

# PUSHING BOUNDARIES

# CONTENTS

## OVERVIEW

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Vision and Mission	2
Chair's Report	8
CEO's Report	9
VicHealth: Working to Improve the Health of All Victorians	10
Highlights	12
VicHealth Awards	15
Investments at a Glance	16

## WHO WE ARE

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VicHealth Board of Governance	18
VicHealth Staff	20
Board Appointed Advisory Panels	22

## HEALTH PROMOTION ACTION

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Pushing Boundaries in Health Promotion	24
Physical Activity (and Healthy Eating)	26
Planning and Health	38
Mental Health and Wellbeing	44
Health Inequalities	58
Smoking and Tobacco Control	64
Public Health Research	70
Other Health Action Areas	78

## RAISING AWARENESS

---

Media Activities	85
Major VicHealth Publications	86
Other Publications	86
Conference Papers and Presentations	87
International Delegations	88

## CONTRIBUTING TO POLICY

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Policy Consultations and Submissions	89
Committees and Working Groups	90

## REFERENCES

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92

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**







## VICHEALTH CHAIR'S REPORT

The last year has been filled with challenge and achievement for VicHealth.

**We have reached the end of our strategic plan for 2003–2006 and I am pleased to say that we were successful in meeting our objectives and, in some areas, exceeded expectations.**

To broaden the reach and impact of health promoting opportunities we've worked effectively with a diverse range of sectors including sport, health, planning, transport, local government, education and the arts. In the promotion of mental health, we are now recognised as international leaders. We are also leading the way in changing the culture of sports clubs to become healthier, more welcoming and inclusive. Participation rates in physical activity are on the rise and smoking rates continue to decline; those who do still smoke are smoking less. We've also worked to strengthen and diversify the public health research community.

Our new priorities and strategic directions for 2006–2009 have been guided by our vision, mission, values and the requirements of the *Tobacco Act 1987*. The new directions were informed by an extensive review, which commenced over 12 months ago and included consultations with stakeholders, Board and staff. Our priorities align with State Government policy and program directions, and national and international health promotion policies.

Our focus in the coming years will be on the major health challenges that confront us including tobacco consumption, overweight and obesity, physical inactivity, social exclusion, mental ill health, alcohol misuse and the links between social disadvantage and poorer health.

Making real progress in these areas will require long-term commitment, innovative thinking, the involvement of many sectors and rigorous evaluation and research to ensure significant health improvements for Victorians, now and for future generations.

It is an exciting time!

This year also saw a number of staff and Board changes.

Randall Kent, Director of Finance & Administration, retired in March. Randall was our longest serving staff member having joined VicHealth in June 1988. I thank him for his enormous contribution, along with his team. In April we warmly welcomed Jackie McCann, Director of Corporate Services, and her new team.

There were also changes to the Board of VicHealth. We farewelled Elaine Canty after 9 years, and Professor Glenn Bowes and Dr Judith Slocombe after 3 years. All contributed in myriad ways over the years. I thank them for their wise counsel and commitment. We welcomed Peter Gordon, senior partner of national law firm Slater & Gordon, medical graduate Dr Mei Ling Doery and well-known media commentator and GP Dr Sally Cockburn. They have already made lively and insightful contributions to VicHealth.

**The energy, enthusiasm and effort of all Board members cannot be overstated. They provide invaluable advice and support and have my heartfelt thanks. Those who give their time and expertise to serve on our advisory panels also make a real contribution to the Victorian community. I on behalf of the Board greatly appreciate their input.**

In the coming months we will also farewell CEO Dr Rob Moodie, who has been at the helm of VicHealth since 1998. Rob has overseen significant changes to the organisation and raised Victoria's profile as a leader in health promotion, both nationally and internationally. Highly respected for his public health work in Australia and overseas, his natural management instinct is to find common ground and then work with people and organisations at all levels to find new directions and achieve realistic goals.

**The portfolio of achievements highlighted in this annual report is something we can all be proud of. The collaboration, skill and knowledge of those actively promoting health has again been outstanding.**

I'd like to take this opportunity to thank Rob, his staff and all our partners for the passion, commitment and effectiveness which they bring to health promotion in Victoria.

Congratulations on a job well done.

Jane Fenton AM  
Chair

### MESSAGE TO THE MINISTER

In accordance with the *Tobacco Act 1987* I have pleasure in submitting to you the Victorian Health Promotion Foundation's Annual Report for the 12 months of operation to 30 June 2006.

The report reviews the progress made by the Foundation in the promotion of health for all Victorians.

A financial statement for 2005–2006 is included in the report with the Auditor General's Report.

Jane Fenton AM  
Chair



## VICHEALTH CEO'S REPORT

Over the last 50 years there have been enormous strides in medical science – in molecular biology and in genetics in particular. Increasing attention has been drawn inward at the molecular level to understand and improve human health. Answers for our ills are increasingly being proclaimed to be at microscopic level.

Yet we have also learned that we will have to look outward – into our families, neighbourhoods, communities and nations.

**What determines our health is not just our genetic makeup but the way we treat each other, the economic, social and physical environments we live in, the opportunities we afford each other and the cultures and behavioural norms we establish.**

As an example we can look to the environments which engender weight gain, which in turn results in the twin epidemics of diabetes and obesity. Australian children are gaining weight faster than any other nation and our car dependency has risen dramatically over the last 30 years.

We have an economy that actively promotes weight gain – an economy which has profoundly shaped our norms of behaviour. Inactive transport (cars for example), inactive leisure (TV, computers, DVD, e-games) and high energy dense food and drinks are out-promoted and outsold compared to active transport, active leisure and healthy food.

Given that social isolation and marginalisation, as well as discrimination and violence are important determinants of anxiety and depression, do we also have some environments that make us depressed?

Will the apparent rise in individualism and changes in urban design, family size and structure, and communication technologies lead to atomised communities where people no longer really have much human to human contact?

And how important is the way we treat each other to our health? We know that 30% of depressive symptoms in high school students are associated with harassment and bullying in schools – and perhaps the same is played out in workplaces.

We know that the leading preventable burden of disease in women aged 15–45 years is from intimate partner violence – again this all about the way we treat each other – in this case specifically the way men (mis)treat women.

And we have yet to crack the hardest nut of all – how to reduce the inequalities in health status evident in our community.

**Health promotion of the future will have to engage with economics, commerce, advertising, politics, geography and urban design as much as it currently does with epidemiology, behavioural psychology, sociology and anthropology.**

There is much to be optimistic about in promoting good health. We've seen recent increases in participation in sport and active recreation, continued decreases in the rate of smoking, declining deaths and injuries on our roads, newly proven effectiveness of school-based nutrition and physical activity programs, and major new investments in the promotion of mental health. We can be inspired by these successes.

But to make an impact on some of our great health challenges of the future we will need to learn the art and science of social connection, social inclusion, of sharing wealth and opportunity, and of tolerance and diversity. And we will have to better understand the environments we live in and how these can be maintained healthily, in addition to how we, as individuals, behave in them.

We are excited by the potential of these new frontiers and will continue to push the boundaries to foster the conditions for good health.

Dr Rob Moodie  
Chief Executive Officer



## VICHEALTH: WORKING TO IMPROVE THE HEALTH OF ALL VICTORIANS

VicHealth is The Victorian Health Promotion Foundation, and 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 14 member board of governance has a breadth of experience in health, sport, the arts, research and communication.

With a focus on promoting good health and wellbeing and preventing ill health, VicHealth leads and advocates for excellence in health-promoting policies and programs.

We have an acknowledged track record in drawing diverse groups together to influence individuals' health-related lifestyles and to establish the social, cultural and environmental conditions to support health. 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.

We do this with support across the political spectrum and by working in partnership with organisations, communities and individuals in a broad range of sectors including sport, health, planning, transport, local government, education and the arts.

Our flexible, responsive, imaginative and evidence-informed approach reflects national and state public health priorities. Our activities range from small grants funding for community-based projects to long-term multi-million dollar funding for programs such as Quit. We also invest heavily in public health research.

This year, we made over 900 individual health promotion investments, with 76.8% of funds addressing the greatest preventable risk factors for ill health: smoking; lack of physical activity; discrimination, violence and social and economic exclusion leading to mental distress; and poor nutrition.

While working to improve the health of all Victorians, we also work to address the needs of those with the poorest health by targeting many of our activities and supporting research initiatives on health inequalities.

You can find out more about VicHealth in *The Story of VicHealth: A World First in Health Promotion* available on our website ([www.vichealth.gov.au/history](http://www.vichealth.gov.au/history)) or by phoning (03) 9667 1333. Published in November 2005, it's a fascinating overview of VicHealth from its inception in 1987 to the present day.

### INCREASING PHYSICAL ACTIVITY

VicHealth is leading the way on how to increase participation in sport and active recreation. Through our investment in 49 State Sporting Associations we're changing the cultural make-up of sport so that a greater and more diverse number of Victorians can participate. Through our Active Club grants we provide money to hundreds of sports clubs every year to purchase safety equipment, portable shade and to train volunteers. Our work with Regional Sports Assemblies throughout Victoria is directed towards building links between sport, active recreation providers and local community and health groups to develop more opportunities for disadvantaged population groups to participate. VicHealth's Walking School Bus initiative, which is active in over 60 local councils, is getting more kids walking to school more often, instead of being driven.

*Our focus is on promoting good health and wellbeing and preventing ill health.*

↓ VicHealth's Focus ↓

Promotion

Prevention

Early Intervention

Treatment

Rehabilitation

## HEALTHY EATING

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When it comes to healthy eating, VicHealth's emphasis is on achieving healthy weight across the population and identifying effective strategies to address underweight, overweight and obesity. To do this we link our aims of improving access to nutritious foods with greater opportunities to be physically active. In a bid to improve access to healthy food among Victoria's disadvantaged, we are funding seven municipalities under *Food for All*. Aimed at improving people's access to and consumption of a variety of foods, particularly fruit and vegetables, this program focuses on the difficulties that influence people's eating habits and assists local governments to prioritise food access issues when planning transport routes, housing developments, and employment and education programs.

## PLANNING HEALTHY ENVIRONMENTS

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Our local environment influences many of our actions. It determines our capacity to be healthy and maintain good health in both subtle and overt ways. It can affect our willingness to go for a walk, or a run or a ride; it can make being active a natural part of our day. It might also determine how connected we are to other people in our community – who we see, when we meet, and how we interact. That's why VicHealth is involved and interested in ensuring our local environment promotes health and supports local communities to create places that are conducive to good health. Our MetroActive grants, for example, recognise that local government is a major contributor to environments that support physical activity. Six local councils are being supported to increase the physical activity levels of people who have limited access to opportunities to participate.

## PROMOTING MENTAL HEALTH AND WELLBEING

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VicHealth is an acknowledged world leader in mental health promotion and is a major collaborator with the World Health Organisation on developing knowledge and practice in this area. Depression and mental illness are increasing around the world at an alarming rate. It is predicted that by the year 2020 depression alone will be the second-highest cause of disease burden worldwide. One of the most important concepts to come out of our work in mental health promotion is the notion of community wellbeing and the role of cohesive, equitable communities in preventing mental illness. To this end, we focus our work on key factors that have a particular influence on mental health: breaking down social isolation, reducing violence and discrimination, and improving access to economic resources for people facing disadvantage.

## REDUCING HEALTH INEQUALITY

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To minimise the impact of social and economic disadvantage on people's health, VicHealth targets many of its activities and research initiatives towards those with the poorest health. Vast 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.

## SMOKING AND TOBACCO CONTROL

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Through VicHealth's work with Quit at The Cancer Council Victoria smoking rates have declined. More people are aware of the health implications of tobacco smoke and attitudes towards smoking in homes and public places have changed. However, smoking is still the No. 1 preventable cause of death and disease in Victoria. VicHealth is not only the major funder of Quit, but provides leadership and governance to this investment that is acknowledged as world's best practice. And through the VicHealth Centre for Tobacco Control we deliver to Victoria the capacity to mount legal challenges to the tobacco companies and make the economic case for further regulating tobacco.

## PUBLIC HEALTH RESEARCH

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Knowing what works and what doesn't is the key to VicHealth's ability to fund and lead worthwhile programs to promote health and wellbeing. Over the years, VicHealth has made a major contribution to building public health research across the State and has helped Victoria secure significant funding from the National Health and Medical Research Council (NHMRC). But investigation is only one part of the research equation. Getting the information out to policy-makers, opinion leaders and, by extension, the community and then putting results into practice is just as important. At VicHealth, research, policy and practice are closely entwined.



*10,000 Steps Walking Challenge held during the Melbourne 2006 Commonwealth Games; Bridging Gaps with Basketball project, funded by a VicHealth Active Participation grant; New graphic warnings on tobacco packaging (Photo: Courtesy Quit Victoria); Promoting the wellbeing of Koori communities by building Indigenous leadership; Supporting arts organisations to make their venues and events more accessible and open to everyone in the community (Photo: Footscray Community Arts Centre/Jessica Lynn).*

## HIGHLIGHTS

**Victorians' health and wellbeing is dependent on much more than the health sector alone.**

**VicHealth works with a range of partners across diverse sectors to develop innovative programs that will impact on the complex social, economic, cultural and environmental forces that shape the health of all Victorians. Our focus is on achieving practical solutions to problems identified by quality research, evaluation and consultation.**

**The collaboration and skill of those actively promoting health has again been outstanding. Here's is a snapshot of just how, with support from our partners, we are making inroads into many of our health promotion objectives.**

### INCREASING PHYSICAL ACTIVITY

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#### Safer Local Clubs

VicHealth helps 477 clubs to make their sports and recreation activities safer and healthier by offering funding through *Active Club Grants* for sports injury prevention equipment, essential equipment, portable shade and volunteer training.

#### 10,000 Steps to Health

VicHealth runs a 10,000 Steps Walking Challenge during the Melbourne 2006 Commonwealth Games. The largest of its kind to date in Victoria, the aim is to get people to try walking, who otherwise might not, for fun and fitness.

#### It's Cool to Walk to School

Through the Walking School Bus program, VicHealth and local governments create local communities and streets that encourage safe and active travel to school. In the last 3 years, the average number of children on each Walking School Bus has increased from six to 14, while the average number of walking school bus 'trips' per week has increased from once per week to three times per week.

#### Greenlight for Green Man

A project which measures the time it takes kids on the Walking School Bus to get across busy streets finds that they need 7 seconds longer. In response, VicRoads approves an extension of 'green man' time at 14 major intersections in the City of Port Phillip.

#### Sport for All

Forty-nine VicHealth-funded State Sporting Associations covering more than 8000 local clubs continue to develop and implement innovative programs that encourage individuals to participate in healthy, welcoming and inclusive sporting environments. This leads to more physically active members as well as greater volunteer support.

#### Let's Get Physical

Nine Regional Sports Assemblies receive VicHealth funding to deliver local options for people to be physically active. Over 90 initiatives are implemented across the State.

### PLANNING HEALTHY ENVIRONMENTS

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#### Planning for Health

Through the Planning Institute of Australia, universities incorporate the health promotion agenda into undergraduate and postgraduate planning courses. In 2 years, RMIT student enrolments increase from 24 to over 90. It's so successful that there are efforts to replicate this VicHealth-funded project in other states and territories.

#### Lifestyles and Neighbourhood Study

VicHealth funds several researchers to study the impact of the built, social and policy environment on healthy eating and physical activities in families.

#### In the Shade

The Cancer Council Victoria's inaugural SunSmart Shade Awards raise awareness among local councils of the importance of planning for shade.

#### Networking Local Government

VicHealth works with Kinect Australia to establish the Local Government Physical Activity Network. More than 150 local governments and community organisations sign up as members.

### PROMOTING MENTAL HEALTH AND WELLBEING

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#### Sporting Chance to Reduce Violence

VicHealth establishes a partnership with the AFL to advance violence prevention activity through sport.

#### Global Promotion

VicHealth and the World Health Organisation launch the first global publication on Concepts, Evidence and Practice in Mental Health Promotion.

#### Building Bridges

VicHealth launches a new program to improve mental health and wellbeing by promoting positive contact and cooperation between people from migrant and refugee backgrounds and others in the community.

#### New VicHealth Centre

The new VicHealth Centre for the Promotion of Mental Health and Community Wellbeing opens at the University of Melbourne in the School of Population Health.

#### Understanding Workforce Stress

A new VicHealth comprehensive research report, *Workforce Stress in Victoria - Developing a Systems Approach*, provides valuable knowledge for Victorian employers, large and small, to understand and minimise job stress.

#### Building Indigenous Leadership

The *Building Indigenous Leadership* report is launched, showing that with the right support you can build Koori leadership and that it has direct health benefits for the Indigenous community.

## Hosting 2008 Mental Health Conference

VicHealth wins an international bid to host the 2008 World Conference on the Promotion of Mental Health in Melbourne.

## Supporting Children of Parents with a Mental Illness

VicHealth funds an innovative program with the Department of Human Services and *beyondblue*: the national depression initiative to support 1000 children and youth who have parents suffering a mental illness.

## Creating Social Connections

Nearly 26,000 people help plan and stage 68 community celebrations that are attended by 170,000 people as part of *Communities Together*. More than 7000 people participate in 35 *Community Arts Participation* projects.

## Creating Inclusive Environments

At least 500,000 people from across Victoria access activities developed by 10 arts organisations as part of the *Audience Access* grants program, which encourages arts organisations to be inclusive and responsive to diverse audiences.

## REDUCING HEALTH INEQUALITIES

### Healthy Eating

Working with the Department of Human Services, VicHealth's ongoing investment in improving access to nutritious food leads to the inclusion of internationally standardised food security questions in the *Victorian Population Health Survey*.

### Making a Change

VicHealth provides support to Changemakers Australia, an innovative start-up organisation that encourages the growth of social change philanthropy.

## Healthy Networking

VicHealth establishes two networks to bring together the range of expertise required to build and disseminate knowledge to reduce health inequality and to advocate for policy and program reform: the *Food Security Network* hosted by the Victorian Local Government Association and the *Victorian Health Inequalities Network*.

## REDUCING SMOKING

### Tobacco Reforms

Smoking is banned in most enclosed workplaces, as well as in covered areas of train station platforms, trams shelters and bus shelters. The one-year countdown to the introduction of total smoking bans in bars and clubs begins.

### Graphic Warnings

New graphic health warnings featuring risks of smoking are introduced on tobacco packaging. One of these risks, gangrene, is highlighted in Quit's television advertising.

## SUPPORTING RESEARCH

### National Institute for Health Policy Research

VicHealth contributes funds to the *Australian Institute of Health Policy Studies*, Australia's first collaborative national institute devoted to health policy research.

### Research Review

VicHealth continues a comprehensive review of its public health research program, examining current challenges and exploring future directions.

### Strengthening Research Investment

VicHealth invests \$6.2 million in 29 fellows, 16 research scholars, six research centres and project grants including commissioned research into VicHealth priority areas. Key areas of research include obesity prevention, child health, media influence on smoking, mental health and wellbeing, and health economics.

## OTHER AREAS OF HEALTH PROMOTION ACTION

### Reducing Harm from Alcohol

VicHealth continues to strengthen efforts to reduce alcohol-related harm and promote responsible drinking.

### Good Sports

Over 1600 clubs participate in the Australian Drug Foundation's *Good Sports* program, which is designed to change the booze culture that exists in many sporting clubs, and promotes the responsible serving of alcohol.

### Protection for Outdoor Workers

The Cancer Council Victoria (SunSmart) works closely with WorkSafe, industry employer groups and unions to raise awareness of the risk to health from UV radiation during outdoor work.



Tennis Victoria: one of this year's award winners for outstanding health promotion.

Photo: Courtesy Kingsville Tennis Club

## VICHEALTH AWARDS

Each year, VicHealth presents awards to recognise outstanding achievements and innovative contributions to health promotion in Victoria.

VicHealth announced the recipients of its 2005 health promotion awards at its Annual General Meeting at Zinc at Federation Square on 13 December. Congratulations to all award winners.

### AWARDS FOR PROJECTS PRIMARILY PROMOTING PHYSICAL ACTIVITY

**Winner – Bounce Back with Babes, South West Sports Assembly**  
*(project with budget under \$15,000)*  
For fitness classes designed exclusively for post-natal women that accommodate their babies and pre-school children.

**Winner – Walking School Bus, East Gippsland Shire Council**  
*(project with budget from \$15,000 to \$75,000)*  
For successfully implementing many Walking School Buses and the development of Riding School Buses.

**Winner – Partnerships for Health Scheme, Tennis Victoria**  
*(project with budget over \$75,000)*  
For establishing a framework to link existing and new services to promote participation, good club values and good health.

### AWARDS FOR PROJECTS PRIMARILY PROMOTING MENTAL HEALTH AND WELLBEING

**Winner – Braybrook Celebrates Diversity, Braybrook College**  
*(project with budget under \$15,000)*  
For an event which established better ways of resolving tensions between groups and improving the whole school experience for Braybrook's Horn of Africa students.

**Winner – Schools as Core Social Centres, Catholic Education Office Melbourne**  
*(project with budget from \$15,000 to \$75,000)*  
For a project to position schools as key sites for promoting mental health and wellbeing.

**Winner – Victorian Community Indicators Project, Victoria University, Institute of Community Engagement and Policy Alternatives and Swinburne University of Technology, Centre for Regional Development**  
*(project with budget over \$75,000)*  
For a project designed to support local governments to measure health, wellbeing and sustainability, and improve citizen engagement, community planning and policy-making.

### AWARDS FOR PROJECTS PROMOTING OTHER HEALTH ISSUES

**Winner – Uncontested Possessions and Key Positions, Judy Gold, Burnet Institute**  
*(project with budget under \$15,000)*  
For the study of 108 men from four football clubs to find out more about the sexual health and risk behaviour of young males.

**Winner – Planning for Health and Wellbeing, Planning Institute Australia (Victoria)**  
*(project with budget from \$15,000 to \$75,000)*  
For a project to increase planners' awareness of the links between planning, health and wellbeing.

**Winner – The Epidemiology and Control of Chlamydia Infection in Victoria, Burnet Institute**  
*(project with budget over \$75,000)*  
For a program of research into genital Chlamydia to promote awareness and build the information base necessary to inform future control strategies.



# INVESTMENTS AT A GLANCE

## EXPENDITURE

In 2005–2006, VicHealth contributed \$26,063,497 towards program activity, research grants and associated expenditure.

Grants expenditure (program and research grants, and other grants-associated activity) accounted for \$24,981,898.

\$1,081,599 was expended on developmental work, special studies and VicHealth-implemented communication strategies.

## APPLICATIONS

In 2005–2006 VicHealth received 1,972 applications for funding. VicHealth approved 820 applications. This is an increase from the previous year when 923 applications were received and 352 approved. The increase is due to large numbers of applications in Active Clubs grants. The total application approval rate in 2005–2006 was 41.6%, compared to 38.1% in 2004–2005.

In addition to new funded projects, 165 grants were carried over from previous years.

	Total
Number of applications	1,972
Number approved	820
Approval rate	41.6%

## INVESTMENTS BY HEALTH ACTION AREAS

### Level of investment in areas of high priority

In the 2005–2006 financial year, 72% of investments were directed towards tobacco control, mental health and wellbeing, and physical activity.

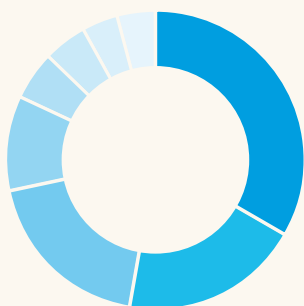
A slightly higher proportion of investments (76.5%) was directed to these same health action areas in 2004–2005. *Figures 1 and 2* demonstrate investments in priority health action areas.

## INVESTMENTS BY POPULATION GROUPS

We have maintained a balance between funding general community and specific population group activities. Our target was to fund at least 30–40% of grants with a focus on specific population groups.

In 2005–2006, 58.2% of investments targeted the general community and 41.8% was directed towards specific population groups. In 2004–2005, this investment was 60.2% and 39.8% respectively. *See figure 3.*

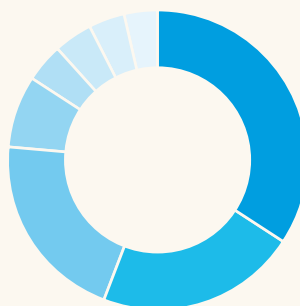
**Figure 1**  
2005–2006 Investments  
by Health Action Areas



- Mental Health 33.4%
- Tobacco Control 19.6%
- Physical Activity 19%
- Other Health Action Areas\* 10.2%
- Sports Injury Prevention 5.2%
- Healthy Eating 4.8%
- Substance Misuse 4%
- Sun Protection 3.9%

\* Investments in 'Other health action areas' include investments to projects focusing on sexual and reproductive health, environmental health, health service evaluation, research workforce development, health policy research and projects with a multiple focus.

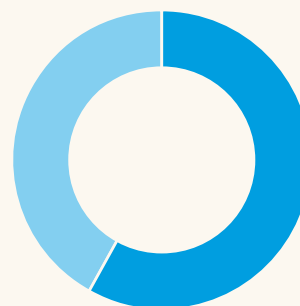
**Figure 2**  
2004–2005 Investments  
by Health Action Areas



- Mental Health 34.3%
- Tobacco Control 21.6%
- Physical Activity 20.6%
- Other Health Action Areas\* 7.7%
- Substance Misuse 4.2%
- Healthy Eating 4.1%
- Sun Protection 3.9%
- Sports Injury Prevention 3.6%

\* Investments in 'Other health action areas' include investments to projects focusing on communicable and non-communicable diseases, sexual and reproductive health, environmental health and projects with a multiple focus.

**Figure 3**  
Investments by  
Population Groups



- General community 58.2%
- Specific population groups 41.8%

## 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.



**Mr Hugh Delahunty**

Hugh Delahunty, State National Party MP 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.



**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 coaches. He represented Australia in basketball as a player in three Olympic Games and as a coach in four Olympics.



**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 7 years on the Metropolitan Ambulance Service Committee of Management and 2 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.



**Dr Mei Ling Doery**

Dr Mei Ling Doery is a medical graduate 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 being a contributor to South-East Asian-based health promotion company Megg Power and a club doctor for Richmond reserves football team. 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, senior partner 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 multi-billion 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.



**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 national project officer for the Active Australia Schools Network, supporting Australian schools to develop sport and physical activity. She is also active in club and community development, supporting grass-roots delivery across the Barwon Region.



**The Hon. Bill Forwood**

Bill Forwood, State Liberal MLC for Templestowe, has had a long involvement in business and politics and is a member of numerous local community groups.



**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.



**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 Jerril Rechter**

Jerril Rechter is CEO of Footscray Community Arts Centre. Jerril has extensive experience in leadership in the arts, education, not-for-profit and youth sectors in Australia and is a recipient of a Winston Churchill Fellowship, Tasmania Day Award, and Australia Council Fellowship. In 2003 she was awarded a Centenary Medal for service in the Tasmania Together process as a Community Leaders Group member.

**DEPARTING BOARD MEMBERS**

**Professor Glenn Bowes**

Served from 15 July 2003 to 31 March 2006

**Ms Elaine Canty**

Served from 11 June 1997 to 31 March 2006

**Dr Judith Slocombe**

Served from 15 July 2003 to 31 March 2006

VicHealth thanks Glenn, Elaine and Judith for their contribution and commitment to furthering health.



**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 and an ambassador for *beyondblue* and *Go for your Life* initiatives. 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 and Medical Research Council and past president of the Royal Australasian College of Physicians. Prof. Smallwood is an international speaker in research, clinical and health service related topics, and author/co-author of some 250 publications. He is chair of the Specialist Education Accreditation Committee, a member of the Australian Medical Council Executive and a board member of Bio21.



**Ms Maxine Morand**

Maxine Morand, State Labor MP for Mount Waverley, is a former health professional. Maxine first trained as a nurse, specialising in transplant nursing. Further study led to a research position at the Centre for Behavioural Research at The Cancer Council Victoria and contributions to various health journals. Maxine was an advisor to the Victorian Health Minister until elected in 2002.

# VICHEALTH STAFF



*Chief Executive Officer*  
Dr Rob Moodie

## Senior Officers as at 30 June 2006



*Director: Mental Health and Wellbeing*  
Ms Lyn Walker



*Director: Health Promotion Innovations*  
Ms Barbara Mouy



*Director: Physical Activity*  
Ms Kellie-Ann Jolly



*Director: Corporate Services*  
Ms Jackie McCann



*Director: Research Workforce and Tobacco Control*  
Mr John Biviano



*Director: Communications and Marketing*  
Ms Jackie Van Vugt



*Randall Kent, former Director of the Finance & Administration Unit (now Corporate Services), departed VicHealth on 17 March 2006 after 18 years of service to VicHealth.*



Paul Grant  
(Operations Support)  
and John Strachan  
(Senior Project Officer,  
Physical Activity);  
Shirley Pandolfo  
(Librarian);  
Michele Agustin-  
Guarino (Acting  
Senior Project Officer,  
Tobacco and Alcohol);  
Dee Basinski (Senior  
Project Officer, Mental  
Health), Kim Webster  
(Senior Project Officer,  
Mental Health) and  
Rita Butera (Senior  
Project Officer,  
Active Transport);  
Rashmi Bajjnath (Chief  
Finance and Accounting  
Officer) and Shelley  
White (Assistant  
Project Officer,  
Physical Activity).

## **VICHEALTH STAFF LIST** *Current at time of publication*

### **CEO's Office**

*Chief Executive Officer*  
Rob Moodie

*Executive Assistant*  
Jenny Williams

### **Physical Activity Unit**

*Director*  
Kellie-Ann Jolly

*Program Staff*  
Rita Butera  
Megan Kerr  
Shelley Maher  
Monica O'Dwyer  
Fiona Patterson  
Lee Choon Siau  
John Strachan  
Roopa Umesh  
Shelley White

### **Research Workforce and Tobacco Control Unit**

*Director*  
John Biviano

*Program Staff*  
Michele Agustin-Guarino  
Rebecca Conning  
Sian Lloyd

### **Mental Health and Wellbeing Unit**

*Director*  
Lyn Walker

*Program Staff*  
Sue Ball  
Dee Basinski  
Betty Bougas  
Philippa McLean  
Kenton Miller  
Irene Verins  
Kim Webster

### **Health Promotion Innovations Unit**

*Director*  
Barbara Mouy

*Program Staff*  
Penny Anderson  
Ali Barr  
Kerry Haynes  
Ngare Knight  
Jane Potter

*Librarian*  
Shirley Pandolfo

### **Corporate Services Unit**

*Director*  
Jackie McCann

*Business Systems*  
Mary-Kay Harrison

*Finance Officers*  
Rashmi Bajjnath  
Iromi Kodikara  
Len Tan

### *Operations Support*

Chris Davis  
Paul Grant  
Eromi Paiva

### *Information Systems*

Xa Dinh

### *Human Resources*

Lisa Pittard

### **Communications and Marketing Unit**

*Director*  
Jackie Van Vugt

*Media and PR*  
Robyn Thompson

*Publications and Web*  
Samantha McCrow

*Administration*  
Jo Hillas  
Natalie Lleonart

*Reception*  
Helene Finnie

### **Associates**

*Cochrane Collaboration*  
Jodie Doyle  
Rebecca Armstrong

*ConnectUs Business Project*  
Jodie Belyea  
Jo Hall  
Toby Laverick  
Aileen Traynor

## BOARD APPOINTED ADVISORY PANELS

### ACTIVE PARTICIPATION PARTNERSHIP PROJECTS

---

Ms Belinda Jakiel (Chair)  
*VicHealth Board*

Ms Valerie Benson  
*Department for Victorian Communities (Sport and Recreation Victoria)*

Ms Jill Evans  
*Leisure Networks*

Ms Sue Hendy  
*Council on the Ageing (Vic)*

Ms Kate Rathbun (Convenor)  
*VicHealth*

### 2005 ACTIVE CLUB GRANTS

---

Mr Lindsay Gaze (Chair)  
*VicHealth Board*

Mr Nello Marino  
*Sports Medicine Australia – Vic. Division*

Ms Maxine Morand  
*VicHealth Board*

Mr John Strachan (Convenor)  
*VicHealth*

### HEALTHY EATING

---

Ms Elaine Canty (Chair)  
*VicHealth Board*

Ms Sue Baudinette  
*South West Health Care*

Dr Sue Booth  
*Sydney University*

Ms Jennifer Brown  
*Victorian Aboriginal Health Services*

Prof. David Crawford  
*Deakin University*

Ms Veronica Graham  
*Department of Human Services – Public Health*

Ms Kellie-Ann Jolly  
*VicHealth*

Mr Colin Mitchell  
*Victorian Aboriginal Health Services*

Ms Sue Noy  
*Consultant*

Ms Ernestine Thompson  
*National Heart Foundation Vic.*

Ms Janet William-Smith  
*Brotherhood of St Laurence*

Dr Beverley Wood  
*Consultant, Food & Nutrition*

Ms Lee Choon Siau (Convenor)  
*VicHealth*

### PLANNING AND HEALTH

---

Mr Hugh Delahunty (Chair)  
*VicHealth Board*

Dr Bob Birrell  
*Monash University*

Ms Mandy Charman  
*Department for Victorian Communities*

Mr Tony Diamond  
*City of Ballarat*

Ms Bernadette George  
*Planning Institute of Australia*

Mr Phil Harbutt  
*Department of Infrastructure*

Ms Clare Hargreaves  
*Municipal Association of Victoria*

Ms Kellie-Ann Jolly  
*VicHealth*

Ms Monica Kelly  
*Department of Human Services – Public Health*

Mr Neville Kurth  
*City of Whittlesea*

Mr Tony McBride  
*Health Issues Centre*

Ms Rae Perry  
*Victorian Local Governance Association*

Ms Maria Simonelli  
*International Council for Local Environmental Initiatives*

Dr Judith Slocombe  
*VicHealth Board*

Mr David Williamson  
*City of Darebin*

Ms Rita Butera (Convenor)  
*VicHealth*

### RESEARCH EXCELLENCE/WORKFORCE DEVELOPMENT

---

Prof. Andrew Wilson (Chair)  
*University of Queensland*

Mr John Biviano  
*VicHealth*

Prof. Glenn Bowes  
*VicHealth Board*

Dr John Carnie  
*Department of Human Services*

Prof. John McNeil  
*Monash University*

Dr Cathy Mead  
*Victorian Public Health Research and Education Council*

Dr Julia Shelley  
*Deakin University*

Prof. Richard Smallwood  
*VicHealth Board*

Dr Melanie Wakefield  
*The Cancer Council of Victoria*

Prof. Anthony Zwi  
*University of New South Wales*

Dr Michelle Callander (Convenor)  
*VicHealth*

### VICHEALTH CENTRES FOR RESEARCH AND PRACTICE

---

Prof. David Hill  
*VicHealth Board*

Mr John Biviano  
*VicHealth*

Prof. Glenn Bowes  
*VicHealth Board*

Dr Ross Bury  
*Department of Human Services*

Dr Stephen McMahon  
*Institute of International Health*

Dr Rob Moodie  
*VicHealth*

Prof. Doreen Rosenthal  
*La Trobe University*

Dr Michelle Callander (Convenor)  
*VicHealth*

### MENTAL HEALTH AND WELLBEING

---

Ms Jane Fenton (Chair)  
*VicHealth Board*

Mr Paris Aristotle  
*Victorian Foundation for the Survivors of Torture*

Ms Sue Brennan  
*Department of Human Services*

Mr Paul Briggs  
*Koori Resource and Information Centre*

Judge Jennifer Coate  
*Children's Court*

Mr Mick Daniher  
*Football Victoria*

Comm. Ashley Dickinson  
*Victoria Police*

Ms Carmel Guerra  
*Centre for Multicultural Youth Issues*

Prof. Helen Herrman  
*University of Melbourne*

Ms Vivienne McCutcheon  
*Council on the Ageing*

Mr Bernie Marshall  
*Department of Justice*

Dr Rob Moodie  
*VicHealth*

Ms Jerril Rechter  
*VicHealth Board*

Ms Cath Scarth  
*Brotherhood of St Laurence*

Ms Jenny Smith  
*St Vincent's Health*

Prof. Johanna Wyn  
*University of Melbourne*

Ms Leonie Young  
*beyondblue*

Ms Lyn Walker (Convenor)  
*VicHealth*

#### **BUILDING BRIDGES SCHEME**

---

Ms Jerril Rechter (Chair)  
*VicHealth Board*

Ms Eugenia Grammatikakis  
*Municipal Association of Victoria*

Ms Pam Luizzi  
*Victorian Foundation for  
the Survivors of Torture*

Ms Maureen O'Keefe  
*SBS Radio Melbourne*

Ms Kate Ring  
*Department for Victorian  
Communities*

Mrs Melika Yassin Sheikh-Eldin  
*Horn of Africa Communities  
Network (HACN)*

Ms Philippa McLean (Convenor)  
*VicHealth*

#### **COMMUNITIES TOGETHER SCHEME**

---

Ms Belinda Jakiel (Chair)  
*VicHealth Board*

Ms Susan McDowell  
*Department of Human Services*

Ms Kath McEntee  
*Department for Victorian  
Communities*

Ms Jill Morgan  
*Multicultural Arts Victoria*

Ms Cathy Nixon  
*CERES*

Mrs Melika Yassin Sheikh-Eldin  
*Horn of Africa Communities  
Network (HACN)*

Ms Philippa McLean (Convenor)  
*VicHealth*

#### **COMMUNITY ARTS PARTICIPATION SCHEME**

---

Ms Elaine Canty (Chair)  
*VicHealth Board*

Ms Fiona Beckwith  
*Arts Victoria*

Ms Victoria Marles  
*Legal Services Commissioner*

Ms Nicki Melville  
*Upper Hume Community  
Health Service Inc.*

Mr Steven Richardson  
*Arts House*

Ms Elena Vereker  
*Melbourne Fringe*

Ms Susan Ball (Convenor)  
*VicHealth*

#### **INDIGENOUS IMAGING PROJECT**

---

Ms Belinda Jakiel (Chair)  
*VicHealth Board*

Ms Katrina Mohamed  
*Rumbalara Football Netball Club*

Ms Daphne Yarram  
*Sir Douglas Nicholls Fellow*

Ms Dee Basinski (Convenor)  
*VicHealth*

#### **VIOLENCE AGAINST WOMEN ADVISORY GROUP**

---

Prof. Jenny Morgan (Chair)  
*University of Melbourne*

Prof. Jill Astbury  
*Victoria University*

Ms Dee Basinski  
*VicHealth*

Mr Danny Blay  
*Say No To Violence*

Hon. Justice Sally Brown  
*Family Court of Australia*

Ms Rhonda Cumberland  
*Department for Victorian  
Communities*

Ms Tania Fahra  
*Victoria Police*

Asst. Comm. Leigh Gassner  
*Victoria Police*

Ms Virginia Geddes  
*Domestic Violence and  
Incest Resource Centre*

Ms Rachael Green  
*Department for Victorian  
Communities*

Dr Melanie Heenan  
*Australian Football League*

Ms Therese McCarthy  
*TMA Consultants*

Ms Diana Orlando  
*Immigrant Women's Domestic  
Violence Service*

Assoc. Prof. Bob Pease  
*RMIT University*

Mr Anthony Peek  
*Australian Football League*

Ms Deb Pietsch  
*Department of Human Services*

Ms Jan Shield  
*Crime Prevention Victoria*

Ms Rose Solomon  
*Aboriginal Women's Refuge*

Assoc. Prof. Julie Stubbs  
*University of Sydney*

Dr Angela Taft  
*La Trobe University*

Ms Lyn Walker  
*VicHealth*

Ms Fiona Yule  
*Commonwealth Department of  
Family & Community Services*

Ms Kim Webster (Convenor)  
*VicHealth*

#### **YOUTH TECHNOLOGY PROJECTS**

---

Ms Jerril Rechter (Chair)  
*VicHealth Board*

Ms Susan Ball  
*VicHealth*

Ms Rachael Eddy  
*Multimedia Victoria*

Ms Gina Fiske  
*Department for  
Victorian Communities*

Mr Darryl Mayberry  
*Charles Sturt University*

Mr Adam Smith  
*Education Foundation*

Ms Georgia Symmons  
*Telstra Foundation*

Ms Irene Verins (Convenor)  
*VicHealth*





# PUSHING BOUNDARIES IN HEALTH PROMOTION

Promoting health is a powerful, cost-effective and efficient way to maintain a healthier community. By providing funding, supporting programs and building partnerships, VicHealth brings diverse groups together to influence individuals' health-related lifestyles and to establish the social, cultural and environmental conditions to support health.

This year we continued to support innovation in health promotion and public health, share our knowledge and skills, and nurture partnerships with organisations, communities and individuals in a broad range of sectors, including sport, health, planning, transport, local government, education and the arts.

We made over 900 individual health promotion investments, with 76.8% of funds addressing the greatest preventable risk factors for ill health: smoking; lack of physical activity; discrimination, violence and social and economic exclusion leading to mental distress; and poor nutrition.

<b>PHYSICAL ACTIVITY (AND HEALTHY EATING)</b>	<b>26</b>
<b>PLANNING AND HEALTH</b>	<b>38</b>
<b>MENTAL HEALTH AND WELLBEING</b>	<b>44</b>
<b>HEALTH INEQUALITIES</b>	<b>58</b>
<b>SMOKING AND TOBACCO CONTROL</b>	<b>64</b>
<b>PUBLIC HEALTH RESEARCH</b>	<b>70</b>
<b>OTHER HEALTH ACTION AREAS</b>	<b>78</b>



**YOU KICK  
LIKE A  
GIRL....**

**GOOD  
FOR YOU!**

**PUSHING BOUNDARIES TO  
INCREASE PHYSICAL ACTIVITY**



### **Boosting participation...**

Females of all ages are flying high in football games around the state since Football Victoria enthusiastically accepted the challenge to develop programs which will increase the number of female players. Football Victoria is just one of the 49 State Sporting Associations VicHealth is working with to boost participation and make clubs more inclusive and welcoming to a wider range of people.

Photo: Courtesy Football Victoria

# PHYSICAL ACTIVITY IS CRITICAL TO GOOD HEALTH AND WELLBEING



Walking groups such as *Walking Out West* are an ideal low-cost way to get communities more physically active.

## PUSHING BOUNDARIES TO INCREASE PHYSICAL ACTIVITY

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

This year we again focused our work on improving participation in sport and active recreation, and getting more people to walk and cycle while reducing their reliance on cars.

In this section are a few examples of our work in physical activity.

Healthy eating is the flipside to physical activity in the fight to reduce obesity. See page 36 for our investments in that area.

## ACTIVITY SNAPSHOT

### Active Clubs

This year, VicHealth helped nearly 500 local clubs to make their sports and recreation activities safer and healthier. They were funded through *Active Club* grants for sports injury prevention equipment, essential equipment, portable shade and volunteer training. Often local sport and active recreation organisations identify a need within their community for a new team or activity, but find it difficult to buy essential equipment or fund the training required to allow the team/group to start the activity. This can sometimes be the only barrier to participation, and is sometimes a one-off cost.

### Commonwealth Games Walking Challenge

Most of us don't realise that keeping active isn't hard; it's as simple as walking a bit more than we already do each day. National physical activity guidelines recommend you accumulate at least 30 minutes of moderate-intensity exercise (such as brisk walking) on most, if not all, days of the week for good health. It's been found that people who do 10,000 steps are more likely to meet the target of 30 minutes of moderate-intensity exercise daily. This year our sponsorship of the Melbourne 2006 Commonwealth Games was a unique opportunity to bring this message to all Victorians. To further encourage Victorians to give walking a go, we ran a 10,000 Steps Walking Challenge, open to all Victorians and the largest of its kind to date in Victoria.

### Creating a Sporting Chance

Thanks to the *Creating a Sporting Chance* program at the Bundoora Netball and Sports Centre at Royal Melbourne Institute of Technology (RMIT), nearly 300 people with intellectual disabilities are signed up in netball programs that are financially sustainable and provide valuable training to new graduates. There are a host of benefits for the people with disabilities who participate, as well as for the students, who get the chance to work with people with special needs. RMIT received 12 months of seed funding from VicHealth, and the initial project began with just six participants. RMIT is one of many community-based organisations funded through VicHealth's *Active Participation* grants, which aim to develop opportunities for people who would not normally participate in traditional sport or active recreation.

## Big Top Hop\*

This year hip hop skills met circus skills as crews from around Melbourne took it to the top in the greatest hip hop show on earth. Over 100 participants from hip hop crews from Footscray (Jungle City), Noble Park (D-Force), and Reservoir/Broadmeadows (ARAB Project) showed off their moves as part of Festival Melbourne 2006 for the Commonwealth Games. This event was organised by the Footscray Community Arts Centre, which is one of 10 major arts organisations funded through VicHealth's *Audience Access* program. The program supports arts organisations to make their venues and events more accessible and open to everyone in the community but particularly for people who experience disadvantage due to geographic or socio-economic circumstances.

\* Funded through Mental Health and Wellbeing.

## 1st Serve – Life and Health Through Tennis

Through *Partnerships for Health*, VicHealth and 49 State Sporting Associations (SSAs) work in partnership to improve the health of Victorians and ensure the vitality of sport. This year, Tennis Victoria introduced *1st Serve*, an introductory tennis program for children aged 5 to 10 years which is run by professional tennis coaches at local clubs and promotes positive life, health and fitness messages. Tennis Victoria is striving to be a leader in this area by developing a holistic tennis program that not only teaches children how to hit forehands and backhands, but also educates them about healthy eating, regular exercise, sportsmanship, perseverance, teamwork and encouragement. The successful pilot has seen nearly 1100 children enrolled in *1st Serve* at 44 affiliated tennis clubs across the state.

## It's Cool to Walk to School

In the car-dependent Shire of Nillumbik, the school's success in bringing about a massive cultural change to walking has been remarkable. Diamond Creek Primary School's Walking School Bus program is so popular that it has become uncool not to walk. Out of a school population of 210 students, 134 are walking regularly on a Walking School Bus. In the mornings in Diamond Creek there are hordes of kids waiting to cross the road and far fewer mums driving their kids to school.

The Nillumbik Shire Council's Walking School Bus program is a partnership between the Shire, VicHealth and the Nillumbik Community Health Service. The program currently has 16 buses over seven schools with 96 active volunteers and over 300 children enrolled to walk on the buses.

The Walking School Bus program began with four councils in 2001; it is now running in 60 local government areas across Victoria.

## Green Light for Green Man

While implementing the City of Port Phillip's Walking School Bus project, the coordinators found there was community concern over the number of intersections in the area that were perceived to be too dangerous to cross by parents and children. Families were reluctant to join the Walking School Buses because of this. This inspired Port Phillip to take the next step: the *Greenlight Project* – a jointly funded study with VicHealth into the cross-ability of intersections of major roads – including those used by children on Walking School Buses – in the Cities of Port Phillip, Geelong and Bayside. VicRoads accepted the findings and agreed to make signal changes to 14 identified intersections that were seen by the locals as being too dangerous to use.

## Counting the Savings

Using a new quantification tool, many schools have calculated some of the economic, social and environmental savings from the Walking School Bus program. In addition to carbon dioxide savings and financial benefits of parents not driving, schools can calculate the total distance walked per year and the time saved by parents. The tool was developed by ICLEI (International Council for Local Environmental Initiatives), which is all about reducing car congestion and reducing greenhouse gas emissions. For VicHealth, it's about getting more children walking to school. It's a great example of a partnership between environmental and health groups and how organisations can add value to each others' projects.



With Active Club grants, nearly 500 local sporting clubs/organisations have made their sport and recreation activities safer and healthier.

## PROGRAM INVESTMENTS IN PHYSICAL ACTIVITY AND HEALTHY EATING

In the pursuit of its goals to increase Victorian's physical activity, VicHealth invests in sport and active recreation, walking and active transport, and urban planning for the purposes of ensuring we build environments that are conducive to physical activity.

Our investments in healthy eating focus on increasing regular access to and consumption of a variety of foods (particularly fruit and vegetables) by people living in disadvantaged communities. (See page 36.)

See also our program investments in *Planning and Health* (page 43).

### PHYSICAL ACTIVITY

#### Participation in Community Sport and Active Recreation (PICSAR)

PICSAR aims to enhance and build the capacity of communities and individuals to participate in sport and active recreation. Through PICSAR we aim to:

- Increase physical activity to achieve better health outcomes;
- Encourage participation in sport and active recreation for those not currently active;
- Foster community partnerships designed to provide increased opportunities for people to be active; and
- Increase within the sport and active recreation sector, knowledge of successful strategies for getting people to be more physically active.

PICSAR works by supporting the Regional Sports Assemblies infrastructure to help connect local sport and active recreation providers with community groups representing population groups who are least active; by supporting local metropolitan councils to apply an integrated planning approach to physical activity participation across council; and by providing grants to support specific sport and active recreation activities.

#### *PICSAR – support of Regional Sports Assemblies*

**Central Highlands Sports Assembly**  
\$90,000.00

**The Centre Active Recreation Network – North East RSA**  
\$90,000.00

**Gippsport**  
\$180,000.00

**Leisure Networks**  
\$90,000.00

**Mallee Sports Assembly**  
\$97,683.00

**South West Sports Assembly**  
\$90,000.00

**Sports Focus**  
\$90,000.00

**Valley Sport**  
\$90,000.00

**Wimmera Regional Sports Assembly**  
\$90,000.00

#### *PICSAR – MetroActive grants*

**Creating an Active, Healthy Community Together**  
*Yarra City Council*  
\$37,000.00

**Hit the Trail**  
*Nillumbik Shire Council*  
\$70,000.00

**Leading the Way – Local Partnerships for People and Places**  
*City of Port Phillip*  
\$70,000.00

**'On Your Feet' Dandenong**  
*City of Greater Dandenong*  
\$70,000.00

**P.A.C.E. – Physical Activity for Community Enhancement**  
*City of Casey*  
\$70,000.00

**Walking Darebin**  
*City of Darebin*  
\$57,000.00

**Local Government Physical Activity Network**  
*Kinect Australia*  
\$15,000.00

**Evaluation of the MetroActive Demonstration Projects**  
*ARTD Management and Research Consultants*  
\$40,000.00



### *PICSAR – Partnership continuation grants*

#### **Casey-Cardinia HPV and Cycling Project**

*Berwick HPV and Cycling Club*  
\$10,000.00

#### **Collaborative Pathway to Health and Fitness**

*Worn Gundidj Aboriginal Cooperative*  
\$13,600.00

#### **Play On**

*Hastings Tennis Club Inc.*  
\$30,000.00

#### **Superhoops**

*Geelong Community Basketball Association*  
\$22,000.00

#### **Walking West**

*Melton Shire Council*  
\$30,000.00

### *PICSAR – development projects*

#### **Advocating for Change**

*Womensport and Recreation Victoria*  
\$60,000.00

#### **Koori Sport and Recreation Capacity Building Initiative**

*Victorian Aboriginal Youth Sport and Recreation Cooperative*  
\$150,000.00

#### **Participation in Community Sport Scheme – Koori Support Function**

*Victorian Aboriginal Youth Sport and Recreation Cooperative (VAYSAR)*  
\$85,000.00

#### **Sport and Recreation Project: Oct 2003–Oct 2006**

*Centre for Multicultural Youth Issues*  
\$125,000.00

### **Partnerships for Health – promoting health with State Sporting Associations**

State Sporting Associations, with the support of VicHealth, are creating safe, healthy, welcoming and inclusive sporting environments to foster an increase in physical activity by *gaining, maintaining and re-engaging* their members. To achieve this State Sporting Associations, under *Partnerships for Health*, are undertaking a range of activities that include:

- Developing sport-wide policies and practices that promote health and safety;

- Promoting environments that are conducive to health;
- Encouraging communication of the role that sport plays in improving the health of Victorians
- Expanding the range of people who participate in organised sport; and
- Contributing to the evidence base on the promotion of health through sport.

#### **Athletics Victoria**

\$50,000.00

#### **Badminton Victoria**

\$35,000.00

#### **Basketball Victoria**

\$90,000.00

#### **Bocce Federation of Victoria**

\$20,000.00

#### **Boxing Victoria**

\$20,000.00

#### **Canoe Victoria**

\$30,000.00

#### **Football Victoria**

\$335,000.00

#### **Handball Federation of Victoria**

\$20,000.00

#### **Hockey Victoria**

\$50,000.00

#### **Indoor Sports Victoria**

\$35,000.00

#### **Lacrosse Victoria**

\$30,000.00

#### **Life Saving Victoria (formerly Surf)**

\$80,000.00

#### **Motorcycling Victoria**

\$30,000.00

#### **Netball Victoria**

\$200,000.00

#### **Pony Club Association of Victoria**

\$50,000.00

#### **Pool Victoria Inc.**

\$20,000.00

#### **Rowing Victoria Inc.**

\$35,000.00

#### **Royal Victorian Bowls Association**

\$80,000.00

#### **Skate Victoria Inc.**

\$25,000.00

#### **Sporting Shooters' Association of Australia – Vic Branch**

\$40,000.00

#### **Surfing Victoria**

\$30,000.00

#### **Swimming Victoria**

\$60,000.00

#### **Table Tennis Victoria**

\$35,000.00

#### **Triathlon Victoria**

\$25,000.00

#### **Victorian Amateur Fencing Association**

\$25,000.00

#### **Victorian Baseball Association Inc.**

\$70,000.00

#### **Victorian Cricket Association**

\$250,000.00

#### **Victorian Croquet Association**

\$35,000.00

#### **Victorian Diving Association Inc.**

\$20,000.00

#### **Victorian Golf Association**

\$80,000.00

#### **Victorian Ladies' Bowling Association Inc.**

\$80,000.00

#### **Victorian Little Athletics Association**

\$70,000.00

#### **Victorian Orienteering Association**

\$25,000.00

#### **Victorian Petanque League Inc.**

\$20,000.00

#### **Victorian Rugby League**

\$20,000.00

#### **Victorian Rugby Union Inc.**

\$42,000.00

#### **Victorian Snowsports Association**

\$50,000.00

#### **Victorian Softball Association**

\$35,000.00

#### **Victorian Squash Federation**

\$70,000.00

#### **Victorian Touch Association**

\$30,000.00

#### **Victorian Water Polo Inc.**

\$20,000.00

#### **Victorian Weightlifting Association**

\$20,000.00

#### **Volleyball Victoria Inc.**

\$30,000.00

#### **Women's Golf Victoria Inc.**

\$80,000.00

#### **Yachting Victoria**

\$50,000.00

### **Health Through Sport Evaluation**

*University of Ballarat*

\$262,500.00

To evaluate the effectiveness of Participation in Community Sport and Active Recreation and Partnerships for Health in achieving their goals.

### **Partnerships for Health – support function**

#### **Support for Health Promotion Practice – Healthy Eating**

*International Diabetes Institute*

\$25,000.00

Initiative offering expert advice, information and professional development in the area of healthy eating to State Sporting Associations involved in Partnerships for Health.

#### **Support for Health Promotion Practice – Injury Prevention**

*Sports Medicine Australia*

\$85,000.00

Initiative offering expert advice, information and professional development in the area of injury prevention to State Sporting Associations involved in Partnerships for Health.

#### **Support for Health Promotion Practice – Responsible Alcohol Management**

*Australian Drug Foundation*

\$80,000.00

Initiative offering expert advice, information and professional development in the area of responsible alcohol management to State Sporting Associations involved in Partnerships for Health.

#### **Support for Health Promotion Practice – Smoke Free**

*The Cancer Council Victoria*

\$80,000.00

Initiative offering expert advice, information and professional development in the area of smoke-free environments to State Sporting Associations involved in Partnerships for Health.

#### **Support for Health Promotion Practice – Sun Protection**

*The Cancer Council Victoria*

\$25,000.00

Initiative offering expert advice, information and professional development in the area of sun protection to State Sporting Associations involved in Partnerships for Health.

### **Partnerships for Health**

*VicSport*

\$140,000.00

Provision of support to State Sporting Associations involved in Partnerships for Health in the areas of healthy club development and strategies to increase participation for people from across various population groups and of all ages.

### **Active Club grants program**

#### **Active Club Grants 2005**

*477 Sporting clubs/organisations*

\$873,199.00

Funding to encourage participation opportunities in physical activity for those who are currently inactive or traditionally encounter barriers to participation by providing equipment or training.

#### **2005 Active Club Grants Program – RSA workshops**

*10 Regional Sports Assemblies (RSAs)*

\$25,405.00

Funding for Regional Sports Assemblies and Sports Medicine Australia to undertake Active Club information sessions in their area. Smartplay policies were promoted in the sessions.

### **Sports Injury Prevention grants program**

#### **Sports Injury Prevention Program – 2005**

*368 Sporting Clubs*

\$595,154.70

Funding of local sporting clubs to purchase sports safety equipment and/or first aid training to improve the safety of sporting environments.

#### **Sports Injury Prevention Program 2005 – RSA workshops**

*10 Regional Sports Assemblies (RSAs)*

\$19,100.00

Funding for Regional Sports Assemblies and Sports Medicine Australia to conduct workshops to assist sports clubs (successful grantees) develop strategies to reduce sports injuries.

#### **Smartplay Program**

*Department for Victorian Communities*

\$20,000.00

Program to promote and support sports injury prevention as a means of encouraging active participation through a range of education and advocacy approaches.

### **Evaluation of Smartplay Program 2006**

*University of Ballarat*

\$15,000.00

Project to evaluate the impact of the Smartplay Program on reducing the frequency and severity of sports injury.

### **Out of School Hours Sports program**

The *Out of School Hours Sports* program was a joint initiative of VicHealth and the Australian Sports Commission. It provided a positive, safe, nurturing and healthy sporting experience for primary school children between the hours of 3.00 and 6.30pm, using recognised junior development programs delivered by State Sporting Associations. The grant listed below was part of a trial which informed the Federal Governments' *Active After School Communities* program.

#### **Out of School Hours Sports Program OSHC Services**

\$18,979.00

### **Innovation programs**

#### **Bicycle Victoria: Kids Riding to School**

*Bicycle Victoria*

\$90,000.00

This project will develop a comprehensive State Kids Riding to School initiative that will be applicable to all primary and secondary students at all levels of cycling readiness. It will be implemented as a community-based program working more intensely with three pilot schools and coaching 12 additional schools, with Bicycle Victoria providing leadership and support. The pilot support will be provided in parallel to the overall statewide approach. Multiple strategies will be used to work with children, schools, community, government and industry.

#### **Broadening the Base for Victorian Surfing – A Pilot Program**

*Surfing Victoria*

\$50,000.00

A pilot project to encourage and facilitate opportunities for girls, young women and young Kooris to participate in surf activities.

## Developmental work

### **Bicycle Victoria – Cycling School Bus**

*Bicycle Victoria*

\$10,395.00

This project will see Bicycle Victoria develop a Cycling School Bus Guide.

### **ICLEI Active Transport Quantification Tool**

*International Council for Local  
Environmental Initiatives (ICLEI)*

\$50,000.00

This project supports the development of an Active Transport Quantification Tool that can be used by schools, local government and State authorities to measure the social, environmental and economic benefits of a range of active transport initiatives.

### **LGA Facility Audit and Access Assessment Project**

*VicSport*

\$40,000.00

This project will develop a best practice model for assessing available sports facilities and their use within Local Government Authorities.

### **Scoping Local Sports' Structures to Address Participation**

*VicSport*

\$5,000.00

This project will explore the potential for single sport clubs to operate under a larger 'sports club' umbrella. It will investigate current models which are being used (locally and internationally as well as other potential frameworks).

### **Sport and Recreation Victoria: AC Nielsen – Exercise, Recreation and Sport Survey**

*Sport and Recreation, Department  
for Victorian Communities*

\$30,775.00

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

### **State Sporting Associations Data Management Project**

*VicSport*

\$20,000.00

This is a joint initiative with the Department for Victorian Communities – Sport and Recreation to develop a reporting system to provide reliable participation and other related data for State Sporting Associations.

### **Active Transport – Walking School Bus program grants**

VicHealth's Walking School Bus program is a partnership between local government and community agencies who 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.

### **WSB Program establishment grants**

**Bass Coast Shire Council**

\$24,850.00

**Baw Baw Shire Council**

\$25,000.00

**Boroondara City Council**

\$25,000.00

**Brimbank City Council**

\$25,000.00

**City of Greater Bendigo**

\$25,000.00

**Caulfield Community**

**Health Service**

\$30,000.00

**Central Goldfields Shire Council**

\$25,000.00

**City of Greater Dandenong**

\$9,000.00

**East Gippsland Shire Council**

\$25,000.00

**South Gippsland Shire Council**

\$25,000.00

**Grampians Pyrenees**

\$25,000.00

**Hobsons Bay City Council**

\$25,000.00

**Hume City Council**

\$25,000.00

**Indigo Shire Council**

\$25,000.00

**Macedon Ranges Shire Council**

\$25,000.00

**Shire of Melton**

\$25,000.00

**Mildura City Council**

\$25,000.00

**Mitchell Shire Council**

\$25,000.00

**Moira Shire Council**

\$25,000.00

**Mornington Peninsula Shire**

\$25,000.00

**Lower Hume Primary Care  
Partnerships–Murrindini Shire**

\$25,000.00

**Swan Hill Rural City Council**

\$25,000.00

**City of Whittlesea**

\$9,000.00

**City of Yarra**

\$25,000.00

### **WSB Plus continuation grants**

**Bayside City Council**

\$9,000.00

**Cardinia Shire Council**

\$9,000.00

**City of Casey**

\$9,000.00

**Centre for Continuing**

**Education Inc.**

\$9,000.00

**Colac Otway Shire Council**

\$9,000.00

**Darebin City Council**

\$9,000.00

**Frankston City Council**

\$9,000.00

**City of Greater Geelong**

\$9,000.00

**Horsham Rural City Council**

\$9,000.00

**City of Kingston**

\$9,000.00

**Knox City Council**

\$9,000.00

**Latrobe City Council**

\$9,000.00

**YMCA of Manningham Inc.**

\$9,000.00

**Maribyrnong City Council**

\$9,000.00

**City of Melbourne**  
\$9,000.00

**Moonee Valley City Council**  
\$9,000.00

**Moreland City Council**  
\$9,000.00

**Nillumbik Shire Council**  
\$9,000.00

**City of Port Phillip**  
\$9,000.00

**Greater Shepparton City Council**  
\$9,000.00

**Stonnington City Council**  
\$9,000.00

**Surf Coast Shire Council**  
\$9,000.00

**Warrnambool City Council**  
\$9,000.00

**Wellington Shire Council**  
\$9,000.00

**City of Whitehorse**  
\$9,000.00

**City of Wodonga**  
\$9,000.00

**Shire of Yarra Ranges**  
\$9,000.00

### Physical Activity communication activities

**Herald Sun Tour 2005**  
*TL Sports Pty Ltd*  
\$100,000.00  
Partnership with the Herald Sun Cycling Tour to promote the Go for Your Life message and to involve regional communities in the development and staging of a community event associated with the race (The *Go for Your Life* Tour Village).

**Herald Sun Tour 2005  
Support Function**  
*VicHealth*  
\$50,000.00  
Support for community participation events staged at several locations throughout the Herald Sun Cycling Tour.

**Kinect Australia: Walktober  
communications campaign**  
*Kinect Australia*  
\$90,000.00  
Funding for a communications strategy to promote *Walktober*, a campaign in which Victorians will be encouraged to participate in a range of walking-related activities that occur during October in Victoria. Media activities are also planned to profile the 7th International Walk21 conference, which takes place in Melbourne from 25 to 27 October.

**Melbourne 2006 Commonwealth  
Games sponsorship and  
communications activity**  
\$914,753.70  
Sponsorship and associated communications activity, including the promotion of The 10,000 Steps Walking Challenge – a competition open to all Victorians to encourage them to try walking for fun and fitness.

**The Parents Jury  
– The Cancer Council Victoria**  
*The Cancer Council Victoria*  
\$40,000.00  
This project is a web-based network of parents with the aim of providing a platform for parents to have a voice and contribute to improving the food and physical activity environments for children.

**Taking it to the Streets  
– Official Supporter campaign**  
\$244,411.85  
A communications campaign using stencilled messages to promote walking, cycling, using active transport and connecting with people in their neighbourhood.

**VicSport Awards**  
*VicSport*  
\$12,000.00  
This is an initiative to profile the role that sport plays in promoting health within Victoria and to highlight examples of best practice.

### Physical Activity related research initiatives

#### 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 will examine the relationships between sedentary behaviour and the development of lifestyle-related health conditions in older adults. It will also examine the effectiveness of targeted prevention strategies designed to reduce sedentary behaviour and increase physical activity and ultimately reduce premature morbidity and mortality in this age group.

#### PhD Scholarships

**Development of an instrument  
to measure physical activity  
behaviours of adults with an  
intellectual disability**  
*Royal Melbourne Institute  
of Technology*  
\$4,807.75  
Ms Kerrie Lante. This project aims to develop and test a simple, low-cost measurement tool (IPAQ-ID) that can be used by proxy respondents to report the physical activity behaviour of adults with an intellectual disability.

### Physical Activity related conference support

**2006 Commonwealth  
International Sport Conference**  
*Victorian Institute of Sport*  
\$10,000.00  
This conference will provide the opportunity for sport practitioners to explore the notion of 'health through sport' and promote the transfer of new and existing knowledge that relates to the health benefits of physical activity in a sporting setting.

**COTA VIC Conference 2006**  
*Council on the Ageing*  
\$3,500.00  
Forum for the exchange of knowledge to fitness professionals on the latest research, concepts, programs and technology for prescription of safe and effective physical activity for the improvement of health for older adults.



## HEALTHY EATING

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

### Food for All grants

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.

#### Community Food Chain Project

*City of Greater Dandenong*  
\$67,500.00

#### Food for All – Swan Hill

*Swan Hill Rural City Council*  
\$70,000.00

#### Food for Life

*Frankston City Council*  
\$55,000.00

#### Improving Access to Food for Healthy Eating in Brimbank

*Brimbank City Council*  
\$66,550.00

#### Maribyrnong Fruit and Vegetables for All Project

*Maribyrnong City Council*  
\$70,000.00

#### Sprouting New Ideas

*Cardinia Shire Council*  
\$100,000.00

#### Veg Out Van Pilot Project

*Melton Shire Council*  
\$70,000.00

#### Food For All – Evaluation

*La Trobe University*  
\$40,905.00  
Project to develop and implement the evaluation of *Food for All: Improving Access to Food for Healthy Eating*, a food security program.

#### Other healthy eating projects

##### Food Security Network (VLGA)

*Victorian Local Governance Association*  
\$20,000.00  
This is a project to develop a food security network to support local government authorities and other stakeholders to reduce barriers to local food access for healthy eating. It includes development of a website and the convening of network meetings in rural and regional Victoria.

##### Obesity Prevention Policy Coalition - The Cancer Council Victoria

*The Cancer Council Victoria*  
\$75,000.00  
This is a project to analyse and prioritise policy initiatives that are both feasible and likely to have impact on reducing obesity, especially in children.

##### Stephanie Alexander Kitchen Garden Program – Evaluation

*Stephanie Alexander Kitchen Garden Foundation*  
\$58,462.00  
The Stephanie Alexander Kitchen Garden (SAKG) program aims to provide primary school students with an enjoyable introduction to food education through growing, harvesting, preparing and sharing and enjoying seasonal fresh food. This evaluation project will examine the effectiveness of the SAKG program and contribute to the ongoing development and extension of the program to other Australian primary schools.

## Obesity related research initiatives

### Research Fellowships

#### Critical Windows: Understanding transitions in children's and adolescent's eating, physical activity and risk of obesity

*Deakin University*  
\$100,000.00  
Dr Anna Timperio. This Fellowship examines the influence of individual, social and environmental factors on eating, physical activity and risk of obesity between childhood and adolescence, and between adolescence and young adulthood. These life transition periods are times of increased risk of obesity through changing eating and physical activity habits.

#### 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 socio-cultural and environmental determinants of obesity in populations at risk of food insecurity, particularly in relation to eating habits.

#### Environmental causes of obesity and measurement of the impact of approaches to prevention

*Deakin University*  
\$80,000.00  
Dr Colin Bell. This Fellowship aims to contribute to our understanding of environmental causes of obesity and measure the impact of innovative approaches to prevention.

*VicHealth promotes and invests in healthy eating because it is necessary for maintaining physical health and mental wellbeing.*

**Interventions to improve cardiovascular health in Aboriginal people**

*University of Melbourne*

\$100,000.00

Dr Kevin Rowley. This Fellowship will evaluate the effectiveness of programs run by Aboriginal communities that aim to improve opportunities for better diet and exercise.

*PhD Scholarships*

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

*Monash University*

\$21,231.00

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 physical and mental wellbeing in women.

**Contributions of parental socialisation to food intakes and body weight in children in two cultures**

*Deakin University*

\$12,264.00

Ms Catherine Russell. This Scholarship jointly funded with the Heart Foundation will contribute to our understanding of how Australians and German parents influence their children's eating behaviours, and our understanding of the determinants of healthy and unhealthy eating and children's body weight.

**Improving body composition and function in overweight and obese adolescents**

*Royal Melbourne Institute of Technology*

\$4,807.75

Ms Leah Brennan. This Scholarship aims to examine the impact of cognitive behaviour therapy and motivational interviewing on eating and physical activity habits, body composition and function, physical health and psychological wellbeing in overweight and obese adolescents.

**The role of nutrition promotion in secondary prevention of chronic diseases in older Victorians**

*Deakin University*

\$9,615.50

Mrs Sylvia MacKay Pomeroy. This research program aims to improve the quality of care for older Australians by evaluating strategies used by general practitioners when promoting healthy eating in adults that have experienced a major event (cardiovascular or diabetes mellitus).

**Why do women eat what they do? Personal, social and environmental influences on eating behaviours of women from different socio-economic backgrounds**

*Deakin University*

\$22,091.00

Ms Victoria Inglis. This Scholarship will examine why women from low socio-economic status (SES) groups are more likely to consume a diet high in fat, and less likely to consume fruits and vegetables, than women from higher SES groups.

**Obesity related conference support**

**Community Based Obesity Prevention**

*Deakin University*

\$10,000.00

This satellite conference to be held in Geelong immediately prior to the International Congress on Obesity to be held in Sydney September 2006 is intended as a catalyst for the development of an ongoing international network of researchers and public health practitioners.

# YOU'RE SHADY CHARACTERS



**PUSHING BOUNDARIES  
TO PLAN HEALTHY  
ENVIRONMENTS**



**SunSmart  
Shade Awards...**

raise awareness among local councils of the importance of planning for shade.

By providing areas of shade, governments have an immediate impact on their communities' sun exposure, while educating them about trees and shade structures that can be used at home.



**WE NEED TO  
FACTOR HEALTH  
INTO THE  
PLANNING OF OUR  
ENVIRONMENTS**



City of Melbourne was awarded the SunSmart Metropolitan Shade Award 2006 for their sustainable shade solution at the ArtPlay play space at Birrarung Marr.

Photo: Courtesy SunSmart, a program of The Cancer Council Victoria, originally supplied by City of Melbourne.

## **PUSHING BOUNDARIES TO PLAN HEALTHY ENVIRONMENTS**

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

**Influencing the way we design and build our suburbs and towns has again been on VicHealth's agenda. This year we collaborated with a range of organisations, government departments and individuals to ensure that health is built 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 from social isolation. Here are just a few examples.**

## **ACTIVITY SNAPSHOT**

### **Planning a Shift Towards Healthy Neighbourhoods**

VicHealth and the Planning Institute of Australia (Victoria Division) have joined forces to fast-track a slowly changing culture among planners and increase their awareness about the links between environment and health. The partnership has seen the development of the Planning for Health and Wellbeing Project, which aims to make Victorian communities feel safe and have access to open spaces, public transport and healthy food sources. Melbourne and Deakin universities have incorporated the health promotion agenda into their undergraduate and postgraduate planning courses, which are now attracting an increasing number of students. In 2 years, RMIT student enrolments have increased from 24 to over 90. It has been so successful that National PIA is seeking funding from Federal government to replicate this project in other states and territories.

### **Lifestyle and Neighbourhood Study**

VicHealth is funding several researchers to study the impact of the built, social and policy environment on healthy eating and physical activities in families. Dr Jo Salmon, for example, has identified the barriers that prevent children walking and cycling to a school that is within walking distance of where they live. Her study also identified the importance of family structure and family circumstances on children's physical activity and weight, as well as associations between TV viewing and obesity risk factors. Her 'Switch Play' intervention to reduce children's sedentary behaviour and increase physical activities (including after school hours) was successfully trialled and is now being implemented by teachers in 15 Western suburbs primary schools.

### **Awarding Councils who Plan for Shade**

The City of Melbourne and the City of Whittlesea were the joint winners of the first overall SunSmart Victorian Local Government Shade Award, organised by The Cancer Council Victoria. The awards were organised to raise awareness among local councils of the importance of planning for shade. The winners are leading the way in identifying and practising shade provision in local government planning. By providing areas of shade, local governments have an immediate impact on their communities' sun exposure. But by modelling SunSmart planning and design, they also help educate communities about trees and shade structures that can be used at home. VicHealth continues to be a significant supporter of SunSmart since its inception in 1988.

### **Local Government Networking**

VicHealth is working with Kinect Australia to run the Local Government Physical Activity Network. With 150 members and counting, this network supports local governments and community organisations to strengthen their capacity to adopt and apply a whole of council approach to planning for physical activity. It also provides leadership by working with communities to increase physical activity participation. It works by encouraging partnerships and collaborations, providing up-to-date information on strategies, programs and evaluation, and reducing barriers and increasing opportunities for promoting community physical activity participation.

### **Older Adults Get Physical**

Professor Stephen Bird, Director of the Centre for Population Health at Sunshine Hospital, is leading a research team investigating the effect the built environment has on culturally and linguistically diverse older adults' participation in physical activity. Too often the 'windscreen view' of planning has been adopted: that is, a built-in assumption that residents will have access to a car even though this may exclude children and older people, disabled people and others. Encouraging participation in planning from a diverse range of sectors and interests can help break down this assumption. Involving older people in the consultation helps them to continue to participate in local community life.

## PROGRAM INVESTMENTS IN PLANNING AND HEALTH

VicHealth collaborates with a range of organisations, government departments and individuals to ensure that health is built into the planning of our future environments. Our investments cut across many of our program areas. The major thrust of our activity is in physical activity (see page 31).

### Leading the way to health promotion and integrated planning – Short course

*PDF Management Services Pty Ltd*

\$26,400.00

This is a project to develop, deliver and evaluate a one-day short course designed to build the capacity of local government officers to engage in integrated planning across council and with their communities using the *Leading the Way* framework.

### Leading the Way: Training program for local government

*Municipal Association of Victoria*

\$47,000.00

This project is to enable the Municipal Association of Victoria to mainstream the *Leading the Way* resource and planning framework as an integral component of their ongoing training programs.

### Planning for Health

*Planning Institute Australia (Victoria Division)*

\$65,000.00

This is a project to form a strategic partnership with the Planning Institute Australia and build the capacity of planners to consider the health and wellbeing implications of their planning activity. The investment includes advocacy strategies for legislative and regulatory changes.

### Research Fellowship

#### The relationship between the built, social and policy environment and physical activity in families

*Deakin University*

\$100,000.00

Dr Jo Salmon. This Fellowship aims to establish a much-needed evidence base on the relationship between the built, social and policy environment and physical activity in families. The focus is on young families living in low socio-economic areas, and consists of an environmental intervention in collaboration with Parks Victoria.

### Public Health Research Grant

#### Physical activity in older adults from CALD communities: Environmental influence

*Sunshine Hospital*

\$49,930.00

Dr Stephen Bird. The focus of this research project is to understand the environmental influences on culturally and linguistic diverse communities in improving their participation in physical activity.


### Planning and health related conference support

#### 7th International Walk21 Conference

*Kinect Australia*

\$10,000.00

This is a conference to bring together visionary and influential planners, practitioners, politicians and advocates for the creation of sustainable, strong and healthy communities where people can, and do, choose to walk.



# YOU KNOW YOU'RE A STAR

**PUSHING BOUNDARIES  
TO PROMOTE MENTAL  
HEALTH AND WELLBEING**



## Theatre of Speed...

is *Back to Back's* community theatre workshop comprising dynamic young performers perceived to have an intellectual disability. *Back to Back* is a pioneering contemporary theatre company based in Geelong that upends assumptions about who can be an artist.

Theatre of Speed is just one of many projects supported by a VicHealth Community Arts Participation grant.

One of the arts' most powerful contributions to health is that they reflect and create an inclusive sense of community. In a socially inclusive community people feel valued and their differences are respected.

Theatre of Speed: Minotaur  
Back to Back Theatre Production  
Photo: Jeff Busby

**THE CHALLENGE  
IS TO IDENTIFY  
AND INVEST IN  
BETTER WAYS  
OF PROMOTING  
MENTAL HEALTH**



One of the projects funded through *Building Bridges* is a cross-cultural community kitchen and art project involving children, parents and grandparents at the Boroondara Kindergarten in Richmond.

## PUSHING BOUNDARIES TO PROMOTE MENTAL HEALTH AND WELLBEING

Mental health provides us with the vitality necessary for active living, to achieve goals and to interact with one another in ways that are respectful and just.<sup>2</sup>

Unfortunately, mental health problems are very common and their human, social and economic consequences are great.<sup>3</sup>

VicHealth focuses on the social, cultural and economic factors that determine mental health and wellbeing, and is leading the understanding of how to promote mental health. By facilitating social inclusion, reducing discrimination and violence and improving access to economic resources, we aim to reduce stress, anxiety and depression and to promote positive mental health.

Our support for research, policy development and practice (advocacy) aims to make a measurable contribution to state, national and international work in mental health promotion. Here are just some examples of our work this year.

## ACTIVITY SNAPSHOT

### BREAKING DOWN SOCIAL ISOLATION

This year we funded and supported hundreds of organisations to provide opportunities for the most socially isolated Victorians to join in and be a part of their community's civic and cultural life.

### Children of Parents with a Mental Illness

Breaking down social isolation is at the core of an innovative program we fund with the Department of Human Services and *beyondblue*: the national depression initiative to support children and youth who have parents suffering a mental illness. These young people are statistically at much higher risk of substance abuse and mental illness themselves – partly because of the disruption to their schooling and normal socialisation that caring for their parents involves. This program provides social and support activities for about 1000 kids to help normalise their lives.

## Youth and Technology

The impact of information and communication technology on young people is a huge, booming area that we don't yet fully understand. Cyberspace represents a new area for VicHealth to explore. Our new *Young People, Technology and Social Relationships* grants aim to capture the ways in which information and communication technologies influence social inclusion and subsequently wellbeing for young people. Given the widespread and pervasive impact of technology on young people's lives, it is important to understand these new forms of communication and to employ them for positive purposes.

## Schools as Core Social Centres

Currently across the education sector there is a focus on academic achievement. VicHealth is funding the Catholic Education Office to position schools as key sites for promoting mental health and wellbeing, ie to move beyond the 3Rs and include wellbeing. Initiated in three inner city Catholic primary schools in Melbourne, the project focuses on the wellbeing of students, their families and school staff and has been extended to incorporate a range of schools, supported by a Research Circle of practitioners, principals and researchers. Importantly, the project recognises the link between wellbeing, inclusivity and learning outcomes.



## Arts Projects

The arts have a well-recognised potential to promote 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 now considerable evidence that the stronger people feel this sense of belonging, the healthier they are. Some of the arts projects we have funded this year include:

- *Fruit Bats Mentoring and Support Program*  
This is a circus project for older adults in north-east Victoria in collaboration with the Flying Fruit Fly Circus. It is funded through VicHealth's *Community Arts Participation* program.
- *La Mama Theatre – 'Rumours'*  
This show features rooming-house residents and is aimed at integrating marginalised people into mainstream culture and providing a new avenue for expression, involvement and relationships. It is funded through VicHealth's *Audience Access* program.
- *A.R.A.B (Anti Racism Action Band)*  
This is a youth performing arts project. It involves young people from 30 different cultures in the north and north-western suburbs of Melbourne, connecting through music and dancing. They are funded through VicHealth's *Community Arts Participation* program and performed in a big top circus tent as part of Festival Melbourne 2006 for the Commonwealth Games.
- *Risky Business*  
With an Australian Research Council Linkage grant, *Risky Business* has explored whether arts can help with reintegration and learning for 'at risk' young people.

## REDUCING VIOLENCE AND DISCRIMINATION

This year VicHealth continued to focus on projects and research which value diversity to prevent discrimination and violence, including:

### Prevention of Violence Against Women

VicHealth is working in partnership with the AFL and VFL to support development of policies and procedures to ensure female participants and spectators have equal access to club resources and facilities and a safe and welcoming environment. Players will also be educated about the importance of developing equal and respectful relationships and the implications of violence against women. This is a first for Victorian sport. A survey is currently exploring community attitudes relevant to violence against women, including differing attitudes across cultural groups and locations. VicHealth is also funding the Men Say No campaign (White Ribbon Day) for 3 years.

### Kar Kulture

What better way to bring young people together than through cars? With the support of a VicHealth *Building Bridges* grant, young people from refugee and Australian-born backgrounds in Melbourne's south-east are repairing and restoring a second-hand car so they can gain driving experience before getting their P-plates. Once restored, the car will be unveiled at a community celebration, where funds raised will contribute to the car's registration and insurance costs. Participants will also receive safety and driving tips from Victoria Police. The project brings together diverse groups of young people who will have the opportunity to develop a variety of skills as they engage with the wider community. *Building Bridges* is supporting many more projects like it and is based on international evidence that when people from different backgrounds work together with members of the wider community on a common goal it can reduce prejudice and discrimination.<sup>4, 5</sup>

## IMPROVING ACCESS TO ECONOMIC RESOURCES

One of the ways in which VicHealth promotes mental health and wellbeing is by funding projects and research designed to increase people's access to basic resources required for living.

### Indigenous School-to-Work Project

Young Indigenous Australians confront a range of barriers which prevent them from participating successfully in education and employment. A partnership between the Indigenous community, industry leaders and eight regional schools in the Mooroopna/Shepparton district is working to change this. The partnership has local business and schools working together to create opportunities for young people to either remain in school or access work experience to assist them to gain meaningful employment in their community. The project is funded by VicHealth and managed by the Ganbina Economic Employment Training Agency.

### Workforce Stress in Victoria

Employees exhibiting symptoms of job stress are sometimes sent to stress management workshops but then 'thrown back into the bear-pit' and returned to the work situation which caused the problem in the first place. Victorian workplaces mostly target individuals when addressing job stress but international studies show the best results occur when interventions also focus on the way work is organised within an organisation, such as job design, workload and staffing levels.<sup>6</sup> This finding is part of a new VicHealth comprehensive research report, *Workforce Stress in Victoria – Developing a Systems Approach*, published in April 2006, which provides valuable knowledge for Victorian employers, large and small, to understand and minimise job stress.

## **STRENGTHENING POLICY AND PRACTICE**

This year we worked hard to increase the skill and knowledge of workers in a wide range of disciplines and sectors to develop, implement and sustain mental health promotion.

### **Mental Health Promotion Short Course**

Mental health promotion is a relatively new field of work. The concepts underpinning the practice are not widely known. To fill the gaps in knowledge, VicHealth this year again ran its highly successful short course in mental health promotion. Suitable for a wide range of community sectors, it has given hundreds of people the tools and knowledge to help protect mental health. Participants numbered 500 and came from far and wide, including Footscray Swim Centre, Arts Victoria, Frankston High School, CERES Environment Park, Ballarat Community Health, Bairnsdale Secondary College, Bass Coast Community Health Service, Goulburn Ovens TAFE, Loddon Mallee Housing Services and Swan Hill Rural City Council.

### **New Centre to Promote Mental Health**

VicHealth's Centres of Research and Practice have been strategic catalysts in new developments in public health research, health policy and health promotion interventions. The newest centre to be established is the VicHealth Centre for the Promotion of Mental Health and Community Wellbeing at the University of Melbourne, School of Population Health. With Professor John Wiseman at its helm, 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 now also hosts *Community Indicators Victoria*, which supports the development and use of local community wellbeing indicators (see next).

## **Measuring Community Wellbeing**

In an era when everything seems to be reduced to its economic value, it's important to remember our health and wellbeing are linked to other things. Although we might value areas like culture, the arts, heritage, democracy and citizenship, few indicators have been identified in these areas. A new project is helping to change the paradigm of what success and wellbeing is all about. The *Victorian Community Indicators Project* is a VicHealth-funded initiative designed to support local governments develop and use community indicators as tools for measuring health and wellbeing and improving community engagement and planning. It's a statewide system for collecting data that goes beyond economic indices and disease burden, and represents a real change in the way we look at how well we are living. The project complements VicHealth's *Leading the Way*, which supports local governments to take opportunities for improving health in all areas of planning.

### **VicHealth to Host 2008 Mental Health Conference**

In recognition that VicHealth is leading the understanding of how you promote mental health, we are hosting the next World Conference on the Promotion of Mental Health and Prevention of Mental and Behavioural Disorders in Melbourne in 2008.

### **Global Publication on Mental Health Promotion**

This year, VicHealth and the World Health Organisation launched the first global publication on *Concepts, Evidence and Practice in Mental Health Promotion*. This international book brings to life the mental health dimension of health promotion. It describes the concepts relating to promotion of mental health, the emerging evidence for the effectiveness of interventions, and the public health policy and practice implications.



## PROGRAM INVESTMENTS IN MENTAL HEALTH AND WELLBEING

In promoting mental health and wellbeing, VicHealth focuses on three socio-economic determinants of mental health:

- social inclusion;
- freedom from discrimination and violence; and
- access to economic resources.

### SUPPORTING SOCIAL INCLUSION FOR MENTAL HEALTH AND WELLBEING

#### Audience Access grants program

The funded projects in the Audience Access grants program aim to strengthen the capacity of arts organisations to facilitate social inclusion and promote mental health. It is important that all members of our community are able to access the broad range of activities and events that form part of community life. However, research indicates that those experiencing social and economic disadvantage are less likely to attend and participate in arts events and activities.

#### Accessing Indigenous Theatre

*Ilbijjerri Aboriginal & Torres Strait Islander Theatre Co-op Ltd*  
\$60,000.00

#### Artistic Program 2005–2007

*Melbourne Workers Theatre*  
\$60,000.00

#### Arts Access Officer

*Frankston Arts Centre*  
\$60,000.00

#### Latrobe Young Ambassadors

*Latrobe Regional Gallery*  
\$60,000.00

#### Mentor Project

*Footscray Community Arts Centre*  
\$60,000.00

#### Mentor Project

*Geelong Performing Arts Centre*  
\$60,000.00

#### Mentor Project

*HotHouse Theatre*  
\$60,000.00

#### National Gallery of Victoria Access Program

*National Gallery of Victoria*  
\$50,000.00

#### Orchestra Victoria – Audience Access

*Orchestra Victoria*  
\$60,000.00

#### Performance Partners

##### – Opening the Doors Even Wider

*La Mama*  
\$60,000.00

#### What We Want

##### – Youth and Young Families

*Dandenong Ranges Community Cultural Centre Inc. (as Burrinja)*  
\$60,000.00

#### 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.

#### 2006 Community Outreach Initiatives

*Melbourne International Arts Festival*  
\$30,000.00

#### 2006–2007 Community Workshop Program, Performance and Research Strand

*Back to Back Theatre Inc.*  
\$50,000.00

#### Art Inclusion 'Out There'

*Lead On Australia*  
\$14,840.00

#### Art Installation

*Wathaurang Aboriginal Co-op*  
\$25,700.00

#### Communicate and Participate – A Digital Story Project

*15/15 Film Festival*  
\$6,450.00

*VicHealth provides grants to community groups to create inclusive community-driven festivals and celebrations.*

**Crowd Theory**  
*Footscray Community Arts Centre*  
\$29,139.00

**Cultural Development Network Activity Program 2006**  
*Cultural Development Network Inc.*  
\$30,000.00

**Dunolly Follies**  
*Dunolly Rush 150 Inc.*  
\$16,600.00

**Emerge Festival incl. Visible**  
*Multicultural Arts Victoria*  
\$15,000.00

**Festival for Healthy Living**  
*Royal Children's Hospital*  
\$30,000.00

**The Five Colours of Fear**  
*Platform Youth Theatre*  
\$30,000.00

**Foyer Art**  
*Kensington Management Company*  
\$15,000.00

**Fruit Bats Mentoring and Support Program**  
*Upper Hume Community Health Service*  
\$60,000.00

**Horn of Africa in Performance**  
*Horn of Africa Communities Network in Victoria Inc.*  
\$27,750.00

**Human Momentum**  
*Melbourne Fringe*  
\$10,000.00

**Hunger**  
*Rawcus*  
\$2,600.00

**Jammin it Up**  
*Darebin City Council*  
\$26,921.00

**Living Art project**  
*Liminal Lines Inc.*  
\$29,524.00

**Making Mallacoota's Music 2006 Program**  
*Mallacoota Arts Council*  
\$15,025.00

**Material World**  
*Melbourne Fringe*  
\$30,000.00

**Meet, Meld, Merge**  
*Yea Community Services Group Inc.*  
\$15,000.00

**Munawwaat**  
*Victorian Arabic Social Service*  
\$15,000.00

**My Favourite Place**  
*St Mary's House of Welcome*  
\$10,225.00

**Plan B**  
*Auspicious Arts*  
\$30,000.00

**Playup Theatre**  
*City of Kingston*  
\$17,500.00

**'Real to Reel' music program**  
*St Luke's*  
\$60,000.00

**Regional Kickstart**  
*Next Wave Festival*  
\$60,000.00

**Rotary Youth Arts project 2006 (RYAP)**  
*Dancehouse*  
\$30,000.00

**Sauce/Source**  
*Moriarty's Project Inc.*  
\$15,000.00

**Space and Place Latrobe**  
*Auspicious Arts*  
\$30,000.00

**Specimen Cottage Youth Art Space/Programming**  
*Cultural Development and Events Unit, City of Greater Bendigo*  
\$28,200.00

**Suburban Lullaby**  
*Courthouse Youth Arts Centre*  
\$60,000.00

**Switching On**  
*City of Banyule*  
\$30,000.00

**Talking Wall and Company**  
*Orbost Exhibition Centre on the Snowy River Inc.*  
\$20,000.00

**Threads to Freedom**  
*City of Greater Dandenong*  
\$28,000.00

**Unda Construction**  
*Wellington Shire Council*  
\$25,500.00

**Victoria Sings**  
*Community Music Victoria Inc.*  
\$100,000.00

**Yallah Hayat! (Come On, With Life!)**  
*Victorian Arabic Social Services*  
\$60,000.00

## 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.

**10 Year Celebration**  
*Woolum Bellum Koorie Open Door Education School*  
\$10,000.00

**2005 Darebin Moon Festival**  
*North Eastern Melbourne Chinese Association Inc.*  
\$10,000.00

**2nd Lake Bolac Eel Festival**  
*Lake Bolac Development Association*  
\$10,000.00

**A Dapper Day Out – Tea Dance 2005**  
*Doncaster Community Care and Counselling Centre Inc.*  
\$3,000.00

**Ararat Golden Gateway Festival Community Partnerships**  
*Ararat Golden Gateway Festival*  
\$5,000.00

**Art Is...Festival**  
*Art Is...Festival*  
\$10,000.00

**Autumn Equinox Harvest Festival**  
*CERES Environment Park*  
\$20,000.00

**Awakenings Festival**  
*Wimmera Uniting Care*  
\$25,000.00

**Beaut Blokes**  
*beyondblue*  
\$10,000.00

**Bitscape**  
*Next Wave Festival*  
\$10,000.00

**Bonegilla Migrant Experience Celebrations**  
*Murray Arts*  
\$10,000.00

**Braybrook's Big Day Out**  
*Braybrook and Maidstone Neighbourhood Association*  
\$25,000.00

**Bush Festival**  
*Briagolong Mechanics Institute*  
\$1,400.00

<p><b>Café Culture</b> <i>Victorian Cooperative on Children's Services for Ethnic Groups</i> \$10,000.00</p>	<p><b>Festival of the Wind</b> <i>Ararat Rural City Council</i> \$7,500.00</p>	<p><b>Loddon Working with Diversity</b> <i>HM Prison Loddon, Department of Justice, Corrections Victoria</i> \$2,924.00</p>
<p><b>Cameroon Association of Australia Cultural Night</b> <i>Cameroon Association of Australia</i> \$5,000.00</p>	<p><b>Fiery Creek Fiery Festival</b> <i>Streatham, Mininera &amp; Westmere Community Development</i> \$5,776.00</p>	<p><b>Lunar New Year Festival 2006</b> <i>Jesuit Social Services</i> \$10,000.00</p>
<p><b>Cann River Exposed</b> <i>Cann River Community Centre</i> \$2,100.00</p>	<p><b>Flying Feathers Short Film Festival</b> <i>Shire of Strathbogie</i> \$10,000.00</p>	<p><b>Multicultural Christmas Celebration</b> <i>Tatura Community House</i> \$1,105.00</p>
<p><b>Celebrating 30 Years of Ethnic Broadcasting</b> <i>Ethnic Public Broadcasting Association of Victoria (3ZZZ)</i> \$9,925.00</p>	<p><b>Healthy Minds, Healthy Communities</b> <i>Bendigo and District Aboriginal Co-operative</i> \$10,000.00</p>	<p><b>Murtoa's Big Weekend Festival</b> <i>Shared Learning and Activities Murtoa Inc.</i> \$5,944.00</p>
<p><b>Christmas Festival</b> <i>Dight Abbotsford Collingwood Clifton Hill Tenants Association (DACCHTA) Inc.</i> \$4,983.09</p>	<p><b>Hearty Party Committee</b> <i>Talbot Action Inc.</i> \$5,756.00</p>	<p><b>Nati Fringe Festival 2005</b> <i>Arapiles Community Theatre</i> \$10,000.00</p>
<p><b>Clayton South Multicultural Community Women's Festival</b> <i>Oakes Avenue Mothers Club</i> \$10,000.00</p>	<p><b>The Heathdale BBQ Festival</b> <i>Heathdale Neighbourhood Association</i> \$10,000.00</p>	<p><b>Olympic Village Celebrates 50 Years</b> <i>Olympic Village Primary School</i> \$10,000.00</p>
<p><b>Collingwood Harvest Festival</b> <i>Good Shepherd</i> \$20,000.00</p>	<p><b>Horn of Africa Eid Festival</b> <i>Jesuit Social Services</i> \$5,000.00</p>	<p><b>Our Broadmeadows History: a Rich Tapestry of Life</b> <i>Meadowbank Primary</i> \$10,000.00</p>
<p><b>Community on Show</b> <i>Boort Agricultural and Pastoral Society</i> \$4,200.00</p>	<p><b>Horn of Africa Forum</b> <i>Braybrook College</i> \$3,000.00</p>	<p><b>Passing the Baton</b> <i>Swan Hill Rural City Council</i> \$9,536.00</p>
<p><b>Community Social Evening</b> <i>Hindmarsh Shire</i> \$1,550.00</p>	<p><b>Horn of Africa Live Night 3</b> <i>Horn of Africa Communities Network in Victoria Inc.</i> \$20,000.00</p>	<p><b>Picnic in the Park</b> <i>Maribyrnong City Council</i> \$6,100.00</p>
<p><b>Country Music Festival</b> <i>Whittlesea Country Music Festival</i> \$5,000.00</p>	<p><b>Human Rights Day Festival</b> <i>Northern Migrant Resource Centre</i> \$9,000.00</p>	<p><b>PINS Presents a Multicultural Festival of Song, Dance and Music</b> <i>Heatherhill Primary School</i> \$2,000.00</p>
<p><b>The Cubbies Party</b> <i>Fitzroy Adventure Playground Inc.</i> \$2,844.00</p>	<p><b>Hume Harmony Day Festival</b> <i>Hume City Council</i> \$5,000.00</p>	<p><b>Sharing, Learning, Celebrating</b> <i>Preston Girls Secondary College</i> \$9,600.00</p>
<p><b>Doveton Eumemmerring Australia Day</b> <i>South East Region Migrant Resource Centre</i> \$9,500.00</p>	<p><b>I Am Australian – Multicultural and Indigenous Festival</b> <i>3RIM Inc. 97.9 FM Community Radio</i> \$5,000.00</p>	<p><b>Shine Multicultural Youth Festival</b> <i>City of Greater Shepparton</i> \$10,000.00</p>
<p><b>Dunolly Rush 150: Back to Dunolly</b> <i>Dunolly Rush 150</i> \$6,000.00</p>	<p><b>Jinubeen Festival and Cultural Celebration</b> <i>South Sudanese Community Association of Australia</i> \$5,000.00</p>	<p><b>Sumnation World Cultural Festival</b> <i>Springvale Neighbourhood House Inc.</i> \$10,000.00</p>
<p><b>Earthdance Festival for Peace Inc.</b> <i>Earthdance</i> \$6,000.00</p>	<p><b>Kha B/Nissan (The Assyrian New Year)</b> <i>Victorian Assyrian Community</i> \$8,000.00</p>	<p><b>Sunday Family Day</b> <i>Eaglehawk Dahlia and Arts Festival</i> \$8,000.00</p>
<p><b>Entertainment for our local A&amp;P Society</b> <i>Rupanyup A&amp;P Society Inc.</i> \$1,000.00</p>	<p><b>Kyabram Community and Learning Centre</b> <i>Kyabram Community and Learning Centre</i> \$8,400.00</p>	<p><b>Tarerer Multicultural Festival</b> <i>Warrnambool City Council</i> \$20,000.00</p>
<p><b>Festival of Light</b> <i>Nepalese Association Victoria</i> \$5,000.00</p>	<p><b>Learning for Life Celebration</b> <i>Central Goldfields Shire</i> \$5,000.00</p>	<p><b>Vietnamese Chinese Elderly Communities Together – Health and Recreation</b> <i>Australian Vietnamese Women's Welfare Association Inc.</i> \$10,000.00</p>

**Vietnamese Family Celebration***City of Whittlesea*

\$5,000.00

**Vietnamese Peace Celebrating Concert – Dai NHAC HOI Nguoi Viet Tu Do***Centacare Catholic Family Services*

\$7,000.00

**Wandiligong Nut Festival 2006***Wandiligong Nut Festival*

\$3,500.00

**Where the Heart is...****Community Festival***Royal District Nursing Service**Homeless Persons Program*

\$20,000.00

**Windsor Park Community Craft Market and Christmas Carols***Norlane Community House*

\$7,000.00

**Women Celebrating Culture***Victorian Immigrant and Refugee**Women's Coalition*

\$5,000.00

**Wonthaggi Energy Innovation Festival (Incorporating Wonthaggi Human Powered Grand Prix)***Bass Coast Community Foundation*

\$6,000.00

**Communities Together – Evaluation***The Centre for Public Policy*

\$40,000.00

Evaluation of the mental health outcomes of two community festivals funded under the Communities Together: Festivals and Celebrations grants program. The research is intended to investigate selected outcomes at the individual organisational and community level in consultation with the projects and VicHealth. This project will work with two community organisations and their community partners to evaluate the mental health impacts of community celebrations at the individual and community levels.

**Youth technology projects**

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 will explore 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**(the Hybrid initiative)*

\$100,000.00

**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****Children of Parents with a Mental Illness***Murdoch Children's Research**Institute/Centre for Adolescent Health*

\$150,000.00

This project will strengthen organisational partnerships to support children who have a parent with a mental illness.

**Children of Parents with a Mental Illness – VicChamps***Eastern Health*

\$155,000.00

This project will strengthen organisational partnerships to support children who have a parent with a mental illness.

**The Horn of Africa Newspaper project***Adult Multicultural**Education Services*

\$25,000.00

This is an initiative to support newly emerging African communities to establish a community language newspaper to promote mental health by strengthening communities, cultural identity and communication.

**National Youth Week grants program***Department for Victorian Communities*

\$50,000.00

A tripartite partnership project between the Victorian Office for Youth, the Federal Government and VicHealth that will strengthen young people's social inclusion through encouraging civic participation in National Youth Week.

**Role of Schools as Core Social Centres***Catholic Education Office*

\$80,000.00

This project with the Catholic Education Office will further develop a model to promote mental health and wellbeing as a core function of schools through a whole school generalist approach.

**Rumbalara Football Netball Club: Capacity building***Rumbalara Football Netball Club*

\$85,000.00

This project aims to increase the organisational capacity of RFNC to achieve its health, social, cultural, economical and sporting goals by building appropriate organisational structures and systems and generating income.

**Statewide Advocacy, Policy and Networking for Refugees project***Victorian Foundation for**the Survivors of Torture*

\$52,451.00

This project is to develop strategies to make education environments more conducive to refugee and new arrival children's learning, including after-hours educational support.

**Research to support social inclusion****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*

\$126,172.00

Prof. Sandy Gifford. The aim of this 5-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.

**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**

*University of Melbourne*  
\$105,000.00

Dr Jane Burns. This project will explore 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*

**Food, Fear and Self-neglect: Repatriation and the health and wellbeing of East Timorese asylum seekers**

*University of Melbourne*  
\$2,220.00

Dr Catherine Lazaroo. This research will examine the impact of the policy of repatriation of East Timorese asylum seekers on their physical and mental health.

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

*Deakin University*  
\$21,231.00

Ms Tabitha Ramsey White. This project will identify and evaluate the potential role, limitations and inclusiveness of the creative industries to create positive social impact in various communities; and create a model for measuring the anticipated and actual social impact of the arts to inform policy, planning, design and implementation of community arts activities.

*Research projects*

**ARC: Connecting Communities to Government**

*University of Melbourne*  
\$30,000.00

Dr 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 Arts Project: An audio-visual arts and health research project working 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 working with newly arrived young people, from refugee backgrounds, to better cope with the resettlement process.

**Capacity Mapping for Child Mental Health Promotion**

*Deakin University*  
\$15,200.00

Dr Elizabeth Waters. This project will develop a child mental health database in the region detailing national level policies, infrastructure and programs as part of the International Union of Health Promotion Educator's project on capacity mapping.

**The Wellbeing of Communities: Cultural activities, social health and community sustainability**

*RMIT University, Globalism Institute*  
\$61,272.00

This is a 4-year research project to investigate the connection between mental health and wellbeing at a community level and arts activity. It will examine the full impact of cultural activities such as arts events, festivals and commemorations on the wellbeing of communities.

**Evaluation of the Community Music Victoria Program: Victoria Sings**

*Wellness Promotion Unit: Victoria University*  
\$35,500.00

This project will evaluate the work of Community Music Victoria in enhancing mental health and wellbeing at both the individual and community levels.

**Social inclusion related conference support**

**The Art of Difference Creative Conference**

*Gasworks Arts Inc.*  
\$9,000.00

Conference to stimulate critical debate and increase access to quality disability arts outcomes in order to support innovative approaches to affirming the place of people with disabilities within our community.

**REDUCING DISCRIMINATION FOR MENTAL HEALTH AND WELLBEING**

**Building Bridges grants program**

Building Bridges aims to improve mental health and wellbeing by promoting positive contact and cooperation between people from migrant and refugee backgrounds and others in the community. By doing this we seek to reduce discrimination and ensure that Victorians from a range of backgrounds have opportunities for social connection and participation.

**Adornment and Understanding**

*Uniting Care Harrison Community Services*  
\$19,200.00

**Afro Aussie Women Together: Multicultural women's camp**

*Horn of Africa Communities Network in Victoria Inc.*  
\$19,950.00

**Banksia Intergroup Youth Connections**

*Banksia Gardens Association Inc.*  
\$20,000.00

**Beaut Buddies**

*Victorian Foundation for the Survivors of Torture*  
\$20,000.00

**Brimbank Men's Shed**

*Uniting Care Sunshine Mission*  
\$20,000.00

**The Broadmeadows Tapestry Project: Connecting communities in our neighbourhood**

*Early Learning Centre, Meadowbank Primary School*  
\$18,964.00

**Building Bridges at the Gordon**

*Gordon TAFE*  
\$15,587.00

**Building Bridges in Flemington Project**  
*MacKillop Family Services*  
\$20,000.00

**Connecting Cultures – Enhancing school harmony and empowering our community**  
*The University High School*  
\$20,000.00

**Connecting Families**  
*St Albans Heights Primary School*  
\$20,000.00

**'Connections' – Bring migrant/refugee groups and the wider school community together**  
*South Oakleigh Secondary College*  
\$20,000.00

**CoNNeXions**  
*Victorian Arabic Social Services*  
\$20,000.00

**Cross-Cultural Women's Radio**  
*Ethnic Public Broadcasting Association of Victoria (3ZZZ)*  
\$18,000.00

**Cultural Community Kitchen**  
*Doveton Eumemmerring Neighbourhood Renewal in partnership with the Brotherhood of St Laurence*  
\$20,000.00

**Culture is Cool or Celebrating Culture and Diversity**  
*Carwatha College P-12*  
\$20,000.00

**Envirolink – Linking refugee and regional communities in shared environmental activities**  
*Adult Multicultural Education Services*  
\$19,980.00

**Forging New Friends through Fun, Fashion and Food**  
*Cutting Edge – Uniting Care*  
\$20,000.00

**Haba Haba ffEast**  
*Ngarrakeeton Whitehead Meeting Place Inc.*  
\$20,000.00

**Integrated Youth Leadership Program**  
*Northern Migrant Resource Centre*  
\$20,000.00

**Intercultural/Intergenerational Dialogue in Brimbank**  
*Migrant Resource Centre Northwest*  
\$20,000.00

**Interweaving our Communities**  
*Fitzroy Primary School*  
\$15,500.00

**Kar Kulture**  
*South Eastern Region Migrant Resource Centre*  
\$19,960.00

**Linking Families**  
*Thomastown Meadows Primary School*  
\$20,000.00

**Links to Life**  
*Berry Street Victoria*  
\$20,000.00

**The Listening Living Room**  
*Melbourne City Mission*  
\$20,000.00

**Monash 'In Our Shoes' Project**  
*City of Monash*  
\$20,000.00

**New Horizons – A leadership program for Vietnamese women**  
*Community West Inc.*  
\$20,000.00

**Norlane Community Garden and Kitchen**  
*Norlane Neighbourhood House*  
\$19,000.00

**Our Homes, Our Health – Stage 2 SPAN Community House**  
\$20,000.00

**Out There – Together**  
*Victorian Co-operative Children's Services for Ethnic Groups*  
\$20,000.00

**Outer East Voices**  
*Migrant Information Centre (Eastern Melbourne)*  
\$20,000.00

**Recipe for Success**  
*Boroondara Kindergarten Inc.*  
\$20,000.00

**Revisiting Cultural Games**  
*Maribyrnong City Council*  
\$18,687.00

**Richmond Community Connections**  
*North Richmond Community Health Centre*  
\$20,000.00

**Space for All – Courtyard Project**  
*Cloverdale Community Centre*  
\$20,000.00

**The Speakers Bank**  
*Australian Lebanese Welfare Inc.*  
\$19,827.00

**St Gerard's Community and Celebration Area**  
*St Gerard's Primary School*  
\$19,966.00

**Women's Wednesday Market**  
*Women's Health in the North (WHIN)*  
\$15,657.00

**Young People Getting Together – Hanging Out in the North**  
*Australian Multicultural Foundation Ltd*  
\$20,000.00

**Your Story, My Story, Our Story**  
*Moira Shire Council*  
\$20,000.00

### Individual projects to support the reduction of discrimination

**Pitcha This**  
*Sista Girl Productions*  
\$50,000.00

The project aims to 1) promote the emotional and spiritual wellbeing of Indigenous communities in Victoria through the identification and promotion of positive and realistic images that reflect the strengths of the Victorian Indigenous community and their participation in everyday life, and 2) build skills, knowledge and capacity of individuals, families and communities.

**Sir Douglas Nicholls Indigenous Fellowship**  
*Brotherhood of St Laurence*  
\$30,000.00

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

### Research addressing discrimination

**Enhancing Understanding of Culturally-based Discrimination in Victoria**  
*University of New South Wales (Nelcorb) PL*  
\$95,000.00

This project will survey of a cross-section of the Victorian population regarding their attitudes toward people from different cultural backgrounds and their experiences of discrimination. It will provide an evidence base for the development of mental health promotion activities being planned by VicHealth and its government and non-government partners aimed at reducing discrimination.



### **Onemda VicHealth Koori Health Unit**

*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.

### **The Production of Aboriginal Art and its Relationship to the Health and Wellbeing of the Koori Community**

*University of Melbourne*  
\$14,087.10

Ms Frances Edmonds. This 3-year research project will investigate and provide a social analysis of the relationship between engagement in creative processes and mental health and wellbeing for the Koori community.

### **Reduction of discrimination related conference support**

#### **Empowering Ourselves, Empowering Our Communities**

*Working Women's Health*  
\$2,500.00

The aim of this conference is to raise awareness of the health and wellbeing of multicultural gay, lesbian, bisexual, transgender, intersex and queer (GLBTIQ) individuals and groups.

### **Refugee relocation in regional Australia: Best practice and policy initiatives**

*Victoria University*  
\$10,000.00

This conference will identify, share and promote best practice for refugee relocation to rural and regional areas in Australia with an emphasis on the wellbeing of the relocating refugees, while simultaneously informing policy development.

## **REDUCING VIOLENCE FOR MENTAL HEALTH AND WELLBEING**

### **Community Arts Development grants program**

This program aims to improve the capacity of experienced community arts organisations to facilitate and maintain social inclusion, civic engagement and the valuing of diversity to prevent discrimination and violence.

#### **Bring Her Home**

*Somebody's Daughter Theatre Company*  
\$100,000.00

This project supports *Somebody's Daughter Theatre Company* to develop theatre and visual arts activities with young people at risk and women in prisons and post-release to promote community dialogue about mental health and wellbeing issues.

#### **The Torch Project**

*The Torch Project*  
\$100,000.00

This project will engage Indigenous and non-Indigenous community members in dialogue about mental health and wellbeing with specific focus on discrimination and violence.

#### **Women's Circus**

*Women's Circus*  
\$100,000.00

This project will develop circus skill for women, particularly for those who have experienced violence and abuse.

### **Community Arts Development grants program – Evaluation**

*University of Melbourne*  
\$200,000.00

Ms Lindy Jourbet. This project will evaluate the mental health impacts of the projects at the individual and community levels using academically rigorous evaluation methodologies.

### **Individual projects supporting the reduction of violence**

#### **AFL: Violence Against Women Strategy**

*Australian Football League*  
\$250,000.00

This project is designed to prevent violence perpetrated against women and promote mental health and wellbeing through development and implementation of a six-pronged strategy in conjunction with the AFL.

### **White Ribbon Day**

*No to Violence, Male Family Violence Prevention Association Inc.*  
\$45,000.00

This project will 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.

### **Women's Health Ten Point Plan**

*Women's Health Victoria*  
\$10,000.00

This project will develop a collaborative approach to the promotion of women's health across government departments and sectors.

### **Research addressing violence**

#### **Research Fellowship**

#### **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 will evaluate 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.

#### **Research projects**

#### **ARC: Gender, Local Governance and Community Safety: Making the links between violence in public and private space**

*University of Melbourne*  
\$20,000.00

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

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

*Key Centre for Women's Health in Society, University of Melbourne*  
\$25,000.00

Prof. Doreen Rosenthal. This study is 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

**Family Violence Reform Strategy – Evaluation**

*Department for Victorian Communities*  
\$49,500.00

This is the documentation of an evaluation framework to guide the 3-year evaluation of the Family Violence Reform Initiative. This initiative is a major Victorian government reform that has a focus on an improved and integrated family violence service system.

**Masculinities and the Health of Young Refugee Males from Southern Sudan**

*Victorian Foundation for the Survivors of Torture*  
\$21,231.00

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 (aged under 25) from Southern Sudan living in Melbourne who have arrived on refugee or humanitarian visas.

**Review of communication components of social marketing/public education campaigns focusing on Violence Against Women**

*RJD Consulting*  
\$10,000.00

This review, commissioned by VicHealth, is a key part of the development stage of the VicHealth Community Attitudes Survey. The review looks at Australian and overseas public education/social marketing campaigns aimed at influencing 'community attitudes' towards violence against women. It aims to inform and stimulate thinking on the range of campaigns to ensure future activity can build on the lessons learned from past work.

**Violence Against Women Community Attitudes Survey**

*The Social Research Centre (and Australian Institute of Criminology)*  
\$100,000.00

This project surveys a cross-section of the Victorian population concerning their attitudes on violence against women and will inform future community education strategies in this area.

**Reduction of violence related conference support**

**Health Promotion and Preventing Violence Against Women – What does it really mean?**

*Women's Health West*  
\$7,640.00

This conference will mobilise the community to prevent violence against women, focusing on three key settings: family, community and workplace.

**INCREASING ACCESS TO ECONOMIC RESOURCES FOR MENTAL HEALTH AND WELLBEING**

**Individual projects supporting increased access to economic resources**

**Capacity Building Project**

*Whitelion Inc.*  
\$50,000.00

This project establishes intersectoral partnerships to promote young offenders' mental health through linking these young people with role models and supported employment prior to and upon release from juvenile justice facilities.

**Indigenous School-to-Work Project – Shepparton/Mooroopna**

*Ganbina: Koorie Economic Employment Training Agency*  
\$20,000.00

This is a project to enhance mental health and wellbeing through ensuring continuity between school, training and the workplace as a means of achieving employment for Indigenous youth.

**Research addressing increased access to economic resources**

**New Arrivals Regional Relocation Evaluation**

*Victoria University*  
\$40,000.00

Project to conduct multi-site evaluation of refugee regional relocation projects in Swan Hill and Warrnambool to assess their impact on mental health and wellbeing and identify good practice approaches.

**A Profile of Adolescent Problem Gambling: Risk and protective factors informing prevention strategies**

*La Trobe University*  
\$21,231.00

Ms Sophia Vasiliadis. This is a project to identify and explore gambling activities among young people in Victoria. It will explore differences between socio-demographic groups, and model risk and protective and developmental factors associated with gambling careers; identify where young people gamble and the activities they engage in; explore the frequency and social context in which young people gamble; and identify what young people gamble with and identify what proportion of their expendable income they spend on gambling activities.

**STRENGTHENING POLICY AND PRACTICE**

**VicHealth Professor of Research – VicHealth Centre for the Promotion of Mental Health and Community Wellbeing**

*University of Melbourne*  
\$0\*

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 now also hosts Community Indicators Victoria, which supports the development and use of local community wellbeing indicators.

\* The Centre opened this year, utilising funds that were allocated in the previous financial year.

**YOU  
CALL  
THIS A  
SQUARE  
MEAL?**



**PUSHING BOUNDARIES  
TO REDUCE HEALTH  
INEQUALITIES**



## **Food For All...**

isn't just about having enough. It's about having what's right.

Not everyone has access to a variety of affordable nutritious foods.

Which means unhealthy alternatives like fast food, which is high in salt, sugar and fat and low in nutrition, become the core of a poor diet.

*Food For All* is designed to increase regular access to and consumption of a variety of healthy foods by people living in disadvantaged communities.

**MAKING SURE  
EVERYONE HAS  
THE OPPORTUNITY  
TO REACH THEIR  
FULL POTENTIAL**



*Finding common solutions to improve the health of young people involved in risk-taking behaviours.*

## **PUSHING BOUNDARIES TO REDUCE HEALTH INEQUALITIES**

**Most people would agree that we all want to enjoy good health and that, as far as is possible, it should be available equally to all. But there are marked inequalities in health between different groups of people everywhere, including Victoria.<sup>7</sup>**

**Health inequities are disparities in the health status of different groups that are avoidable and unnecessary. They result from a range of social and economic factors that influence health.<sup>8</sup>**

**While working to improve the health of all Victorians, we also work to address the needs of those with the poorest health by supporting projects that work with people who have the least access or face the greatest barriers to activities that promote health.**

**In all of our major health promotion strategies – including those with a primary goal of increasing physical activity, or promoting mental health and wellbeing, or reducing tobacco use – VicHealth seeks to address the differences in health status between different groups by looking at ways to minimise the impact of social and economic disadvantage on their health. We have targets in all of these health action areas for the distribution of funds and the development of policy to help reduce health inequalities. Here are just some examples.**

## **ACTIVITY SNAPSHOT**

### **Finding Common Solutions**

Despite the fact that a young person at risk of harm through, for example, drug misuse, is often the same young person who has left school early, or doesn't participate in sport, sectors often work in isolation from each other, focusing on single-issue problems and outcomes. Working with VicHealth, the Royal Automobile Club of Victoria (RACV), along with the Transport Accident Commission (TAC), proposed a broad approach to improving the health of young people involved in risk-taking behaviours and so began the Common Solutions project. Education, health, road safety, drug and alcohol, and crime prevention sectors all got together to brainstorm ideas, and find out what worked and why from a comprehensive literature review. One of the project's key strengths is that it acknowledges that the kids at risk come from fractured backgrounds and disadvantaged communities, and emphasises the importance of finding a place in the community for them.

### **Braybrook's Big Day Out**

Community residents advocated for many years for a community festival for Braybrook, a culturally diverse community with a high proportion of public housing residents, high unemployment and low school retention rates. A survey in 2003 identified lack of community participation in local activities and a lack of pride in the neighbourhood as priority community issues (Neighbourhood Renewal). The Big Day Out festival, funded through the VicHealth *Communities Together* program, showcased the dynamic and creative identity of the community. It wasn't only about the event itself but also the process, which involved many local people who were given the chance to gain skills and confidence.

### **Winds of Change**

Changemakers Australia is an innovative start-up organisation that encourages the growth of social change philanthropy. It was established in Melbourne in October 2005 to educate the community about the role, importance and value of social change philanthropy in bringing about sustainable positive change, and to encourage a greater proportion of philanthropic dollars in Australia to be directed towards those organisations working for positive social change for people experiencing disadvantage and discrimination within the community. VicHealth is providing infrastructure development support.

## Investing in Healthy Eating

When it comes to nutrition, disadvantaged communities and some population groups face barriers in accessing a variety of affordable nutritious foods. When the typical issues are explained, it's not difficult to understand why. People living in rooming houses or other poor quality and transient accommodation don't have adequate food storage or cooking facilities. Some localities don't even have fresh food outlets. Frail elderly people or people with disabilities have difficulty shopping for and transporting food. Newly arrived refugees find shopping for food a bewildering exercise when they can't find their cultural staples. VicHealth's *Food for All* program is designed to increase regular access to and consumption of a variety of foods (particularly fruit and vegetables) by people living in disadvantaged communities. A key strategy of *Food for All* is 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. Nine councils are being funded for 3 years.

This year, VicHealth also provided 10 free workshops across Victoria for staff in local councils and community organisations who are working to improve food access in their communities.

## PROGRAM INVESTMENTS SPECIFICALLY TARGETING HEALTH INEQUALITIES

Following are some projects that are expressly focused on the issue of health inequalities. See also the program investments in mental health and wellbeing, physical activity and healthy eating, and other areas of health promotion action.

### Infrastructure Development Support

*Changemakers Australia*  
\$40,000.00

This project is to consolidate the infrastructure of Changemakers Australia, which focuses on educating the community about the role and value of social change philanthropy in bringing about sustainable positive change.

### VicHealth Inequalities Network Secretariat

*Monash University*  
\$40,000.00

This is a project to establish a network of representatives of key government and non-government organisations and researchers to foster partnerships and collaborative activity between health researchers and those responsible for policy and program development in other relevant sectors. The purpose of the network will be to improve capacity in Victoria to translate findings from research pertaining to health inequalities into policy and practice.

### Victorian Local Government Community Wellbeing Indicators Project

*Victoria University of Technology*  
\$100,000.00

This project will engage Victorian local governments to develop a common framework for selecting and developing indicators of community wellbeing. Systems for data collection and centralised pooling, analysis and reporting, along with feedback systems to local communities will be established, as well as activities to build the capacity of local government to select and use indicators.

## Research to reduce health inequalities

### Research Fellowships

#### Developing Sustainable Aboriginal Health Research Practice

University of Melbourne

\$100,000.00

Dr Priscilla Pyett. This project will support an experienced collaborative researcher to work in partnership with Aboriginal communities to implement and evaluate an innovative program of research reform that will improve ethical, relevant and sustainable research practice in Aboriginal health, build research capacity and ultimately lead to improved health outcomes for Aboriginal peoples.

#### Health, Development and Wellbeing of Young Children in Victoria

Deakin University

\$100,000.00

Dr Elizabeth Waters. This research will use epidemiological data on the health, development and wellbeing of young children in Victoria to review and develop evidence-based public health interventions in childhood.

#### Health Inequalities, Governance and Participation

Monash University

\$130,000.00

Dr Bebe Loff. This 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.

#### Integrated, Community-based Approaches to Health Promotion for Victorian Blue-collar Workers

University of Melbourne

\$165,000.00

Dr Anthony LaMontagne. This research is developing new intervention approaches with community involvement to address the parallel patterns of risky health-related behaviour and adverse working conditions among low status workers.

## Intervening Early: Young people, families and community

University of Melbourne

\$100,000.00

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 will provide an evidence base to support the development of cross-sectoral, early intervention policies and services for this marginalised population.

#### Understanding the Importance of Place in Health Inequalities

University of Melbourne

\$165,000.00

Dr Anne Kavanagh. This study will investigate whether living in socio-economically deprived areas is associated with poorer health status and will document variations in the social and physical environments of places (eg public transport and housing) in socially contrasting areas. Another component will explore how sexual practices vary in different contexts.

### Research projects

#### Inequalities and Health Research

University of Melbourne

\$15,000.00

Dr Anne Kavanagh. The Australian Health Inequities Program addresses social and economic determinants of health and aims to build capacity in multidisciplinary population health research by 1) increasing understanding of the complex social, economic and environmental factors that contribute to health inequities, and 2) improving policy, program and practice designed to reduce these inequities.

## Health inequalities related conference support

#### Australian Sudanese Youth Conference

University of Melbourne

\$5,000.00

This is a conference to bring together diverse disciplines and sectors and Sudanese young people across Victoria and interstate to discuss issues such as language, education, training, employment, racism, housing, and transport faced by these young people.

#### 1st National Conference on Gender and Health Inequalities

University of Melbourne


\$2,500.00

This conference will bring together diverse disciplines and sectors to provide directions on how to consider gender and health inequalities in research, policy and practice agendas.

### Food for All grants

See page 36 in Healthy Eating for investment details.



A close-up, high-contrast photograph of a person's face, focusing on the eyes and mouth. The person has light-colored eyes and is looking directly at the camera. A cigarette is held in their mouth, with smoke or ash visible. The lighting is dramatic, highlighting the textures of the skin and the intensity of the gaze.

**YOU'LL  
PAUSE  
FOR  
BREATH**

**PUSHING BOUNDARIES  
TO REDUCE SMOKING**



### **Graphic Warnings...**

VicHealth works to promote health and prevent the harmful effects of smoking by contributing to the funding of the Quit campaign. Although smoking causes many diseases other than lung cancer, the data illustrates that many smokers are still in the dark when it comes to the health risks of smoking. While the number of people smoking has declined dramatically, smoking is still the No. 1 preventable cause of death and disease in Victoria.

Photo: Courtesy Quit Victoria

**DISFIGUREMENT  
AND EARLY DEATH  
DUE TO SMOKING  
ARE REAL AND  
CANNOT BE  
IGNORED**



*Many Victorian bars and cafes have already gone smoke-free prior to next year's legislation prohibiting smoking in outdoor dining and drinking areas.*

## **PUSHING BOUNDARIES TO REDUCE SMOKING**

**Smoking is the biggest cause of death and disease in Australia<sup>9</sup> and it can be reduced best through effective health promotion strategies, including campaigns, individual counselling, and advocating legislation to control the sale and use of tobacco.**

**VicHealth has been a major contributor to the decline in smoking rates from 30% in 1987 to 18.5% in 2005<sup>10</sup> through our work with Quit at The Cancer Council Victoria. VicHealth has not only been the major funder of Quit for over 18 years, but has provided leadership and governance to this investment in tobacco control that is acknowledged as world's best practice.**

**VicHealth also funds the VicHealth Centre for Tobacco Control (VCTC), which conducts research and undertakes policy development designed to advance tobacco control efforts in Australia. Through the Centre, we deliver to Victoria the capacity to mount legal challenges to the tobacco companies and make the economic case for regulating tobacco. We also support innovative research in tobacco control.**

**This year we moved closer to 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. Here are just some examples.**

## **ACTIVITY SNAPSHOT**

### **New Victorian Tobacco Laws**

Legislation governing tobacco products and smoking in Victoria has come a long way over the past 4 years with the Victorian Government implementing a raft of tobacco reforms. In March 2006, reforms were introduced to help protect people from second-hand smoke: smoking was banned in most enclosed workplaces, as well as in covered areas of train station platforms, tram shelters and bus shelters.

Community support for smoking bans in licensed premises has continued to grow. Of 3000 Victorians surveyed in 2005, 77% supported smoking bans in hotels and licensed bars.<sup>11</sup> On 1 July next year, smoking will be prohibited in enclosed licensed premises and outdoor dining and drinking areas. Many Victorian bars and cafes have decided to beat the deadline and have already gone smokefree.

In addition, there has been a statewide push to stop smokers from lighting up at local sporting events and outdoor public places. The push came after the City of Monash began the process of outlawing smoking at sporting fields and within 10 metres of children's playgrounds. VicHealth and anti-smoking lobbyists have backed the tough measure, urging councils across the state to follow suit.

### **Graphic Cigarette Packaging**

Also in March 2006, new graphic health warnings featuring some risks of smoking were introduced on tobacco packaging. The decision by the Commonwealth to legislate new cigarette pack warnings followed extensive work by the VicHealth Centre for Tobacco Control. Although smoking causes many diseases other than lung cancer, the data illustrates that many smokers are still in the dark when it comes to the health risks of smoking. One of these risks, gangrene, is highlighted in Quit's latest television advertising. The confronting advert features the amputation of a gangrenous foot caused by peripheral vascular disease and followed revelations that almost three out of four smokers did not know that smoking causes gangrene.

### **Supporting Innovative Research in Tobacco Control**

Every day in Australia around 50 people die prematurely because they smoked tobacco. Smokers typically take up smoking in childhood or adolescence when they are under-informed about the risks. As adults, smokers find it difficult to quit because of the powerfully addictive nature of tobacco. VicHealth Senior Research Fellow Professor Melanie Wakefield, Director of the Centre for Behavioural Research in Cancer at The Cancer Council Victoria, is investigating media influences on smoking behaviour. She is helping to unravel what kind of anti-smoking advertising under which conditions promotes quitting and helps prevent young people from smoking.

Also at the Centre for Behavioural Research in Cancer is VicHealth Public Health Research Fellow Dr Mohammad Siahpush, a senior social scientist who is examining why smoking rates are markedly higher among socially/economically disadvantaged groups.

### **Economics of Tobacco Control**

The economic benefits of reducing tobacco use in Australia are significant. Research by the VicHealth Centre for Tobacco Control on the economics of tobacco control continued this year. A study by Associate Professor Susan Hurley demonstrated the benefits of reduced smoking on cardiovascular disease. This study provides further support for the proposition that modest and achievable reductions in smoking rates can substantially improve health outcomes and reduce health care costs, even in the short term.

# PROGRAM INVESTMENTS IN TOBACCO CONTROL

## QUIT program

### Quit Victoria

*The Cancer Council Victoria*

\$3,416,568.00

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. A broad range of policy and program initiatives are used to achieve objectives adding up to a comprehensive program on tobacco addressing cessation, prevention, exposure reduction and policy advancement.

## Tobacco control related research initiatives

### *Centre of Excellence in Research and Practice*

### VicHealth Centre for Tobacco Control

*The Cancer Council Victoria*

\$400,000.00

Mr Todd Harper. The Centre, 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.

### *Research Fellowship*

### Pathways of the link between socio-economic status and smoking behaviour

*The Cancer Council Victoria*

\$100,000.00

Dr Mohammad Siahpush. This research examines why smoking prevalence among socially/economically disadvantaged groups is markedly higher than among other groups. Do they have more stressful lives? Do they lack necessary social support? Or is it because of factors such as working and living in environments with no smoking restrictions or having many friends who smoke?

# YOU'LL GET CUT THROUGH

A hand saw with a blue handle is shown cutting through a piece of wood. The saw is positioned diagonally from the bottom right towards the top right. The wood is light-colored and has a white marker on its surface. The saw's teeth are visible, and the wood is being split into two pieces. The background is a plain, light color.

**PUSHING BOUNDARIES IN  
PUBLIC HEALTH RESEARCH**



## **Leadership Program...**

Part of VicHealth's research philosophy is to invest in the researcher as well as the research. By helping our Research Fellows to become better leaders, advocates and communicators we are increasing the impact and influence of their research. We're doing this in partnership with Leadership Victoria through a successful program that is ensuring researchers get heard and are taken seriously.



**VICHEALTH  
IS ENSURING  
PUBLIC HEALTH  
RESEARCH MAKES  
A DIFFERENCE**



*VicHealth Research Fellows: Jo Salmon, Angela Taft, Lynne Hillier, Dorota Gertig and Tony LaMontagne.*

## **PUSHING BOUNDARIES IN PUBLIC HEALTH RESEARCH**

**For many years, VicHealth has strategically invested in public health research and worked hard to build the skill base of public health researchers.**

**By supporting excellent research, improving the overall skills of researchers, providing networking opportunities for them, and connecting research to policy and practice, VicHealth increases the impact of health promotion and public health programs.**

**Our annual investment in research projects, fellowships, scholarships, and centres of excellence in research and practice is approximately \$6 million.**

**This year we worked in diverse ways to strengthen the public health research community and contribute to a healthy and productive Victoria. Here are some examples.**

## **ACTIVITY SNAPSHOT**

### **Integrated Research**

Research is increasingly being aligned to VicHealth's program investments, giving us research that helps us build rigorous program interventions and helps influence policy and practice. In turn, this leads to the development of strong healthy communities. This year, we continued a comprehensive review of our public health research program, evaluating our research investments (fellowships, scholarships and centres), examining current challenges and exploring future directions. Part of the review is to find ways to more effectively disseminate our research knowledge.

### **New Centre for Promoting Mental Health**

VicHealth's Centres of Research and Practice have been strategic catalysts in new developments in public health research, health policy and health promotion interventions. The newest centre to be established is the VicHealth Centre for the Promotion of Mental Health and Community Wellbeing at the University of Melbourne, School of Population Health. With Prof. John Wiseman at its helm, the purpose of this Centre is to create and share knowledge about the social, economic and environmental determinants of community wellbeing and mental health.

### **Fellowships**

VicHealth supports outstanding public health/health promotion research by awarding Senior and Public Health Research Fellowships each year. Each Fellow is funded for 5 years. These sought-after fellowships allow for longer-term research to be undertaken and are designed to attract and support high quality public health research talent in Victoria. This year VicHealth funded one new Senior Research Fellowship (Dr Bebe Loff) and five new Public Health Research Fellowships (Dr Jane Burns, Dr Cate Burns, Dr Lynne Hillier, Dr David Dunstan, Dr Craig Olsson) with areas of research in mental health, obesity and physical activity, and sexual health). This takes the total number of researchers receiving full or partial VicHealth support to 29. VicHealth Research Fellowships also have brought top-class Australian researchers back to Victoria from international research institutions.

### **Scholarships**

This year VicHealth also supported young researchers by providing Public Health PhD Research Scholarships. Scholars are funded for 3 years and take up their research in Victorian Research Centres where there is a critical mass of public health researchers. VicHealth's newest scholar is Ms Tania King, who is researching obesity and physical activity.

## Leadership Program

This partnership between VicHealth and Leadership Victoria is providing VicHealth Research Fellows with leadership skills. The program is getting the researchers to think more broadly about their work and its value, as well as helping them to become better leaders, advocates and communicators. It offers the researchers a great opportunity to build networks and work together. This approach is part of VicHealth's new philosophy of providing more support to researchers: investing in the researcher as well as the research. This year, the second and third of the series of seminars were delivered. *Cutting Through The Red Tape* focused on understanding of the role of government and bureaucracy in transferring research outcomes into policy and practice. *Media and Communications* gave the Fellows a better understanding of the role of the media in raising awareness of public health research and related outcomes, raising the profile of public health researchers, and improving the understanding of public health research by the target audience.

## Conference Support

VicHealth provided support to 18 conferences conducted by other providers through the Conference Support Scheme. VicHealth is the only organisation in Victoria that provides biannual funding opportunities to support other organisations to inform, debate and educate in the field of health promotion and public health.

## ARC Linkage Grants

VicHealth, as an industry partner, has collaborated with three researchers seeking grants from the Australian Research Council (ARC Linkage Project Funding Scheme). The scheme is a Commonwealth Government initiative that supports collaborative research projects between higher education researchers and industry. VicHealth is the only organisation in Victoria that provides annual funding opportunities to partner with leading researchers applying for ARC linkage grants to support health promotion and public health research and development projects. This new approach anchors our commitment to working collaboratively with individuals, groups and organisations from many sectors.

This year, three research projects were successful in receiving ARC funding: Prof. Sandy Gifford's *Good Starts Arts Project: An Audio-Visual Arts & Health Research Project Working with Newly-Arrived Young People from Refugee Backgrounds*; Dr Carolyn Whitzman's *Gender, Local Governance & Community Safety: Making the Links Between Violence in Public & Private Space*; and Prof. Doreen Rosenthal's *Understanding Victorian Women's Experiences of Unplanned Pregnancy and Abortion*.

## Victorian Public Health Research and Education Council

VPHREC is the Victorian Public Health Research and Education Council, the peak body for public health research. VicHealth is the principal funder. This year, following an extensive consultation process, VPHREC finalised its strategic directions for the next 2 years. VPHREC will focus on promoting public health research, expanding investment in public health research, and building the capacity of the public health workforce, including the research workforce. It will advocate to expand the capacity for data linkage in public health research to facilitate better quality research, to enhance communication with members, and to engage successfully with government.

## Research Informing Health System

The Australian Institute of Health Policy Studies (AIHPS) is a national institute devoted to studying the ways in which health policy can improve the health of all Australians. It also aims to improve Australia's capacity for health policy research and to contribute to improved interaction between the relevant government, non-government and health industry partners.

AIHPS is the initiative of a national consortium. It harnesses the research capacity, policy and other expertise from a number of universities and other organisations from right around Australia, as well as many other health and non-health industry organisations from government, non-government and private sectors. VicHealth is a foundation member and is represented on the Board.

This year AIHPS held three roundtables focusing on chronic disease management, engaging consumers in healthcare policy and practice, and workforce for the Australian health care system. The roundtables attract key opinion leaders from government, academia and industry.



*Promoting mental health and increasing physical activity are key parts of our research investment.*

## PROGRAM INVESTMENTS IN PUBLIC HEALTH RESEARCH

Research is essential to build knowledge and encourage innovative solutions.

At VicHealth, research complements all of our health promotion investments. We support a mix of investigator-led research, strategic research and evaluation research to build evidence for health promotion programs.

Our program of investment to support public health research includes significant funding of Centres of Excellence in Research and Practice, Public Health Research Fellowships, PhD Scholarships and commissioned research.

Increasingly our research program is being integrated into our core health promotion programs, with particular emphasis on promoting mental health and wellbeing, physical activity and healthy eating, tobacco control, and the reduction of health inequalities.

The following section outlining funded projects should also be cross-referenced with sections in this Annual Report on program investments in the promotion of mental health and wellbeing (p50), in physical activity (p31), healthy eating (p36), tobacco control (p69) and health inequalities (p62).

### Centres of Excellence in Research and Practice

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

Centres carry out research that fills an identified gap in current research and practice activity and contributes to national and state health policy objectives.

VicHealth currently supports, at varying levels, six Centres of Excellence in Research and Practice, listed here and under specific health action areas.

#### VicHealth Professor of Research – Centre for Adolescent Health

*Murdoch Children's Research Institute*  
\$100,000.00

Prof. G Patton. This Centre aims to improve the health of young people through research, health promotion, education, training, advocacy and clinical services.

#### VicHealth Professor of Research – Centre for the Study of Mother & Child Health

*La Trobe University*  
\$100,000.00

Prof. Judith Lumley. This Centre is a multi-disciplinary research centre that 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 year. Each Fellow is funded for 5 years.

Currently there are 29 Fellowships funded by VicHealth, listed here and under specific health action 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 2000 Victorians aged 14 to 26 years old (1992–2004).

#### Contribution and interactions of individual, community and environmental characteristics on health (Supplementary Senior Fellowship)

*University of Melbourne*  
\$13,200.00

Dr Margaret Kelaher. To effectively address disparities in health, health policy and promotion must strike a balance between addressing individual, family and community risk factors. This research aims to determine the best method of striking this balance by building 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 individual's lifestyle, activities and the impact on health. The aim is to inform public health policy so that disadvantaged groups can be supported to achieve health and wellbeing.

**Implementing and evaluating system-level change to improve adolescent health and wellbeing**

*University of Melbourne*

\$100,000.00

Dr Lyndal Bond. This fellowship aims to develop and refine research and evaluation methods to assess social systems (such as schools) for population-based interventions.

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

*University of Melbourne*

\$125,000.00

A/Prof. John Toumbourou. This fellowship will explore pro-social behaviour in children and young people, and the role this behaviour plays in substance abuse prevention and mental health promotion.

**Measurement of individual and social benefits for the reallocation of resources in the Australian health sector (Supplementary Senior Fellowship)**

*Monash University*

\$29,250.00

Prof. Jeff Richardson. The project will identify and measure individual and social benefits arising from health and health promotion activities which have until now been neglected in economic evaluation studies, leading to improved evidence for future health promotion programs and health systems. Areas will include obesity, mental health, child/adolescent health and tobacco.

**Muslim youth, social connectedness and reproductive/sex education**

*La Trobe University*

\$80,000.00

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.

**The social determinants of sexual and reproductive health**

*La Trobe University*

\$125,000.00

Prof. Anthony Smith. Social inequality and socio-economic status are associated with many adverse health outcomes. This study will explore the ways in which they are related to sexual and reproductive health and how they are socially determined.

**Social and health outcomes of the Australian needle and syringe program**

*University of Melbourne*

\$125,000.00

A/Prof John Fitzgerald. This is a study to document how Australia's Needle and Syringe Program works, and develop sustainable social and health outcome data collection strategies to foster an evidence-based culture of service provision in Victoria.

**Using innovative epidemiology methods to understand and reduce the transmission of blood-borne viruses and sexually transmitted infections in marginalised groups (Supplementary Senior Fellowship)**

*Macfarlane Burnet Institute for Medical Research & Public Health*

\$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.

**Women's health after childbirth: A prospective cohort study of 1900 women having a first child**

*La Trobe University*

\$100,000.00

A/Prof. Stephanie Brown. This study examines the extent to which common health problems affecting women after childbirth occur as new problems in pregnancy, or after childbirth.

**PhD Scholarships**

VicHealth supports young researchers by providing up to six Public Health PhD Research Scholarships each year. Scholars are funded for 3 years. Currently there are 16 Scholarships funded by VicHealth, listed here and under specific health action areas.

**An investigation of interventions aimed at enhancing women's sexual health**

*University of Melbourne*

\$22,091.00

Mr Richard Hayes. This Scholarship will develop and test interventions designed to encourage women to raise the more common sexual difficulties with their clinicians at sexual health centres and subsequently in general practice.

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

*University of Melbourne*

\$22,091.00

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

**Risk factors of illegal behaviour in intellectually disabled people**

*Monash University*

\$21,231.00

Ms Emma Lourey. This study aims to investigate psychological, psychiatric and environmental factors which may predict offending behaviour in people with intellectual disability.

**Social meanings of inhalant misuse in Victoria: Implications for the development of policy and intervention**

*University of Melbourne*

\$9,615.50

Ms Sarah MacLean. This research aims to document inhalant misuse prevalence to critically analyse the social meanings around inhalant misuse in Victoria and to relate this analysis to the development of policy and effective intervention.

**Cochrane Collaboration**

**Cochrane Field for Health Promotion – Public Health**

*Cochrane Collaboration*

\$160,000.00

Project to create greater capacity in Australia to support evidence-based health promotion through the production and dissemination of systematic reviews and contributing to the overall research capacity in conducting and evaluating systematic reviews.

## Special Research Projects

### Australian Institute of Health Policy Studies

*La Trobe University*

\$20,000.00

This national institute is devoted to studying the ways in which health policy can improve the health of all Australians to improve Australia's capacity for health policy research, and to improve interaction between the relevant government, non-government and health industry partners.

### Investigation into Integrating Research, Policy and Practice

*Deakin University*

\$76,106.10

The main focus of this project is to locate and document innovative models of the integration of research evidence and policy and practice and compare their effectiveness.

### Key Centre for Women's Health in Society: Dissemination strategy

*Key Centre for Women's Health, University of Melbourne*

\$35,000.00

This project aims to develop and implement a rigorous approach to disseminate outcomes and learnings arising from the Centre's research.

### Public Health Advocacy Project 2006–2007

*Victorian Public Health Research and Education Council*

\$110,000.00

This industry body was established to foster cooperative research; strengthen links between research organisations, industry, and educational, government and non-government institutions; and develop a strong culture of public health research and education.

### Review of VicHealth Research Centres and Fellowships

*CONSAN Consulting*

\$60,280.00

This project will analyse the impact of the VicHealth investment in VicHealth Research Centres and Fellowships on public health research capacity building, and knowledge generation.

## 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, physical activity, healthy eating, tobacco control, and health inequalities.*

### 2006 Rural Victorian Alcohol and Drug Conference

*South West Health Care*

\$5,000.00

This rural-specific conference will bring the best professionals in the alcohol and other drug field in Australia to south-west Victoria via a program designed to update, motivate, stimulate and educate country-based workers and their communities.

### Annual Scientific Meeting of the Australasian Epidemiological Association – Opportunities and limits in epidemiological research

*Australasian Epidemiological Association*

\$5,000.00

This conference will bring together epidemiologists, other public health researchers, biostatisticians, students and others interested in epidemiology and population health in Australia to discuss the latest research and methods.

### Creating Child-friendly Cities Conference

*Environment Victoria*

\$3,700.00

This is a conference to facilitate the exchange of practical ideas and tools that can assist in making cities more child-friendly.

### Fair's Fair: Equitable access for substance users

*Victorian Alcohol and Drug Association*

\$2,000.00

The aim of this conference is to bring together professionals from all over Victoria to share and discover innovative best practice to reduce the health inequalities and prejudice faced by alcohol and substance users when accessing health providers and treatment services.

### Homeless is a Health Hazard: Improving health outcomes for people experiencing homelessness

*Council to Homeless Persons*

\$3,000.00

This is a conference to bring together various sectors and organisations to share information, examine models of practice, analyse current issues and identify future research areas in promoting the health of people experiencing homelessness

### International Consortium for Intergenerational Programs

*Victoria University*

\$2,500.00

This conference aims to bring together practitioners, policy-makers and academics from around the world to share their experiences, learn from one another, and discuss the future development of intergenerational programs, research and policies.

### Rainbow Families 3 Conference

*Rainbow Families Committee of the Victorian Gay and Lesbian Rights Lobby*

\$2,500.00

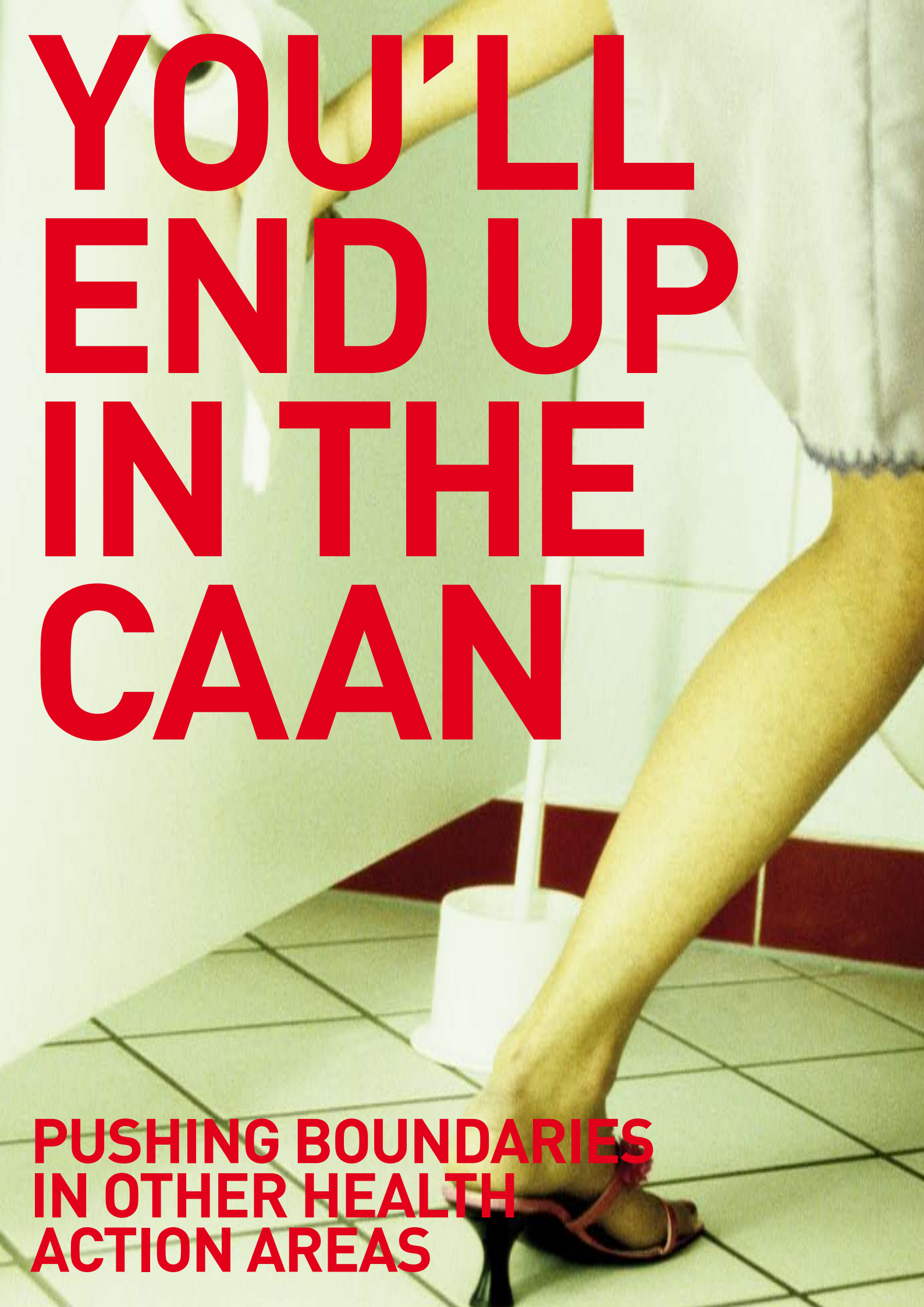
This conference aims to raise awareness of issues experienced by gay, lesbian and bisexual families and provide delegates with networking opportunities with service providers.

### Securing the Future

*Yarram Women on Farms Group*

\$2,000.00

This is a conference to bring Gippsland residents together, especially the farming community, to gain information and resources on how to better manage ageing, death or incapacitation of a family member.

A photograph of a woman's legs in a white dress and high heels, standing in a public restroom. A toilet brush is visible in the foreground. The text is overlaid in large, bold, red letters.

# YOU'LL END UP IN THE CAAN

**PUSHING BOUNDARIES  
IN OTHER HEALTH  
ACTION AREAS**



**Changing  
the culture  
of dangerous  
drinking...**

is a challenging task. VicHealth is strengthening efforts to reduce alcohol-related harm and promote responsible drinking by investing in key programs such as the Australian Drug Foundation's Community Alcohol Action Network (CAAN). CAAN raises public awareness of alcohol issues and mobilises communities to take action against inappropriate alcohol use, availability, advertising, promotion and products.



**VICHEALTH ALSO  
WORKS TO PROMOTE  
RESPONSIBLE  
DRINKING, SUN  
PROTECTION AND  
SEXUAL HEALTH**



*VicHealth has long been a supporter of the SunSmart program (The Cancer Council Victoria).*

## **PUSHING BOUNDARIES IN OTHER HEALTH ACTION AREAS**

**In addition to investing in tobacco control, mental health and wellbeing, and physical activity, VicHealth also supports program development, research, evaluation and advocacy in the areas of sun protection, alcohol and substance misuse, and sexual health.**

**This year some key programs contributed to improving health in these areas in the following ways.**

### **ACTIVITY SNAPSHOT**

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#### **Reducing Harm from Alcohol**

VicHealth has continued to strengthen efforts to reduce alcohol-related harm and promote responsible drinking. Alcohol and drug misuse are major areas of concern in the field of health promotion and are strongly correlated to mental health promotion and injury prevention. For many years, VicHealth has been a voice in debates around alcohol and illicit drugs and a supporter of programs which promote responsible drinking and reduce substance misuse.

#### *Community Alcohol Action Network*

Changing the cultural status of alcohol within the community is a challenging task and one that requires involvement from all sectors. One organisation leading the way and supported by VicHealth is the Community Alcohol Action Network (CAAN), which tackles environmental forces that drive unsafe and heavy drinking. As part of its advocacy work, CAAN has successfully challenged alcohol advertisements, opposed the expansion of packaged liquor outlets and called for health warning labels to be added to alcohol products to help consumers make informed decisions. Many people at risk of alcohol harms are not aware of the dangers, and as some cans of pre-mixed drinks (including bourbon and cola) now contain almost three standard drinks, it's hard for the consumer to know how much they are drinking.

#### *Good Sports*

Evidence is growing that suggests community-based sports clubs contribute to alcohol problems by accepting and promoting excessive drinking and providing inappropriate role models for young people. Helping sporting clubs implement responsible alcohol practices and policies enables clubs to develop a culture that attracts families and junior players. Over 1600 clubs are now participating in the Australian Drug Foundation's *Good Sports* program. Supported by VicHealth, the program is designed to change the booze culture that exists in many sporting clubs, and promotes the responsible serving of alcohol.

#### **Promoting Sun Protection**

Australia has the highest incidence of skin cancer of any country in the world. One out of two Australians will be treated for skin cancer during their lifetime. VicHealth has long been a supporter of the SunSmart program at The Cancer Council Victoria, which is educating Victorians about the importance of sun protection and the need to check their skin regularly.

With the help of SunSmart dozens of Victorian councils are now planning for sufficient sun protection in public spaces and at events, providing sun protection information to the community, and ensuring council-run facilities adopt sun protection policies and practices.

SunSmart has also been working closely with WorkSafe, industry employer groups and unions to raise awareness of the risk to health from UV radiation during outdoor work. Outdoor workers have a higher risk of skin cancer given the amount of time they spend outdoors exposed to UV rays from direct sunlight and reflected from surrounding surfaces. WorkSafe now expects all employers of outdoor workers to have sun protection measures in place during the months when UV radiation is at a harmful level.

# PROGRAM INVESTMENTS SUPPORTING OTHER HEALTH ISSUES

## Alcohol misuse

### ADF: Good Sports

*Australian Drug Foundation*  
\$200,000.00

This program assists sporting clubs to develop and implement policies to promote the responsible use of alcohol and serving practices within the club environment.

### Community Alcohol Action Network (CAAN)

*Australian Drug Foundation*  
\$80,000.00

This network fosters public awareness of alcohol problems and seeks to mobilise the community to take action against inappropriate alcohol use, advertising and supply.

## Sun protection

### SunSmart Program

*The Cancer Council Victoria*  
\$400,000.00

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.

## Sexual health

*Centre of Excellence in Research and Practice*

### VicHealth Professor of Research – Australian Research Centre in Sex, Health and Society

*La Trobe University*  
\$100,000.00

Prof. Marian Pitts. The Centre is dedicated to the advancement of knowledge and applied skills in sexual health research and education locally, nationally and internationally. Through research, teaching and community activities the Centre strives to develop and sustain a direct and organic link with the wider community.

## Research Fellowship

### Men, sexuality and health: New issues, new directions

*La Trobe University*  
\$165,000.00

A/Prof. Gary Dowsett. This fellowship will investigate 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.

## Young people

### Common Solutions project

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

### Common Solutions Project: Centre For Adolescent Health

*Centre for Adolescent Health*  
\$94,000.00

Funding to support project evaluation.

### Common Solutions Project: Melton Shire Council

*Melton Shire Council*  
\$90,000.00

Melton Shire is the site of the first trial of the Common Solutions project. This funding supports a project officer to work with young people and the broader community.

### Discovery grants program

This was the first time that the Discovery Grants had been offered. The broad aim of the program was to support innovation beyond our current priority areas. We also aimed to provide opportunities to address new issues and ideas; develop innovative project methodologies; and test or adapt initiatives to improve existing practice, activities or ways of working.

#### **Community-campus Partnership for Violence Prevention**

*La Trobe University*  
\$25,000.00

This project will support the development of a partnership between two universities (La Trobe and Melbourne) and the City of Whittlesea to facilitate a community response to violence in the City of Whittlesea.

#### **Integrating Human Rights and Bioethics into Public Health Research and Policy**

*Monash University*  
\$37,500.00

This project aims to identify activities to build public health professionals' capacity relating to health ethics and human rights, in particular research governance.

#### **Painless Service at the Checkout**

*Arthritis Foundation of Victoria*  
\$21,500.00

This project aims to identify barriers and develop strategies to ensure good musculoskeletal health of staff at supermarket checkouts.

#### **WaterMatters – Understanding the relationship between the management of water and community health in north-east Victoria**

*The Centre for Continuing Education Inc.*  
\$32,750.00

This project will develop a history of the changes to the environment, community, regulation and management of water and how these link to community health in north-east Victoria.

### Feasibility studies/special projects

#### **2005 Stakeholders' Consultation**

*New Focus Pty Ltd*  
\$59,693.37

This funding is for research into stakeholder views on VicHealth's current performance, comparing findings from research conducted in 2000 and 2002.

#### **Leadership Victoria and Williamson Community Leadership Program**

*Leadership Victoria*  
\$30,000.00

The sponsorship contract with Leadership Victoria provides VicHealth with access to leadership training and opportunities for networking that have been employed in our Research Workforce Development program. Senior and Public Health Research Fellows have benefited from specially tailored seminar sessions on understanding the role of government and bureaucracy in transferring research into policy and practice, and understanding of the media and its potential for transferring research into policy and practice.

#### **Public Attitudes to Health Promotion and Public Health**

*Wallis Consulting Group*  
\$45,723.00

This project will conduct a survey on community attitudes to health promotion and public health.



A selection of this year's publication covers: *Partnership Resource for Community Arts*; *A Sporting Chance – the inside knowledge on healthy sports clubs*; *The Story of VicHealth – a world first in health promotion*; *Building Indigenous Leadership: Promoting the emotional and spiritual wellbeing of Koori communities* [DVD and video; cover art is from an original painting by Lyn Briggs]; *VicHealth Letter Winter 2005 – An ounce of prevention is worth a pound of cure*.

## RAISING AWARENESS

One of VicHealth's core responsibilities is to raise awareness about health issues and develop and promote opportunities for promoting health. This year, we achieved this in the following ways.

### MEDIA ACTIVITIES

In all, VicHealth was mentioned in just under 500 newspaper articles in 2005–2006. Of these, 47 explored a health promotion issue in some depth. In addition, 89 radio items and eight television stories ran.

Regional and suburban press proved fertile ground for promoting the 'get walking' messages associated with VicHealth's 10,000 Steps Walking Challenge. Run during the lead up and throughout the Melbourne 2006 Commonwealth Games, the Challenge generated 24 press articles including a feature in the *Herald Sun's* Health Watch column.

Hot Topics, a new section on the VicHealth website, was set up to profile VicHealth's response to issues in the media. It includes opinion pieces, media releases and statements on current topics under debate.

VicHealth CEO Dr Rob Moodie continued to raise public health issues by placing opinion pieces in the following metropolitan dailies.

#### 2 Opinion Pieces in *The Age*

Average circulation: 194,100 (as reported by Media Monitors)

##### **A big stick is not the way to fight drug use**

20 March 2006

Rob Moodie examines the polarised views about cannabis in the community, quotes recent figures on use and reviews the evidence linking cannabis use with mental illness. He then puts the case for prevention, education and treatment.

##### **New ice age is upon us and we must act now**

2 April 2006

The new ice age presents formidable challenges to the police, to ambulance officers and to staff in emergency rooms, psychiatric services and drug treatment services. It is time to rethink our approach to dangerous, illegal 'party' drugs, writes Rob Moodie.

#### 4 Opinion Pieces in the *Herald Sun*

Average circulation: 551,000 (as reported by Media Monitors)

##### **Melbourne 2050: A sad place to live**

7 July 2005

If we look at trends in the health of our community it's clear some things have improved, but according to VicHealth's CEO, there are three key problems we must tackle now. Rob Moodie writes that we must strengthen our sense of connectedness and belonging, halt the decline in our incidental activity, and address the growing inequality between the haves and the have-nots.

##### **Dope: Some good news, some bad**

4 August 2005

Recent use of cannabis among 14 to 19-year-old Australians has almost halved from 1998 to 2004. Rob Moodie writes that the challenge now is to ensure that the harm from drugs like cannabis, just as with tobacco and alcohol, is reduced to an absolute minimum.

##### **Kids who are what they eat**

26 April 2006

VicHealth's CEO welcomes the State Government's decision to ban high-sugar soft drinks from Victorian schools from next year. Rob Moodie says it's a good start but it's only one of many changes that need to be made if we are to ensure children reach adulthood with healthy diets, healthy levels of physical activity and healthy weight levels.

##### **I'm being driven around the bend**

1 June 2006

As our cities have sprawled, we've made enormous investments in our roads. But funding for public transport and for bicycles and pedestrians infrastructure has come off the rails. Rob Moodie calls for more funding to 'ease us out of our cars'.

#### 1 Opinion Piece in *The Weekend Australian*

Average circulation: 293,444 (as reported by Media Monitors)

##### **No end to obesity while Big Business controls the food chain**

8 April 2006

During the last 30 years, the cultural changes that promote overweight and obesity in Australia have been far more profound and are far more entrenched than we realise. Rob Moodie writes that currently, there is too much money to be made in obesity and he calls for some 'equally radical and politically indigestible approaches' to be undertaken to combat the rising tide of obesity.

#### 1 Opinion Piece in the *Canberra Times*

Average circulation: 36,273 (as reported by Media Monitors)

##### **Schoolyard brawls doing little for the lot of MPs**

13 June 2006

Quoting from the VicHealth-funded report *Workplace Stress in Victoria: Developing a Systems Approach*, Rob Moodie highlights the links between job stress and depression and cardiovascular disease. He argues that politicians are a particularly stressed group because they have high demands but low control of their jobs. He calls for politicians to review their behaviour in the most public of our workplaces, Federal Parliament.

#### Online Opinion

Several of Rob Moodie's opinion pieces were also posted on [www.onlineopinion.com.au](http://www.onlineopinion.com.au) – an e-journal promoting social and political debate – and generated considerable discussion online.

## MAJOR VICHEALTH PUBLICATIONS

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**VicHealth aims to build and share health promotion knowledge. One way to get credible and accessible information to our target audience is by developing publications.**

### VicHealth Letter

#### **An Ounce of Prevention is Worth a Pound of Cure**

*Making the case for choosing health promotion*  
Victorian Health Promotion Foundation, July 2005

#### **Healthy Planet, Healthy People**

*Shaping a sustainable healthy future*  
Victorian Health Promotion Foundation, January 2006

#### **The New Frontline of Health**

*From roads, rates and rubbish to community wellbeing*  
Victorian Health Promotion Foundation, June 2006

### Physical Activity

#### **Fact Sheets and Activity Sheets**

Victorian Health Promotion Foundation, September 2005

- Physical Activity
- Active Transport
- Children and Play
- Obesity and Overweight
- Sport and Active Recreation
- Food Security

#### **Information for Walking School Bus Coordinators (online)**

*Password protected area of the VicHealth website specifically for Walking School Bus Coordinators*  
Victorian Health Promotion Foundation, January 2006

#### **A Sporting Chance (plus 9 case studies)**

*The inside knowledge on healthy sports clubs*

Victorian Health Promotion Foundation, March 2006

- Anglesea Surf Life Saving Club
- Essendon Baseball Club
- Kingsville Tennis Club
- Maroondah Rugby Club
- PIT Mill Park Gymnastics Club
- Sporting Shooters Association – Springvale Branch
- Sunshine Heights Cricket Club
- Waverley Little Athletics Centre
- Williamstown Women's Lacrosse Club

#### **A Winning Game Plan**

*Creating opportunities in sport and active recreation*  
Victorian Health Promotion Foundation, May 2006

### Mental Health and Wellbeing

#### **Planning, Monitoring and Evaluating Mental Health Promotion**

Victorian Health Promotion Foundation, July 2005

#### **Promoting Mental Health: Concepts, Emerging Evidence, Practice**

WHO Department of Mental Health and Substance Abuse in collaboration with the Victorian Health Promotion Foundation and the University of Melbourne, October 2005

#### **Review of Communication Campaigns Focusing on Violence Against Women**

Prof. Robert Donovan in conjunction with the Victorian Health Promotion Foundation, October 2005

#### **Review of the Incidence and Needs of Children of Parents with a Mental Illness**

Victorian Health Promotion Foundation, November 2005

#### **Mental Health Project Summaries**

Victorian Health Promotion Foundation, January 2006

- Creating Access to the Arts
- Participating in Community Arts
- Community Festivals and Celebrations
- Building Indigenous Leadership
- Increasing Social Inclusion for Children and Young People of Parents with a Mental Illness
- Increasing Young People's Access to Economic Resources

#### **Evidence-Based Mental Health Promotion Resource**

Developed by VicHealth in conjunction with Deakin University for the Public Health Group, Victorian Department of Human Services, February 2006

#### **Partnership Resource for Community Arts**

Victorian Health Promotion Foundation, May 2006

#### **Building Indigenous Leadership:**

#### **Promoting the emotional and spiritual wellbeing of Indigenous communities**

(DVD and video recording)  
Victorian Health Promotion Foundation, May 2006

#### **Review of Established Links Between Alcohol Misuse and Violence**

Dr Angela Taft in conjunction with the Victorian Health Promotion Foundation, June 2006

#### **Workplace Stress in Victoria – Developing a Systems Approach**

Victorian Health Promotion Foundation, June 2006

### Corporate

#### **VicHealth Website**

New website launched  
October 2005

#### **The Story of VicHealth**

*A world first in health promotion*  
Victorian Health Promotion Foundation, November 2005

## OTHER PUBLICATIONS

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

#### **A Doctor's View: Sex sells, sexual health doesn't**

Moodie R, *Snows Field*, Issue 3, July 2005

#### **Childhood obesity – a sign of commercial success, but a market failure**

Moodie R, Swinburn B, Richardson J & Somaini B, *International Journal of Obesity* (in press 2006)

#### **HIV/AIDS in the Asia Pacific Region**

O'Keeffe AM, Godwin J & Moodie R, Analytic Report for the White Paper on Australia's Aid Program, Oct 2005

#### **Mental Health Promotion**

Herrman H, Saxena S & Moodie R, *Encyclopedia of Public Health* (in press 2006)

#### **Partnerships for Promoting Health: How to Tango**

Moodie R & Rathbun K, *Health for the Millions*, Nov–Dec 2005 & Jan–Feb 2006, Vol. 31 No. 4 & 5. pp. 24–27

**Promoting Mental Health: Concepts, Emerging Evidence, Practice**

Herrman H, Saxena S & Moodie R (eds), WHO Geneva 2005

- **Introduction: Promoting Mental Health as a Public Health Priority**

Herrman H, Saxena S, Moodie R & Walker L in *Promoting Mental Health: Concepts, Emerging Evidence, Practice*, WHO Geneva 2005

- **Responding to the Social and Economic Determinants of Mental Health: A Conceptual Framework for Action**

Walker L, Verins I, Moodie R & Webster K in *Promoting Mental Health: Concepts, Emerging Evidence, Practice*, WHO Geneva 2005

- **Conclusions and Recommendations**

Saxena S, Herrman H, Moodie R & Saraceno B in *Promoting Mental Health: Concepts, Emerging Evidence, Practice*, WHO Geneva 2005

**Sexual Health for All: Strategies for action in the 21st century**

Moodie R, *Sexual Health: An Australian perspective*, Temple-Smith, Gifford S (eds), IP Communications, Melbourne 2005

**Why We Won't Win the Battle of the Bulge – Tell me I'm wrong**

Moodie R, *Snows Field*, Issue 2, June 2006

**CONFERENCE PAPERS AND PRESENTATIONS**

**By speaking at seminars and conferences VicHealth staff ensure the latest health promotion evidence and thinking is made widely available. Following is a list of papers and presentations made this year.**

Agustin-Guarino M, *Common Solutions to Common Problems: A Partnership Approach*, Australian Public Health Association, Alice Springs, Northern Territory, April 2006

Agustin-Guarino M & Biviano J, *Strengthening Research Networks*, Australian Public Health Association, Alice Springs, Northern Territory, April 2006

Agustin-Guarino M, *Common Solutions to Common Problems: A Partnership Approach*, Masters of Public Health, Deakin University, Melbourne, May 2006

Ball S, Chair session at Risky Business Conference, University of Melbourne, October 2005

Ball S, Panel member: *Healthy Arts, Healthy Minds*, Geelong Performing Arts Centre, Mental Health Week, October 2005

Ball S, Presentation to visiting American arts presenters for the Melbourne Festival on VicHealth and the Arts, October 2005

Ball S, Presentation to Arts Victoria staff on VicHealth and the Arts, Arts Victoria, October 2005

Basinski D, *The Health Costs of Violence: A Neglected Area of Public Policy*, Public Health Association of New Zealand Conference, Wellington, July 2005

Basinski D, *Health in Public Places*, Public Health Association of New Zealand Conference, Wellington, July 2005

Basinski D, *The Health and Economic Costs of Family Violence*, Gippsland Family Violence Conference, Sale, November 2005

Biviano J, *Integrating Research into Practice*, 36th Public Health Association of Australia Annual Conference, Perth, September 2005

Biviano J, *Common Solutions to Common Problems: A Partnership Approach*, Safety Promotion: Engaging Young People, Victorian Safe Communities Network, Melbourne, May 2006

Butera R, *A Business Case for Active Transport – A Tool for Measuring Outcomes Against the Triple Bottom Line*, Social Environmental and Economic Outcomes, 6th International Walk21 Walking Conference, Zurich, Switzerland, September 2005

Butera R & Umesh R, *Walking School Bus – Supporting the Development of Child Friendly Cities*, Child Friendly Cities Conference, Environment Victoria, Melbourne, November 2005

Callander M [joint presentation with C Miller of The Cancer Council Victoria] *VicHealth and SunSmart: A Model Partnership for Health*, Australian Public Health Association, Alice Springs, Northern Territory, April 2006

Jolly K, *Leading the Way: Councils Creating Walkable Communities*, 6th International Walk21 Walking Conference, Zurich, Switzerland, September 2005

Jolly K, Panel speaker, Municipal Association of Victoria Transport Forum, Melbourne, October 2005

Jolly K, *Promoting Health Through State Sporting Associations*, Commonwealth International Sports Conference, Melbourne, March 2006

Jolly K, Keynote speaker, *Move it or Lose it: The Power of Participation*, 4th National Mental Health Promotion Hui, Palmerston North, New Zealand, May 2006

Kerr M, *Out of school hours sport programs (OSHSP): Extending the opportunities for structured sport outside physical education*, Commonwealth International Sports Conference, Melbourne, March 2006

Maher S, *The Development of Regional Sports Assemblies as Health Promoting Organisations*, Commonwealth International Sports Conference, Melbourne, March 2006

Maher S, *Factors Affecting the Successful Creation of Health Promoting Sporting Clubs*, Commonwealth International Sports Conference, Melbourne, March 2006

Moodie R, *The rising importance of health and wellbeing*, Pathways to the Future Unlocking Creativity – Community Service and Health Industry Training Awards & Conference 2005, Melbourne, July 2005

Moodie R, *Taking the first step*, AMSA Developing World Conference 2005, Sydney, July 2005

Moodie R, Tangcharoensathien V, Somaini B, Schremmer J & Tang KC, *Sustainable financing for prevention and health promotion: issues and challenges*, 6th Global Conference on Health Promotion (6GCHP), Bangkok, Thailand, August 2005



Moodie R, *The effect of physical activity on mental health*, Take a jog around the mental block: Australian Science Festival forum, Canberra, August 2005

Moodie R, *Public health advocacy*, Making It Better – Effective Public Health Advocacy Conference, Sydney, August 2005

Moodie R, *A parallel Australia – tackling mental health*, Australian Multicultural Foundation Cultural Diversity in Health 2005 Conference, Melbourne, October 2005

Moodie R, *Men(s)tal Health: Shedding our fears about our health*, Men's shed conference. Lakes Entrance, November 2005

Moodie R, *Men's health and increasing health and wellbeing*, Victorian Healthcare Association (VHA) Conference, Melbourne, November 2005

Moodie R, *HIV/AIDS*, Engineers without Borders Inaugural National Conference, Melbourne, December 2005

Moodie R, *Don't throw out the Baby Boomers with the Bathwater*, LGPRO 2006 Annual Conference for Aged and Disability Services, Melbourne, February 2006

Moodie R, *Move it, Use it or Lose it: the psychological benefits of staying active*, Sport and Mental Health Conference, Melbourne, March 2006

Moodie R, *I'm from the Health Police*, Australian Physiotherapists Centenary Conference Dinner, Melbourne, May 2006

Moodie R, *Why Intergenerational programs?* Connecting Intergenerational Communities through Creative Exchange Conference, Melbourne, June 2006

Siauw LC, *Access to Food: Challenges in the land of plenty*, Diversity in Health 2005: It's Everybody's Business, Australian Multicultural Foundation, Melbourne, October 2005

Strachan J, *Building a Winning Team for Sports Injury Prevention*, 4th National Sports Injury Prevention Conference, Australian Sports Commission, Melbourne, October 2005

Strachan J, *Lessons learned during the establishment of AFL Recreational Football as a new form of Australian Football*, Commonwealth International Sports Conference, Australian Sports Commission, Melbourne, March 2006

Thompson R, *Convincing Conversations*, Leadership Victoria, Melbourne, May 2006

Umesh R, *The Walking School Bus Program*, City of Yarra Sustainable and Safe Travel to School Forum, Melbourne, April 2006

Verins I, Presentation to RMIT planning and design students about *Mental health and wellbeing and its role in social and urban planning*, June 2005

Verins I, Partnerships Workshop to Women's Service in Frankston, August 2005

Verins I, Presentation to Regional Health Promotion and Mental Health Officers, Melbourne, September 2005

Verins I, Keynote presentation to the Southern Region Education Conference, Moorabbin, May 2006

Webster K, *Taking a Position on Health Inequalities*, Victorian Council of Social Service (VCOSS) Congress 2005: A Fair and Equitable Victoria – Achieving the Vision, Melbourne, October 2005

Webster K & Bereded-Samuel E, *Refugee Resettlement to Regional Areas. Promise, Pitfalls and Good Practice*, Diversity in Health 2005: It's Everybody's Business, Australian Multicultural Foundation, Melbourne, October 2005

Webster K, *Mental Health Promotion with New Arrival Communities*, Diversity in Health 2005: It's Everybody's Business, Australian Multicultural Foundation, Melbourne, October 2005

Webster K, *Health Inequalities: VicHealth's Position*, The Life Course Short Course, Melbourne, Deakin University, November 2005

Webster K, *A Public Health Approach for the Prevention of Violence Against Women*, Women's Safety Forum, Office of Women's Policy, Department for Victorian Communities, February 2006

Webster K, *Violence Against Women: A Public Health Approach*, Presentation to the All China Women's Federation, Human Rights and Equal Opportunity Commission and the Victorian Equal Opportunity Commission, April 2006

Webster K, *A Public Health Model for the Prevention of Violence Against Women*, Health Promotion and Preventing Violence Against Women: What Does it Really Mean? Women's Health West and Western Region Partners, Melbourne, June 2006

## INTERNATIONAL DELEGATIONS

**An international focus has been part of VicHealth's work almost since its inception. This year, VicHealth hosted delegations from a range of countries to share information about the VicHealth model and how to undertake health promotion, and to internationally advocate for the use of dedicated taxes to gather funds for tobacco control.**

WHO Fellows from Malaysia  
July 2005

Minister of Finance Tonga  
Hon. Siosuia T. Utoikmanua  
October 2005

Thai Health, Evaluation Tour  
November 2005

Officials from Tibetan  
Health Department  
December 2005

Officials from Ministry of Health  
of Lampung Province Indonesia  
December 2005

Chinese NCD Health  
Professionals  
March 2006

Washington Health Fund  
Mr Greg Vigdor,  
President and CEO  
May 2006



Ali Barr (Senior Project Officer); Lyn Walker (Director, Mental Health and Wellbeing); Barbara Mouy (Director, Health Promotion Innovations) and Kellie-Ann Jolly (Director, Physical Activity); Caroline Sheehan (Senior Project Officer); Rebecca Conning (Acting Project Officer) and John Biviano (Director, Research Workforce and Tobacco Control); Penny Anderson (Senior Program Advisor) and Lee Choon Siauw (Senior Project Officer).

## CONTRIBUTING TO POLICY

### POLICY SUBMISSIONS AND CONSULTATIONS

**A key component of VicHealth's role in health promotion is advocacy. Part of this advocacy role includes responding to proposed government programs, policy and legislation that have the potential to impact on health. Over the past 12 months, VicHealth has made numerous submissions on a range of issues.**

Submission to Strategic Inter-Governmental Nutrition Alliance on *A National Food and Nutrition Monitoring and Surveillance System* July 2005

Submission to Federal Department of Education, Science and Training on *Research Quality Framework: Assessing the Quality and Impact of Research in Australia* October 2005

Submission to the Victorian Outer Suburban/Interface Services and Development Committee on *Inquiry into Building New Communities* October 2005

Submission to Department of Sustainability and Environment on *Sustainable Neighbourhoods: Proposed Clause 56 – Residential Subdivision* November 2005

Submission to Department of Human Services on *Review of the Health Act: Draft Policy Paper* January 2006

Submission to Department of Sustainability and Environment on *Maribyrnong River Valley Vision and Design Guidelines* May 2006

Joint submission with the Public Health Association of Australia to the Labor Party on *Policy Focusing on Promotion and Prevention in Mental Health* June 2006

Submission to the Parliament of Australia Senate Committee on the *Inquiry into Women in Sport and Recreation in Australia* June 2006

Contributed to the consultation conducted as part of the review of the Department of Human Service's *Women's Health and Wellbeing Strategy* June 2006

## COMMITTEES AND WORKING GROUPS

VicHealth works across many sectors to broaden the benefit of health promotion strategies. One of the ways we share our knowledge and expertise is by representation on many key working groups and committees in our action areas. By extending our alliances within a range of sectors at a local, state, national and international level, we increase our collaborative strength in promoting change. During 2005–2006, VicHealth had representation on the following committees and working groups.

### Chief Executive Officer

- Aid Advisory Council to Minister of Foreign Affairs (*Member*)
- Asia Pacific Leadership Forum on HIV/AIDS, Steering Committee (*Member*)
- Bill and Melinda Gates Foundation India Initiative Technical Panel (*Chair*)
- Committee for Melbourne (*Member*)
- Depressionet (*Board member*)
- Editorial Board, American Journal of Health Promotion (*Member*)
- International Union of Health Promotion and Education (*Vice-President and Board member*)
- Melbourne Storm Rugby League Club (*Board member*)
- Ormond College Council (*Member*)
- Premier's Drug Prevention Council (*Chair*)
- The Foundation for Young Australians (*Board member*)
- UNAIDS Working Group on Prevention (*Member*)

### Mental Health and Wellbeing Unit

#### International

- Global Consortium for the Promotion of Mental Health

#### National

- Auseinet Board
- Australia Council Arts and Health Strategy
- Australian Football League Violence Against Women Advisory Group

- Commonwealth Mental Health Promotion, Prevention Working Party
- Community MindEd Steering Committee
- National Coalition Against Bullying
- Public Health Education and Research Project in Mental Health Promotion
- Jesuit Social Services Gateway Project Reference Committee
- Refugee Education Project Management Group
- The University of Melbourne, Risky Business Advisory Group
- Victorian Community Wellbeing Indicators Steering and Reference Groups

#### State

- Aboriginal Affairs Victoria, Indigenous Youth leadership Partners Group
- Centre for Ethnicity and Health Key Stakeholders' Group
- Collaboration for Youth Economic Participation
- COPMI (Children of Parents with a Mental Illness) Project Management Group
- Reference Group for the 2006 Annual Premier's Women's Summit
- The University of Melbourne, Creative Arts Conference Planning Group
- The University of Melbourne, Key Centre for Women's Health Advisory Group
- The University of Melbourne, Onemda VicHealth Koori Health Unit Strategic Planning Advisory Committee
- Victorian Foundation for the Survivors of Torture Community Development Advisory Group
- Victorian Refugee Settlement Planning Committee
- Victorian Settlement Planning Committee African Youth Issues Sub-committee
- Violence Against Women Statewide Steering Committee
- William Buckland Arts Flagship Project

#### Local/Project Specific

- Catholic Education Office Schools as Core Social Centres Management Group
- Children of Parents with a Mental Illness Advisory Group
- Community Arts Development Research Steering Committee
- Department of Human Services Mental Health Promotion Evidence Review Advisory Group
- Festival for Healthy Living Management Group

#### Awards/Grant Assessment

- Adult Multicultural Education Service Community Strategy Adhoc Committee

### Physical Activity Unit

#### International

- Walk21 International Walking Conference Group
- Walk21 Walk to School International Network

#### National

- Active After School Communities Victorian Advisory Committee

#### State

- Bicycle Victoria, Kids Riding to School Advisory Group
- Deakin University Masters of Planning Committee
- Deakin University's C-Pan (Centre for Physical Activity and Nutrition Research) Reference Group
- Department of Human Services Assessing Cost Effectiveness Obesity Reference Group
- Department of Human Services Strength Training Review Group
- Department of Human Services Primary Care Partnership and Physical Activity Project Advisory Group
- DVC-SRV\* Joint Regional Sports Assemblies and State Sporting Associations (SSA) Sport Development Officer Working Party
- DVC-SRV Policy Around Healthy Environment Committee
- DVC-SRV Spectator Behaviour in Sport Working Party
- DVC-SRV Junior Sport Reference Group
- Environments for Health Evaluation Advisory Group (Department of Human Services)
- Interdepartmental Committee for the Healthy and Active Victoria Strategy

- Kids Go For Your Life Advisory Group
- La Trobe University Health Sciences Course Advisory Committee
- Smartplay Steering Committee
- Travelsmart Reference Group
- University of Ballarat Bachelor of Applied Science (Human Movement) Program Review Committee
- Victoria University Human Movement Course Advisory Committee
- Womensport and Recreation Victoria – Strategic Planning Advisory Group
- Womensport and Recreation Victoria – Women in Sport Working Group

\* Department for Victorian Communities through Sport and Recreation Victoria

#### *Local/Project Specific*

- City of Port Phillip's Green Light Project Advisory Group
- Football Victoria – Female Football Advisory Group
- Maribyrnong Secondary College, Sporting Excellence Curriculum Reference Group
- Planning Institute of Australia (Vic) – Planning for Health and Wellbeing Steering Committee

#### *Awards/Grant Assessment*

- DVC\* Access for All Abilities Innovations Grant Assessment Committee
- DVC Older Persons Healthy and Active Living Grants Assessment Panel
- DVC-Sport and Recreation Industry Awards Assessment Panel (Injury Prevention)
- DVC-SRV\*\* Go For Your Life Awards Assessment Panel
- DVC-SRV Sport and Recreation Development Program Assessment Panel
- DVC-SRV SSA Support Grants Secondary Assessment Panel
- PIA Planning Awards Assessment Panel
- St Luke's Anglicare Communities for Children Assessment Panel

\* Department for Victorian Communities

\*\* Department for Victorian Communities through Sport and Recreation Victoria

### **Research Workforce and Tobacco Control Unit**

#### *National*

- Australian Institute of Health Policy Studies
- Framework Convention Tobacco Control Western Pacific Region Working Group

#### *State*

- Australian Research Centre in Sex, Health and Society Advisory Committee (La Trobe University)
- Melbourne Future Focus Group
- Men's Health National Conference Victorian State Advisory Committee
- Monash University Accident Research Centre Board
- Tobacco Control Steering Committee (Quit and VicHealth Centre for Tobacco Control)
- Victorian Consortium for Public Health Consultative Committee
- Victorian Public Health Research and Education Council

#### *Local/Project Specific*

- Common Solutions Project Steering Committee
- Department of Human Services Health Impact Assessment in Local Government Steering Committee
- Department of Human Services Tobacco Control Working Group New Tobacco Reforms
- Thinking Drinking Alcohol Advisory Group

#### *Awards/Grant Assessment*

- Department of Human Services Public Health Research Grants

### **Communications and Marketing Unit**

- Communications and Advisory Group to the Premier's Drug Prevention Council
- Risk Awareness and Reduction Working Group – Responsible Gambling Ministerial Advisory Council

### **Health Promotion Innovations**

#### *International*

- International Network of Health Promotion Foundations
- South East Public Health Knowledge Management Network, UK

#### *National*

- Steering Committee, Public Health Education and Research Program Innovations Project: Promoting and Facilitating Evidence-Based Public Health Promotion

#### *State*

- Australian Evaluation Society – Victorian Branch
- Deakin University Post Graduate Nutrition Advisory Committee
- Public Health Association – Victorian Committee

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