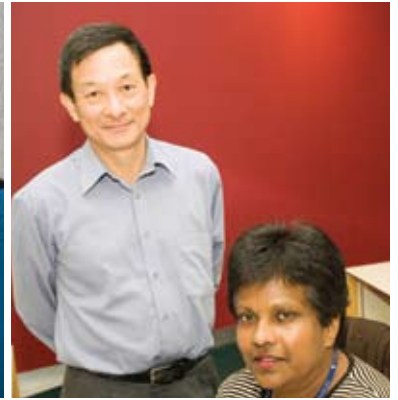
Lee Choon Siau
(Senior Project Officer),
Kellie-Ann Jolly
(Director, Active
Communities and
Healthy Eating) and
Jane Potter (Senior
Project Officer);

Xa Dinh (Information
Systems Network
Manager) and Eromi
Paiva (Team Leader,
Operational Support);

Robyn Thompson
(Media and PR
Coordinator);

Rashmi Bajinath
(Chief Finance and
Accounting Officer) and
Iromi Kodikara
(Finance Officer);

Shirley Pandolfo
(Librarian),
Kerry Haynes (Senior
Project Officer) and
Monica O'Dwyer
(Project Officer).





The importance of where you live: A recent study found that people living in disadvantaged areas weighed 3kg more on average than those in wealthier neighbourhoods.

TACKLING HEALTH INEQUALITIES

Health inequalities are the differences in health status (such as rates of illness and death or self-rated health) that result from social, economic and geographic influences that are avoidable, unfair and unnecessary.

VicHealth has identified tackling health inequalities as an overarching theme of our *Strategic Priorities 2006-2009*. To do this, we focused on three objectives:

1. Reduce health inequalities experienced by those most affected by social and economic inequality;
2. Improve knowledge in order to understand and respond to health inequalities; and
3. Influence social and economic policy that has an effect on health inequalities.

VicHealth seeks to improve the health of all Victorians but targets activities towards: disadvantaged areas, lower socioeconomic groups, Indigenous and refugee communities, people with disabilities, and disadvantaged children and young people.

Over the past twelve months, action has included enhancement of internal processes to build stronger equity-based approaches across VicHealth, contributions to key policy initiatives, the development of resources to assist the health promotion sector tackle health inequalities, and investments in specific projects to reduce health inequalities. Activities within each VicHealth action area that focus on health inequalities are detailed throughout this Annual Report. Following are some projects that are expressly focused on the issue of health inequalities, not tied to any particular program.

ACTIVITY SNAPSHOT

Economic cost of workplace stress

VicHealth, through the McCaughey Centre: VicHealth Centre for the Promotion of Mental Health and Wellbeing, School of Population Health, University of Melbourne, has provided \$50,000 of funding for Assoc. Prof. Anthony Lamontagne for his project *Estimating the Economic Benefits of Eliminating Job Strain as a Risk Factor for Depression*.

This project will build on previous evidence in quantifying the economic benefits of addressing job strain as a risk factor for depression using epidemiologic and economic modelling. The quantification of the impacts of health promotion interventions is now of major importance in health promotion and illness prevention and this report will contribute to a strong body of evidence in this area.

Research Summaries

To support the health promotion sector in tackling health inequalities, VicHealth produced two Research Summaries that provide recent data demonstrating the burden of illness and the lack of health resources that create unequal health. These have begun to be used by community organisations, public speakers, universities and government departments in describing key priorities to reduce health inequalities. The summaries were sent to every Victorian Member of Parliament, as well as distributed widely across the health promotion workforce. There have also been significant numbers of online downloads since publication.

People Places Processes

People Places Processes: Reducing health inequalities through balanced health promotion approaches is a new resource for the health promotion workforce released in April 2008. This resource – which has been highly commended by the sector – includes the trial equity tool currently under development and a review of different approaches to tackling health inequalities. It is envisaged that it will be used by program planners and health promotion workers when designing new interventions aimed at reducing inequalities in Victoria.

PROGRAM INVESTMENTS SPECIFICALLY ADDRESSING HEALTH INEQUALITIES

All of our health promotion programs look to reduce health inequalities and this influences our funding patterns. A substantial amount of work has been undertaken to assist program staff in understanding the levers that cause health inequalities, and to design programs that most effectively addresses health inequalities.

Centre of Excellence in Research and Practice

Onemda VicHealth Koori Health Unit

The University of Melbourne
\$365,000.00

The Onemda VicHealth Koori Health Unit is one of the Centres of Excellence in Research and Practice supported by VicHealth. It is an integrated academic program in Aboriginal Health focusing on research, community development and the Teaching and Learning Program.

Research projects to reduce health inequalities

ARC Linkage: Auditing the Victorian Charter: Australian and international perspectives on applied human rights

RMIT University
\$25,000.00

This project allows VicHealth to become a project partner with RMIT, Human Rights Law Resource Centre, Victorian Council of Social Service, Helen Macpherson Smith Trust, Australian Bureau of Statistics, Victorian Equal Opportunity and Human Rights Commission, and the Department of Justice to undertake a community survey on attitudes, values and levels of support for policy and program development to tackle health inequalities.

Australian Health Inequities Program

The University of Melbourne
\$15,000.00

Dr Anne Kavanagh. This research

program aims to build capacity in multidisciplinary population health research by: increasing understanding of the complex social, economic and environmental factors that contribute to health inequities, and improving policy, program and practice designed to reduce these inequities.

Discovery Grants

Our Space: A pilot holiday program for disadvantaged adolescent females

Australian Catholic University
\$4,555.00

Funding to implement and evaluate a customised four-day school holiday program for adolescent girls from disadvantaged backgrounds. The project aims to change physical activity, nutrition, social relationships, self esteem or coping with stress outcomes. A six-week sustainability study will also be conducted with this group.

Research Fellowships

Contribution and interactions of individual, community and environmental characteristics on health

The University of Melbourne
\$13,200.00

Dr Margaret Kelaher. This research aims to build bridges between the body of evidence concerning individual risk factors, community level intervention research and population health research.

The determinants of health in Australia: An economic framework with public health implications

Monash University
\$80,000.00

Dr Bruce Hollingsworth. The focus of this research is on the determinants of lifestyle, activities and the impact on individuals' health. The aim is to inform public health policy so disadvantaged groups can be supported to achieve health and wellbeing.

Developing sustainable Aboriginal health research practice

The University of Melbourne
\$100,000.00

Dr Priscilla Pyett. Support for a researcher to work in partnership with Aboriginal communities to implement and evaluate an innovative program of research

reform. This research project will improve ethical, relevant and sustainable research practice in Aboriginal health, build research capacity and ultimately lead to improved health outcomes for Aboriginal people.

Health inequalities, governance and participation

Monash University
\$130,000.00

Dr Bebe Loff. This research project aims to promote health and wellbeing from a health inequalities and human rights perspective, by examining the legal and broader regulatory environment to determine strategies for future policy and law reform.

Intervening early: Young people, families and community

The University of Melbourne
\$7,692.00

Dr Shelley Mallett. Early intervention programs for vulnerable young people and their families are currently divided between governments and across service sectors, resulting in replicated services and significant service gaps. This research provides an evidence base to support the development of cross-sector, early intervention policies and services.

Promoting mental health of children living in low income families

The University of Melbourne
\$38,365.00

Dr Elise Davis. The overall aim of this fellowship is to build a cutting edge, innovative research program in the field of mental health promotion, with a focus on child health inequalities.

Health inequalities related conference support

Consumer Roundtable Conference on Health Inequalities

Monash University
\$5,000.00

This conference provided a forum for individuals, organisations and services involved in working with low income, vulnerable and marginalised groups to discuss and share information about reducing health inequalities and increase health and wellbeing.



New technologies, predominantly mobile phone SMS and email, have the potential to play an important role in health promotion, especially among young people.

FOSTERING INNOVATION AND BUILDING EVIDENCE IN HEALTH PROMOTION

The importance of building evidence and supporting innovation for best practice in public health is an emphasis of all VicHealth's program work. This means all of our health promotion programs look to foster innovative, evidence-based practice.

Following are research projects that are focused on supporting innovation and the building of evidence for health promotion, but are not tied to any major program area:

ACTIVITY SNAPSHOT

Discovery Grants

VicHealth's Discovery Grants are specifically designed to support early exploration of novel research that has the potential for improving population health in Victoria. Through the scheme, VicHealth has offered one-year grants to 14 innovative Victorian projects to promote collaboration across disciplines, sectors and areas of expertise.

The projects selected cover a range of areas and include: listening to citizens' views about chronic disease prevention and health promotion; using text messaging to promote health issues to young people; independent mobility of children living in high-rise buildings; obesity and its risk factors among African migrant adolescents; health promotion in the workplace

and guidelines for parents on dealing with underage drinking.

Despite the differences between the projects, they all have a common link in that they have a new approach to improving the health of Victorians.

ARC Linkage Grants

The Australian Research Council (ARC) Linkage Project Funding Scheme supports collaborative research projects between higher education, researchers and industry.

VicHealth helps Victorian public health researchers to secure national research funding by collaborating as an industry partner with researchers seeking grants from the ARC.

Industry partnership grants ensure that research is relevant to current health policy challenges and can be readily applied. They also create opportunities for researchers to work in new areas and encourage private-public sector innovation.

This year, five projects received funding from VicHealth as their industry partner (three other researchers were approved this year but will commence funding next year):

- Dr Angela Taft (La Trobe University) – *Model of intervention to stop violence against women*
- Professor Doreen Rosenthal (University of Melbourne) – *Understanding Victorian women's experiences of unplanned pregnancy and abortion*

- Dr Carolyn Whitzman (University of Melbourne) – *Gender, local governance and community safety: making the links between violence in public and private space*
- Professor Mike Salvaris (RMIT) – *Auditing the Victorian Charter: Australian and international perspectives on applied human rights*
- Professor Sandy Gifford (LaTrobe University) – *Good Starts project: an audio-visual arts and health research project with newly arrived young people from refugee backgrounds.*

Research Leader Program

VicHealth has developed a new approach to supporting public health research. *The Mental Health Promotion Research Leader Program* complements and builds on our existing research programs. It involves establishing research positions in partnership with university departments, with the university providing senior academic support to the researcher and sharing the research outputs with VicHealth. These positions have an emphasis on applied research and research translation, and the researcher's work is explicitly tied to programs of work supported by VicHealth and its partners. The researchers are co-located between VicHealth and the partner university. It is anticipated that through this model VicHealth, and its government and non-government partners, will have access to high-quality research and evaluation expertise, which can be utilised in ongoing program and policy development and practice.

So far, three positions have been established and linked to VicHealth's priorities in mental health promotion:

- Dr Michael Flood is focusing on the primary prevention of violence against women (a partnership with LaTrobe University)
- Dr Natascha Klocker is looking at combating ethnic and race-based discrimination (Melbourne University)
- Dr Therese Riley is exploring ways of increasing social participation (Melbourne University).

Cochrane Public Health Review Group

The Cochrane Public Health Review Group was launched in May this year at the annual Australasian Cochrane Symposium in Hobart. This group replaces the Cochrane Health Promotion and Public Health Field, which acted more as an advocate for evidence. As a review group, it has a stronger capacity to influence the quality and relevance of systematic reviews for public health decision-making.

VicHealth has supported the Cochrane Health Promotion and Public Health Field since its move from Canada to Melbourne in 2000, and funded its transition to a review group.

The new group is responsible for recruiting author teams and managing the editorial process through to publication of Cochrane protocols and reviews on The Cochrane Library (www.thecochranelibrary.org). The scope includes reviews of the effects of population-level public health interventions, primarily those that address the wider determinants of health, with topics covering education, public safety, housing, work environment, employment, social networks, food supply, transport and the natural and built environments.

VicHealth is supporting partnerships with The Campbell Collaboration, which will also strengthen public health and health promotion's evidence base.

Conference Support Scheme

VicHealth provided support to six conferences conducted by other providers through the Conference Support Scheme. VicHealth provides biannual funding opportunities to allow other organisations to inform, debate and educate in the field of health promotion and public health.

FOSTERING INNOVATION AND BUILDING EVIDENCE IN HEALTH PROMOTION

All VicHealth's program work looks to foster innovative, evidence-based practice.

The following are research projects that are focused on this overarching theme but are not tied to any major program area.

Australian Institute of Health Policy Studies

La Trobe University

\$45,000.00

Funding to improve Australia's capacity for health policy research; and to improve interaction between the relevant government, non-government and health industry partners.

Cochrane Health Promotion and Public Health Field: Transition to Review Group

The University of Melbourne

\$364,102.00

Funding to support the Cochrane Health Promotion and Public Health Field to move from a Field to a Review Group, and to incorporate the Campbell Collaboration. This transition, over five years, will improve the standard of health promotion and public health systematic reviews as Review Groups have stronger capacity to influence the quality and relevance of reviews.

Economic benefits of reducing disease risk factors

Deakin University

\$31,075.00

The purpose of this project is to identify the economic benefits of health promotion and disease prevention strategies, which lie both within and outside the health sector. Parameters for the analysis include reductions in the cost of healthcare and hospital admissions, increased labour force participation and reduced absenteeism, increased healthy time for non-work related activities and increased quality of life.

Discovery Grants program

VicHealth has offered one-year grants to promote collaboration across disciplines, sectors and areas of expertise. These grants are specifically designed to support early exploration of novel research that has the potential for improving population health in Victoria.

This list should be cross-referenced with Discovery Grants listed under specific health action areas of mental health and wellbeing, active communities, healthy eating, tobacco control and health inequalities.

Health promotion in the workplace at Southern Health

Southern Health

\$5,000.00

This is a program to identify and work with a high-risk section of the organisation to improve the workplace environment and increase skills of participants.

Information Communication Technology (ICT) use and access in CALD communities for communicating on health and community wellbeing

Victoria University

\$37,500.00

Funding to conduct a comparative study of the Sudanese, Vietnamese and Pacific Island communities in metropolitan and regional communities, in order to identify potential uses of information technology to communicate and engage people in health promotion messages.

Listening to citizens' views about chronic disease prevention and health promotion

Monash University

\$37,217.00

Funding for the conduct of two deliberative forums in a metropolitan and regional centre of Victoria in order to evaluate an innovative method for identifying citizens' detailed views in relation to chronic disease prevention and health promotion.

Stand up Australia to improve health and productivity

International Diabetes Institute

\$5,000.00

This pilot research project focuses on gathering a better understanding of the issues

related to measurement of sitting behaviour in working adults. The specific aim is to determine the most feasible ways to measure sitting behaviour objectively and accurately, in a typical sample of working adults.

Talking it up: Aboriginal voices in the formulation of health policy that works

Wesley Mission Melbourne

\$4,745.00

Funding to conduct five community forums which will contribute to the development of a literature review and research report regarding Aboriginal health. The project is also expected to identify policy needs and areas for further research and development in relation to the reduction of chronic ill health, among Aboriginal and Torres Strait Islander people living in metropolitan communities.

Understanding the whole picture: Enhancing knowledge and skills of the Victorian health workforce to embody population health approaches

Victorian Healthcare Association

\$5,000.00

Project to provide data and evidence to strengthen and prepare the healthcare workforce for the paradigm shift required to reduce chronic disease rates into the future.

Using text messaging to promote health issues to young people: a randomised controlled trial

Burnet Institute

\$34,296.50

Funding to conduct a randomised, controlled trial in which young people will receive a series of text messages about either safer sex or sun protection. The study aims to establish high-level evidence about the effectiveness of SMS to increase knowledge and promote behavioural change in a general population of young people aged 16-29.

Centres of Excellence in Research and Practice

A prime goal of VicHealth centres is to translate public health research knowledge into health promotion practice.

Centres carry out research that fills an identified gap in current

research and practice activity and contribute to national and state health policy objectives.

VicHealth currently supports, at varying levels, four Centres of Excellence in Research and Practice, listed here and under the major program areas of mental health and wellbeing, tobacco control and health inequalities.

Centre for the Study of Mother and Child Health

La Trobe University

\$100,000.00

Prof. Judith Lumley. Funding to support a professorial position in this multidisciplinary research centre. The centre aims to undertake, study and interpret research on mothers' and children's health; contribute to policy development; provide advice and resources to researchers in related fields; and be involved in postgraduate and continuing education.

Research Fellowships

VicHealth supports outstanding public health/health promotion research by awarding Senior and Public Health Research Fellowships. Each Fellow is funded for five years.

Currently there are 24 Fellowships funded by VicHealth, listed here and others under the major program areas.

Breaking generational cycles of mental disorder: A prospective study of the offspring of the Victorian Adolescent Health Cohort Study

Royal Children's Hospital

\$105,000.00

Dr Craig Olsson. This longitudinal study aims to identify modifiable causes of perpetuating cycles of depression, alcoholism and violence across generations of around 2,000 Victorians aged 14 to 26-years old.

Is it possible to prevent harmful youth substance use and enhance mental health by encouraging prosocial behaviour in children and young people?

Deakin University

\$125,000.00

Assoc. Prof. John Toumbourou. This fellowship explores prosocial

behaviour in children and young people, and the role this behaviour plays in substance abuse, prevention and mental health promotion.

Measurement of benefits for the reallocation of resources in the Australian health sector

Monash University
\$29,250.00

Prof. Jeff Richardson. Research project to identify and measure individual and social economic benefits from health promotion activities, leading to improved evidence for future health promotion programs and health systems. Areas will include obesity, mental health, child/ adolescent health and tobacco.

Men, sexuality and health: New issues, new directions

La Trobe University
\$165,000.00

Assoc. Prof. Gary Dowsett. This fellowship investigates men's sexual health in Victoria by looking at the connections between masculinity, sexuality and health through the analyses of men's body transformations, changes in their sexual relationships, and the use of sexual technologies.

Muslim youth, social connectedness and reproductive/sex education

La Trobe University
\$116,312.00

Dr Linda Bennett. This research explores how religion, ethnic identity, and Islamic education, impact upon the social connectedness of Muslim youth in Melbourne. Reproductive/sex education in Islamic schools provides a specific case study for examining the values and behavioural expectations of young Muslims, and how these compare with non-Muslim youth.

Social and health outcomes of the Australian Needle and Syringe Program

The University of Melbourne
\$125,000.00

Assoc. Prof. John Fitzgerald. A study to document how Australia's Needle and Syringe Program works, to foster an evidence-based culture of service provision in Victoria.

Using innovative Epi methods to understand and reduce the transmission of blood-borne viruses and sexually transmitted infections in marginalised population groups

Burnet Institute
\$16,500.00

Dr Margaret Hellard. This research aims to accurately measure the prevalence and risk factors leading to the transmission of blood-borne viruses and sexually transmitted infections in the community using innovative epidemiological sampling techniques and mathematical modelling.

Scholarships

VicHealth supports young researchers by providing Public Health PhD Research Scholarships, and other scholarships.

This list should be cross-referenced with PhD Scholarships listed under specific health action areas of mental health and wellbeing, active communities, healthy eating, tobacco control and health inequalities.

Australian women's childbearing decisions: The role of gender beliefs, psychosocial and health factors

The University of Melbourne
\$4,332.00

Ms Sara Holton. Funding to investigate the contributions of gender beliefs, psychosocial factors and health variables to the childbearing decisions of contemporary Australian women.

Carole Bailey Scholarship

Australian Health Promotion Association
\$1,000.00

This award is conferred on two students of health promotion – undergraduate and mature-aged – for the purposes of professional development.

Masters of Public Health Consortium: Top Student Prizes

University of Melbourne
\$2,000.00

An award to the top health promotion students, as an encouragement to those students who excel.

Conference Support

Through the *Conference Support* scheme, VicHealth provides limited support to conferences conducted by other providers to facilitate knowledge transfer in the field of health promotion. This program aims to ensure these conferences are accessible to a range of delegates and to increase information exchange across sectors.

This list should be cross-referenced with conferences listed under specific health action areas of mental health and wellbeing, active communities, healthy eating, tobacco control, and health inequalities.

9th Behavioural research in cancer control conference

The Cancer Council
\$10,000.00

Conference to promote the exchange of ideas and expertise in the area of behavioural research in cancer; minimise duplication of research efforts; provide the opportunity to increase relevance of research and evidence base for Cancer Council programs.

Asia Pacific Ecohealth Conference: Sustaining people and places

Deakin University
\$10,000.00

The focus of this conference is on the interdependence between human health, ecology and sustainability, with a view to increase intersectoral collaboration in research and practice in the area of human health, ecology and sustainability.

The path to health and wellbeing

Collective of Self Help Groups (COSHG)
\$9,393.00

This conference offers the opportunity for self help groups to exchange information, ideas, knowledge and experience and explore their distinctive contribution to the promotion of health and wellbeing.



Celebrating their partnership on White Ribbon Day are Todd Harper (CEO, VicHealth), Andrew O'Keefe (Chairman, White Ribbon Foundation) and Andrew Demetriou (CEO, Australian Football League).

To your health? VicHealth explored what was safe, sensible and social alcohol consumption in the VicHealth Letter Summer 2007.

The VicHealth Walking School Bus program released a new report, It's more than just walking.

All types of sports participated in VicHealth's PICSAR program.

RAISING AWARENESS

The media is an essential tool in disseminating health promotion initiatives and messages across the community.

MEDIA ACTIVITIES

This year VicHealth was mentioned in 540 published articles, with the majority of coverage in the Victorian metropolitan, suburban and regional press. Articles highlighting VicHealth-funded research and positions on issues including alcohol misuse and violence against women also appeared in major metropolitan papers across Australia.

In addition, VicHealth was mentioned in 184 radio broadcasts and 29 news and current affairs television programs. Several initiatives attracted strong media interest during the year. These included:

The alcohol debate

Our unhealthy drinking culture has been a recurring theme throughout the year with VicHealth working with scores of media outlets to facilitate the alcohol debate. Because alcohol misuse is so pervasive in our society, media reports covered a wide range of issues including:

- binge drinking
- alcohol and violence
- the rise of 'alcopop' misuse amongst young people
- alcohol and sport
- alcohol marketing.

Seen by the media as a 'go to for comment' organisation on this complex issue, VicHealth acknowledges the media as a powerful vehicle through which to advocate for change.

Profiling prevention

In April, the National Prevention Summit garnered significant interest from national media. Articles appeared in most daily newspapers, including *The Age*, *Canberra Times*, *Australian Financial Review* and *Herald Sun*, with an opinion piece by Todd Harper on illness prevention published in the *Adelaide Advertiser*. The summit was covered by television news outlets and the story ran nationally on a cross-section of ABC radio news and current affairs programs, as well as commercial radio. At least 68 online publications around the country ran news items mentioning the Summit.

Respect and diversity

The launch of VicHealth's *Respect, Responsibility and Equality: Preventing Violence against Women* program was covered by 18 metropolitan and regional newspapers and 17 radio news and talk back programs. The program launch also featured in 17 metropolitan and regional TV news bulletins. The *Herald Sun* published an opinion piece by CEO Todd Harper.

The launch of the VicHealth report, *More than Tolerance: Embracing Diversity for Health*, was covered extensively, including ABC 2 and ABC TV International. News and current affairs stories were run by more than 20 media outlets. Articles appeared in the *Herald Sun*, AAP and *The Bendigo Advertiser*, with the *Herald Sun* also running an opinion piece by Todd Harper.

McCaughey Centre launch

July 2007 saw the launch of the McCaughey Centre: the VicHealth Centre for the Promotion of Mental Health and Community Wellbeing, together with the release of Community Indicators data for all Victorian Local Government areas. The data was widely reported with more than 40 articles appearing in regional and suburban press.

Getting more Victorians active

With the Active Clubs grants and the Participation in Community Sport and Active Recreation (PICSAR) program, VicHealth's ongoing efforts to raise active participation levels across the state were profiled extensively. The Active Club grants, which provided funds to more than 620 sporting clubs and organisations across the state, were widely reported, particularly in regional newspapers. The PICSAR program, launched in December 2006 by the Premier, John Brumby, has been attracting media coverage as peak sporting bodies start to roll out their programs to engage more people who would not previously have been involved in physical activity.

OPINION PIECES

VicHealth Chief Executive Officer Todd Harper continued to raise public health issues through the placement of opinion pieces in the following metropolitan dailies:

Cave men walk the earth

Herald Sun, 11 July 2007, addressed issues associated with violence against women.

Racism causes tears and taxes

Herald Sun, 17 September 2007, highlighted the link between discrimination and its impact on our mental health and wellbeing.

What lessons do we teach?

Herald Sun, 6 November 2007, examined underage smoking.

How to beat the binge bogey

Herald Sun, 20 November 2007, focused on the need to turn back the tide on preventable disease.

Why kids are drowning in an ocean of booze

Herald Sun, 29 November 2007, looked at the urgency required to address our binge-drinking culture.

Sad habit dying out (co-authored with Fiona Sharkie, Quit Victoria)

Herald Sun, 8 December 2007, reviewed the successes in tobacco control.

Nation's future health goes on life support

Adelaide Advertiser, 8 April 2008, looked at the issues to be addressed at the National Prevention Summit.

Gobsmacked by selfish clubs

Herald Sun, 3 June 2008, called for the State Government's 2am lockout trial to be given a chance to work.

ONLINE ACCESS

The VicHealth website Resource Centre pages continued to be reviewed and updated. Several of Todd Harper's opinion pieces were posted on an e-journal promoting social and political debate (www.onlineopinion.com.au) generating considerable online discussion.

In July 2007 VicHealth absorbed the Victorian Public Health Research and Education Council (VPHREC) Events Diary into our own website Calendar of Events. This has significantly increased our reach to wider audiences including other partners in health promotion and member organisations of VPHREC.

MAJOR PUBLICATIONS

Building and sharing health promotion knowledge is an essential aim of VicHealth's work. Developing and appropriately disseminating publications is one way to get credible and accessible information to our target audiences. This year VicHealth introduced an e-bulletin tailored specifically to Ministers and their Advisors, MPs, Mayors and CEOs of local councils.

VicHealth Letter

Making the link between cultural discrimination and health

Victorian Health Promotion Foundation, Winter 2007

To your health?

Exploring what's safe, sensible and social

Victorian Health Promotion Foundation, Summer 2007

Using research to create healthy communities

Victorian Health Promotion Foundation, Winter 2008

State of Health E-Bulletin

Smoke free from July 1

Victorian Health Promotion Foundation, July 2007

20th birthday for health promotion in Victoria

Victorian Health Promotion Foundation, October 2007

National prevention Summit wrap-up

Victorian Health Promotion Foundation, April 2008

Active Communities and Healthy Eating

It's more than just walking: The value-adding impact of the Walking School Bus program on local environments and communities

Victorian Health Promotion Foundation, August 2007

Mental Health and Wellbeing

Bridging the Digital Divide Report 2007

Inspire Foundation. A Phase one project report.

Evaluating the Mental Health and Wellbeing Impacts of Community-Based Festivals: Awakenings Festival and Braybrook's Big Day Out

Barraket J & Kaiser A, Centre for Public Policy, University of Melbourne and Victorian Health Promotion Foundation, August 2007

More than tolerance: Embracing diversity for health

Discrimination affecting migrant and refugee communities in Victoria, its health consequences, community attitudes and solutions – A summary report

Victorian Health Promotion Foundation, September 2007

Paper 1 of the Discrimination Community Attitudes Project

A review of communication components of anti-racism and prodiversity social marketing/public education campaigns

Donovan RJ & Vlasis R, Report to VicHealth by RJD Consulting Pty Ltd, Victorian Health Promotion Foundation, September 2007

Preventing violence before it occurs: A framework and background paper to guide the primary prevention of violence against women in Victoria

Victorian Health Promotion Foundation, December 2007

Refugee Resettlement in Regional and Rural Victoria: Impacts and Policy Issues

Dr Brooke McDonald, Prof. Sandy Gifford, Ms Kim Webster, Prof. John Wiseman & Ms Sue Casey: A collaborative initiative of the Victorian Health Promotion Foundation; La Trobe Refugee Health Research Centre, La Trobe University; The McCaughey Centre, VicHealth Centre for the Promotion of Mental Health and Community Wellbeing, University of Melbourne; and the Victorian Foundation for Survivors of Torture; Victorian Health Promotion Foundation, May 2008

Research Summary 1: Burden of disease due to mental illness and mental health problems 2007

Victorian Health Promotion Foundation, December 2007

Health Inequalities

People, Places, Processes: Reducing health inequalities through balanced health promotion approaches

Victorian Health Promotion Foundation, April 2008

Research Summary: Burden of disease due to health inequalities

Victorian Health Promotion Foundation, May 2008

Research Summary: Key influences on health inequalities

Victorian Health Promotion Foundation, May 2008

OTHER PUBLICATIONS

VicHealth staff also submit articles, edit and contribute to publications in the area of health promotion.

A new approach to improving nutrition

Barr A, Potter J & Siau LC, *FOODChain*, December 2007, pp 7-9

Spotlight on Discrimination

Balmain A, *Multicultural Victoria*, Issue 24, Autumn 2007

Interview with Dianna Orlando Family Men Don't Do Violence Speak Out

Balmain A, *Multicultural Victoria*, Issue 22, Spring 2007

New Report Finds – Discrimination is Bad for Your Health

Balmain A, *Northern Division of General Practice – Division News*, Summer 2007

A Window of Opportunity: Background paper on the prevention of alcohol misuse and related harm

Hamilton M, Room R, Livingston M & Vandenberg B, *Paper prepared for the National Preventative Health Taskforce*, University of Melbourne, Turning Point Alcohol and Drug Centre and VicHealth, June 2008

Playing on the Same Team

Thompson R, *Northern Division of General Practice – Division News*, Spring 2007

Health Promotion Journal of Australia, December 2007, vol. 18, no. 3

Guest editors: Lyn Walker, Director of the Mental Health and Wellbeing Unit at VicHealth; Louise Rowling, Faculty of Education and Social Work, University of Sydney, New South Wales. The focus for the issue was on mental health promotion.

Strategies for bridging sectors and silos: a training model in mental health promotion

Verins I, Marshall B & Keating C, *Health Promotion Journal of Australia*, vol. 18, no. 3, December 2007

Mental health takes central role in health promotion activities

Walker L & Rowling L, *Health Promotion Journal of Australia*, vol. 18, no. 3, December 2007

Measuring and addressing the burden of disease associated with intimate partner violence in Victoria, Australia

Vos T, Astbury J, Piers LS, Magnus A, Heenan M, Walker L & Webster K, *Health Care Costs of Intimate Partner Violence. Family Violence Prevention and Health Practice*, e-journal of the Family Violence Prevention Fund, Issue 5, June 2007

Sounds in the City

Webb G, *New Paradigm, the Journal on Psychosocial Rehabilitation*, Autumn 2008

CONFERENCE PAPERS AND PRESENTATIONS

Raising awareness of health issues is one of VicHealth's core responsibilities and staff ensure that the latest health promotion evidence and thinking is made available by speaking at seminars and conferences. Following is a list of papers and presentations made over this year.

Basinski D, *Reflections from Canadian Study Tour*, Indigenous Leadership Fellowship Forum, October 2007

Boyd M (VicHealth), Blau G (VCOSS) *Addressing health inequalities: Lessons from an advocacy agenda*, VCOSS Congress August 2007

Boyd M, *Getting policy over the line: Encouraging whole-of-local-government action to reduce alcohol harms*, DrugInfo Seminar – Local government responses to preventing alcohol-related harm, September 2007

Boyd M (VicHealth), Trudinger D (DHS), *State Policies to address health inequalities: Towards good practice?*, Australia & New Zealand Public Health Association Annual Conference, September 2007

Boyd M, *Place-based approaches to public health: Can they reduce health inequalities?*, Australia & New Zealand Public Health Association Annual Conference, September 2007

Boyd M, *Health Equity Tool*, three presentations to the Banyule Nillumbik Primary Care Alliance, March-June 2008

Boyd M, *Health Equity Tool*, VicHealth People Places Processes Forum, April 2008

Boyd M, *Health Inequalities agenda and current action: An update for the Statewide PCP Chairs and EOs*, Presentation to the PCP Statewide Network, June 2008

Boyd M, *Health Inequalities agenda and current action*, Presentation to the Loddon Mallee Primary Care Partnership, June 2008

Harper T, *Constructing Health: Working Together for Health and Industry*, October 2007

Harper T, Speech to Victoria Police Symposium, *Organisational Behaviour in Policing and the Public Sector*, October 2007

Harper T, *More than tolerance: Implications for Australian workplaces*, presentation to Exploring the dividends: Diversity Council Australia Annual Conference, Diversity Council of Australia, November 2007

Harper T, *More than tolerance; Implications for local governments and their communities*, presentation to local councils in multicultural Victoria: vision and growth, Victorian Multicultural Commission and the Municipal Association of Victoria, 22 November 2007

Harper T, *Refugee resettlement in rural and regional areas: A healthy start to life in Australia* presentation to the annual conference of the Ethnic Communities Council of Victoria, Ethnic Communities Council of Victoria, 30 May 2008

Harper T & Vandenberg B, *Presentation to Public Hearing – Inquiry into The Alcohol Toll Reduction Bill*, Community Affairs Committee, Commonwealth Senate, Melbourne, 6 May 2008

Jolly K, *Kids in the City – A Child Friendly Melbourne*, presentation at the Melbourne Forum, July 2007

Jolly K, *Are there other ways to skin a cat?*, keynote presentation at the Australian Study for the Society of Obesity Conference, Canberra, August 2007

Jolly K, *Get involved: it's good for your health*, keynote presentation at City of Boroondara Community Forum, October 2007

Jolly K, *Advocacy in Health Promotion – the VicHealth experience*, presentation and workshop at Australian Health Promotion Association, Victorian Branch, June 2008

McLean P (VicHealth), Murray R (CMYI) & Vecellio L (SEMRC), *Discrimination – A Determinant of Mental Health and Wellbeing?*, Unpacking the Suitcase Conference, South Eastern Region Migrant Resource Centre, 12 July 2007

Siauw LC, *A Climate for Change: is planning for sustainable food supply on your radar?*, presentation at Planning Institute of Australia National Congress, Sydney, 13-16 April 2008

Siauw, LC, *Program – Future Food for Future Health*, VicHealth conference 2007

Umesh R, *Leading and Navigating Policy and Practice to Value Walking*, paper and presentation at Walk21 Conference, Toronto, Canada, October 2007

Umesh R, *Walking School Bus Successes and Challenges*, presentation at Active Safe Routes to School Workshop, Toronto, Canada, October 2007

Umesh R, *Streets Ahead: Supporting children to get active in their neighbourhoods*, presentation at Traffic Safety Education Group, Department of Education and Early Childhood Development, Melbourne, March 2008

Vandenberg B, *Alcohol Policy Development Process*, guest lecture for 'Drug Use in Society: The Public Health Response', Turning Point Alcohol and Drug Centre, Melbourne, 6 August 2007

Vandenberg B, *Establishing Successful Partnerships for Program Success*, National Program Manager's Conference, Canberra, 14-15 May 2008

Webster K, *A Framework to guide implementation and evaluation of primary prevention of violence against women*, The Women's Safety Forum: Measuring Women's Safety, Department of Victorian Communities, 23 July 2007

Webster K, *A framework for the primary prevention of violence against women: Implications for working with young people*, Partners in Prevention: Working with young people to prevent violence against women, Domestic Violence and Incest Resource Centre, 26 July 2007

Webster K, *The primary prevention of violence against women*, presentation to the Second Australasian Police Conference on Family Violence, Victoria Police and New South Wales Police, Airlie Leadership Development Centre, Melbourne, 22-24 August 2007

Webster K, *More than Tolerance: Implications for Young People*, presentation to 'I'm not a racist, but ... Are we effectively tackling racism and discrimination in schools?', Centre for Multicultural Youth Issues, Melbourne, 25 October 2007

Webster K & Berman G, *Addressing Discrimination and Promoting Diversity: Experiences from Quebec and Victoria*, Presentation to the 12th International Metropolis Conference, Melbourne, Australia, 25 October 2007

Webster K, *A public health approach to addressing racism and discrimination: A case example*, presented to the Racism and Indigenous Health symposium, University of Melbourne, School of Public Health, November 2007

Webster K, *More than Tolerance: Implications for Young People's Health*, Youth Identity and Migration: Culture, Values and Social Connectedness, Symposium, Deakin University, Institute for Citizenship and Globalisation, Deakin University and the Centre for Multicultural Youth Issues, 21-22 February 2008

INTERNATIONAL DELEGATIONS

Australia is not the only country facing rapidly increasing rates of chronic illness linked to unhealthy lifestyles. Over this year, the long-standing international focus of VicHealth's work has continued with the hosting of delegations to share information about the VicHealth model and to internationally advocate for the use of dedicated taxes to gather funds for tobacco control.

Ministry of Health
Thailand
September 2007

Raeburn House
Auckland, New Zealand
September 2007

Department of Public Health
Malaysia
September 2007

Department of Health
Jiangsu Province, China
November 2007

ThaiHealth Promotion Foundation
Thailand
May 2008

Off the drawing board and into our streets: Planning Institute Australia (PIA) is assisting planners to influence local urban design so health is 'planned in'. There is growing evidence of the links between the built environment and physical, mental and social health.



CONTRIBUTING TO POLICY

POLICY SUBMISSIONS AND CONSULTATIONS

A key component of VicHealth's role in health promotion is advocacy. An important part of this advocacy role is responding to proposed government programs, policy and legislation that have the potential to impact on health. Over the 2007-08 financial year, VicHealth has made numerous submissions on a range of issues.

Submission to Department of Planning and Community Development on *Stronger Community Organisations Project* July 2007

Submission to Department of Sustainability and Environment in response to the Consultation Paper *Land and Biodiversity at a Time of Climate Change* 2 July 2007

Submission to Australian Competition and Consumer Commission in relation to applications for authorisation A91054 and A91055 lodged by the Distilled Spirits Industry Council of Australia Inc and others 17 July 2007

Submission to Department of Human Services on draft Victorian *Tobacco Regulations 2007* (co-signed with The Cancer Council Victoria, Quit Victoria and Heart Foundation Victoria) 24 August 2007

Submission to Australian Communications and Media Authority on *Food Marketing Directed to Children* 29 August 2007

Submission to Department of Sustainability and Environment on *Melbourne 2030 Implementation Audit* 24 September 2007

Submission to National Health and Medical Research Council on draft revised *Australian alcohol guidelines for low-risk drinking* 11 December 2007

Submission to Department of Transport on *Towards an integrated and sustainable future: a new legislative framework for transport in Victoria* 14 December 2007

Submission to Commonwealth Department of the Treasury on the Federal Budget 2008-09, *The Case for Increased Investment in Health Promotion* 16 January 2008

Submission to Food Standards Australia New Zealand on *Comment on labelling of alcoholic beverages with a pregnancy health advisory* February 2008

Submission to Equal Opportunity and Human Rights Victoria on response to the consultation on *Victoria's Equal Opportunity Act 1995* February 2008

Submission to Australian Competition and Consumer Commission on *Inquiry into Food Prices* 11 March 2008

Submission to Community Affairs Committee, Australian Senate Inquiry into the *Alcohol Toll Reduction Bill 2007* 20 March 2008

Submission to the Victorian Government *Equal Opportunity Review* April 2008

Submission to Federal Obesity Inquiry, VicHealth response *Obesity in Australia under Review* June 2008

Submission to National Health and Hospitals Reform Commission in response to the key theme of *A greater focus on prevention to the health system* 2 June 2008

Submission to Senate Community Affairs Committee *Inquiry into ready to drink alcoholic beverages* 3 June 2008

COMMITTEES AND WORKING GROUPS

Chief Executive Officer

– Todd Harper

- Centre for Health Policy, Programs and Economics – School of Population Health, University of Melbourne (*Member*)
- Go For Your Life Leadership Group (*Member*)
- Heart Foundation National Marketing Advisory Committee (*Member*)
- International Network of Health Promotion Foundations (INHPF) (*Deputy Chair*)
- Liquor Control Advisory Council (LCAC) (*Member*)
- LCAC Licensing Criteria Sub-committee (*Member*)
- Quit Victoria Steering Committee (*Member*)
- Tobacco Control Unit Steering Committee, The Cancer Council Victoria (*Member*)
- VicHealth Alcohol Coalition (*Chair*)
- Victorian Alcohol Action Plan Taskforce (*Member*)
- Victorian Alcohol and Drug Prevention Council (*Member*)
- Victoria Police Drug and Alcohol Strategy Steering Committee (*Member; rep: Brian Vandenberg*)
- WorkHealth Advisory Group (*Member*)

Active Communities and Healthy Eating

International

- Walk21 Walk to School International Network

National

- Active After School Communities Victorian Advisory Committee
- Child Friendly Cities Executive Committee

State

- AFL Violence Against Women Working Group
- Cancer Council Victoria, Kids Go For Your Life Local Government Advisory Committee
- Cancer Council Victoria, Kids Go For Your Life Program Advisory Committee
- Deakin University, Academic Advisory Board for Master of Planning Course
- Deakin University, C-PAN (Centre for Physical Activity and Nutrition) Reference Group
- Deakin University, Post-graduate Nutrition Advisory Committee
- Department of Education and Early Childhood Development, Victorian School Sport Council
- DHS# 'Equal Footing' Advisory Group
- DHS# 'Go For Your Life' Strategy Group
- DHS# Nutrition Action Plan Working Group
- DHS# Physical Activity Action Plan Working Group
- DPCD–SRV* Interagency Walking and Cycling Coordination Committee
- DPCD–SRV* Smartplay Steering Committee
- DPCD–SRV* Spectator Behaviour in Sport Working Party
- LaTrobe University, Bachelor of Health Sciences Course Advisory Committee
- Maribyrnong Secondary College, Sporting Excellence Curriculum Reference Group
- VicRoads Victorian Bicycle Advisory Council
- Victoria University's Exercise Science, Human Movement and Physical Education Industry Advisory Committee

Local/Project Specific

- Bicycle Victoria, Ride2School Steering Committee
- Consultative Committee for the Healthy Active Brimbank Strategy
- Growth Areas Authority, A Strategic Framework for Creating Liveable New Communities
- Planning Institute of Australia (Vic) Steering Committee

Awards/Grant Assessment

- DPCD* – Sport and Recreation Industry Awards Assessment Panel

Mental Health and Wellbeing

International

- Global Consortium for Advancement of Promotion and Prevention

National

- AFL Violence Against Women Respect and Responsibility Committee
- National Anti-Racism Project Advisory Group
- National Coalition Against Bullying Executive Committee
- National Council for Reducing Violence Against Women

State

- Adult Multicultural Education Service (Board Member)
- African Youth Issues Sub-committee
- Centre for Ethnicity and Health, Stakeholders Group
- DHS# Mental Health Promotion Working Group
- Ethnic Communities Council of Victoria Health Sub-committee
- McCaughey Centre: The VicHealth Centre for the Promotion of Mental Health and Community Wellbeing Advisory Committee
- Onemda VicHealth Koori Health Unit Committee
- Statewide Committee for the Prevention of Sexual Assault
- Statewide Violence Against Women Steering Committee

Department of Human Services

* Department of Planning and Community Development through Sport and Recreation Victoria

- Victorian Federation Secondary Teachers Refugee Health Network
- Victorian Settlement Planning Committee
- White Ribbon Day, Victorian Steering Committee

Local/Project Specific

- Community Indicators Victoria Project Partners Group (McCaughey Centre)
- Community Indicators Victoria Project Reference Group (McCaughey Centre)
- Fellowship for Indigenous Leaders Project Committee (Brotherhood)
- Good Start Arts Project Advisory Group (Foundation House)
- Local Government Violence Prevention Project Advisory Group (University of Melbourne)
- Mothers' Advocates in the Community Project Reference Group (LaTrobe)
- Refugee Education Partnership Project Reference Group (Foundation House)
- Schools as Core Social Centres Project Advisory Group (Catholic Education)
- Train Stations as Creative Community Hubs Project Committee (Department of Transport)
- Understanding Women's Experience of Unplanned Pregnancy and Abortion Project Advisory Group (University of Melbourne)
- Violence Against Women Working Group (Victorian AFL)

Tobacco Control and Alcohol Harm Reduction

State

- Australian Research Centre in Sex, Health and Society Advisory Committee
- Community Alcohol Action Network (CAAN) Advisory Committee
- Good Sports Program (Victoria) Advisory Committee
- Tobacco Control Unit (TCU) Steering Committee (Cancer Council Victoria)
- Victoria Police Drug and Alcohol Strategy Steering Committee

Research, Strategy and Policy

International

- International Network of Health Promotion Foundations

National

- Australian Institute of Health Policy Studies Consumer Engagement Project Steering Group

State

- Centre for Health and Society Advisory Committee
- Common Solutions Project Steering Committee
- Dental Health Service Research Advisory Panel
- DHS# Health Promotion Framework Project Advisory Group
- DHS# Health Promotion Priorities Management Group
- DHS# HIV/AIDS Prevention Taskforce
- DHS# Men's Health and Wellbeing Strategy Advisory Committee
- DHS# Public Health Research Advisory Group
- Victorian Cancer Agency, Research Prevention Working Group
- Victorian Consortium of Public Health Consultative Committee
- Victorian Health Care Association Population Health and Area-based Planning Working Group
- Victorian Public Health Training Scheme Review Steering Committee

Communications and Marketing

State

- Risk Awareness and Reduction Working Group – Responsible Gambling Ministerial Advisory Council
- LIFE! Taking Action on Diabetes Social Marketing Committee

Local/Project Specific

- Medianet Communications Group

REFERENCES

1. Mathers C & Stevenson C, Australian Institute of Health and Welfare 1999, Burden of disease and injury in Australia, AIHW Catalogue PHE 17, Canberra, November 1999.
2. Infant Feeding Activity and Nutrition Trial (InFANT) – see www.biomedcentral.com/1471-2458/8/103 for recent publication.

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