

VicHealth is an organisation committed to promoting the health of all Victorians.



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### 2000-2001 ANNUAL REPORT

VicHealth's strategic directions list five anticipated outcomes by 2002.

- Recognised as a leader in health promotion innovation
- Demonstrable contribution to population health
- Greater investment in population groups most in need
- Shared responsibility for health across settings and sectors
- Innovative organisation.

The 2000-2001 Annual Report highlights activities that represent VicHealth's efforts during the year towards achieving those stated aims.

## CHAIR'S REPORT

“A major change over the past year has been in the way VicHealth makes its decisions, and does its business, in the areas of sport, the arts, research and the community.”

### 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 2001.

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

A financial statement for 2000–2001 is included in the report with the Auditor-General's Report.

**Professor John Funder**  
Chair



VicHealth Chair:  
Professor John Funder



## **A Year of Change and Challenge**

The year that has just passed has been one of change, of challenge and of achievement for VicHealth. In terms of change, the most obvious is in our location, from Lygon Court, Carlton, a kilometre further south to Pelham Street, Carlton. Lygon Court was the founding home of VicHealth, 13 years ago, and over that period we had grown to fill every nook and cranny of the available space, and then some.

At Pelham Street the former Royal Children's Hospital/St Nicholas site has been developed into an office precinct, far from its original use as the house (and extensive garden) of Sir Redmond Barry. VicHealth relocated there, with minimum fuss and dislocation, in March/April this year. For the smoothness and efficiency of this operation our thanks are due to all the staff involved, and in particular to Finance and Administration Director, Randall Kent and his team for their overview of the whole project.

Another major change over the past year has been in the way VicHealth makes its decisions and does its business, in the areas of sport, the arts, research and the community. Over the first decade a series of Board subcommittees were established, which largely set the parameters for sponsorship and support, and made a series of decisions for board approval.

This structure had considerable strengths, including the introduction to VicHealth of a wide range of expert consultants, most of whom became, in addition, staunch friends and powerful advocates. On the other hand, it very much blurred the appropriate lines of responsibility between expert advice and peer review on the one hand, and governance (Board) and executive action (CEO and staff) on the other.

To address this latter issue we dissolved the Board committees, thanking all those who had contributed very sincerely, at the end of 2000. In their place we have set up

a series of time-limited, task specific, advisory panels usually chaired by a board member and with a strong representation on each from the VicHealth executive. On all counts to date these have been an unqualified success: the sense of stakeholding remains for the expert advisors, the staff can fulfill their true role as executives and the Board its strategic and governance roles. It seemed like a big deal, and now the question is 'why didn't we do it earlier?'

The other external change over the past year has been the renewed fall in smoking rates across Victoria and Australia. This reflects many factors—Commonwealth and State Governments, guidelines and legislation, public awareness and educational campaigns.

VicHealth is proud to be the major supporter of the Quit campaign and a partner with the Victorian Government in the making of the arresting 'You should have been there, Dad' television spot, as part of the ongoing battle.

In terms of achievements, this Annual Report highlights the portfolio, and I will focus on just two. First, under Rob Moodie's leadership, VicHealth has become a major player in bringing together the public health community in the state, in the form of VPHREC (Victorian Public Health Research and Education Council) and assisting, along with other key organisations committed to Public Health, to publish the Australian Health Promotion Journal.

Secondly, a really major focus in the past year has been mental health promotion. Mental health and mental illness are multi-faceted, and different organisations appropriately have different emphases. The Mental Health Research Institute and Melbourne University, for example, do superb basic and clinical research in schizophrenia and dementia. Sane Australia provides advice and support to carers and sufferers and spearheads the fight against stigmatisation.

These are obvious ways to advance the cause: perhaps less obvious at first glance are the preventable factors which can be addressed by mental health promotion. When it's documented it's pretty clear that bullying, stress, discrimination, unconnectedness are predictors and producers of mental illness, and eminently targetable. It's not just in your genes, but the way in which they interact with the environment we're in – and the latter is very much susceptible to change for the better.

Finally, there are challenges for VicHealth that lie ahead. In Australia we have a very good health system: very good, but in some areas way short of optimal. We try and do it relatively economically, spending 9% of GDP, 60% of the US figure. Like most health systems, those charged with running it, inevitably have to focus on emergency situations, quick fixes.

Acute health is ambulance bypass, crowded casualties, waiting lists, very much in the public eye. Public health, preventive medicine, health promotion are investments: put the resources in now, with the returns years or even decades down the track. It's not a new problem, but it needs constant addressing—plus farsightedness, leadership and the ability to sell the message of investment. This is VicHealth's greatest challenge, and crucial for our health, and that of our children's children.

In closing, a word of thanks and praise for my fellow Board members whose commitment and dedication is a continuing inspiration; to the members of the arts, sport, research and community sectors for their unstinting advice and support; and to the CEO and staff of VicHealth, a hardworking, productive and very happy group working in the service of the Victorian community.

**Professor John Funder**  
Chair

# VICHEALTH BOARD OF TRUSTEES



**PROFESSOR  
JOHN FUNDER**



**THE HON.  
GERALD ASHMAN MLC**



**THE HON.  
RON BEST MLC**



**PROFESSOR  
ROBERT BURTON**



**MS ELAINE CANTY**



**MS JANE FENTON**



**MR LINDSAY GAZE**

## **CHAIRMAN PROFESSOR JOHN FUNDER**

John Funder is Director of the Baker Medical Research Institute, working in the areas of endocrinology and cardiovascular disease. He holds a number of national and international positions in the medical research area.

## **THE HON. GERALD ASHMAN MLC**

Gerald Ashman is the Liberal Member for Koonung Province in the Victorian Parliament. He has extensive management experience with industry associations and the private sector.

## **THE HON. RON BEST MLC**

Ron Best, MLC for North Western Province, is a National Party Member of State Parliament and Secretary of the Parliamentary Party.

## **PROFESSOR ROBERT BURTON**

Robert Burton is the Director of the Anti-Cancer Council of Victoria. He is a member of the National Cancer Control Initiative Management Committee, the Medical and Scientific Committee of the Clinical Oncological Society of Australia/Cancer Control Australia, the National Breast Cancer Centre, and the Cancer Strategies Group and National Health Priority Action Council of the Commonwealth Department of Health and Aged Care. He has written numerous scientific papers on cancer research.

## **MS ELAINE CANTY**

Elaine Canty is a lawyer, broadcaster and journalist. She is Foundation Director of the Victorian Institute of Sport and a member of the Australian Football League Tribunal.

## **MS JANE FENTON**

Jane Fenton is the principal of Fenton Communications, a communications consultancy with offices in Melbourne and Sydney and a national and international client base.

## **MR LINDSAY GAZE**

*(from March 6, 2001)*

Lindsay Gaze is coach of the Melbourne Tigers in Australia's National Basketball League, a member of the Sport Australia Hall of Fame 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.



**MR TIM JACOBS**



**MR GERARD HEALY**



**PROFESSOR HELEN HERRMAN**



**MS SUSAN HOLMES**



**MS JENNIFER LINDELL MLA**



**PROFESSOR GRAEME RYAN**

**MR TIM JACOBS**

Tim Jacobs is the Chief Executive Officer of the Victorian Arts Centre. He has an extensive background in the arts and in related policy and management areas.

**MR GERARD HEALY**

Gerard Healy is a prominent media commentator on sport and a former player with the Melbourne and Sydney Swans Football Clubs. He is qualified in physiotherapy and physical education.

**PROFESSOR HELEN HERRMAN**

Helen Herrman is a public health physician and psychiatrist. She is Professor and Director of Psychiatry at St Vincent's Mental Health Service and The University of Melbourne.

**MS SUSAN HOLMES**

Susan Holmes works as a full-time company director currently sitting on several boards of management, including being the chair of VicSport, the Federation of Victorian Sporting Associations. She has held a number of senior executive roles in the private and public sectors.

**MS JENNIFER LINDELL MLA**

Jennifer Lindell is the MLA for Carrum.

**PROFESSOR GRAEME RYAN**

Graeme Ryan is the Director of Research Strategy at the Alfred Hospital and Chairman of the Board of Directors at the Royal Victorian Eye and Ear Hospital. He was previously Chief of Clinical Services, Inner and Eastern Health Care Network. He is a former Dean of the Faculty of Medicine, Dentistry and Health Sciences, University of Melbourne.



**TRIBUTE  
MS MAXINE CROUCH 1947–2001**

VicHealth pays tribute to Maxine Crouch, a valued and respected Board member for nearly four years who lost her battle with cancer on 11 February 2001. Maxine was a former Commissioner of the City of Greater Bendigo and served as a Director of the Institute of Sport and the Discovery Science and Technology Centre. With a wealth of knowledge and experience in sport administration, Maxine made significant contributions to the evolution of VicHealth. Maxine will be remembered for her valuable words of encouragement and sense of humour.

# CEO'S REPORT

“In the past year we have also continued searching for innovative ways to do our work more effectively, more transparently, with more evidence, with better relationships and with stronger partnerships.”



VicHealth CEO:  
Dr Rob Moodie

## **Many Achievements, Much Still To Do**

VicHealth worked with the community, partner organisations and in a range of sectors to develop innovative activities and to improve traditional ones in order to achieve future successful health outcomes.

### **Tobacco Control**

The year saw major boosts to tobacco control activity, including legislation to ban smoking in restaurants, limits on promotion at point-of-sale and reducing sale to minors. These have occurred through the leadership of the Minister for Health, The Hon. John Thwaites, and with major support from QUIT, the National Heart Foundation and professional bodies such as the Australian Medical Association.

### **Promoting Mental Health**

The Mental Health Promotion Plan has seen many initiatives rolled out this year, with its implementation having an impact not only on the community but also on the entire organisation. We also launched the *Together We Do Better* campaign to communicate the positive effects of mental health and wellbeing. Promoting mental health is about a more inclusive and tolerant community and it underlines the need to address the social, economic and cultural determinants of health.

A significant shift occurred over this year in the way we work with sport, recreation and the arts. We are working toward increasing participation rates, ensuring members participate in healthy environments and providing new avenues for people to be involved, to connect to others and to develop new skills. We have funded a range of research and implementation trials concentrating on people in rural Victoria, young people, Kooris, those newly arrived to Australia and older Victorians. These projects focus on increasing social connectedness and economic participation and decreasing discrimination—the three tenets of our program to promote mental health.

### **Physical Activity**

We have targeted areas such as physical activity with good reason. Declining physical activity rates and increased levels of obesity are occurring at a time when our international sporting prowess seems to know no limits. Will we again have the highest per capita haul of gold medals at the upcoming Athens and Beijing Olympics but at the same time get the gold for least active and laziest country? In only 10 years, from 1985 to 1995, the proportion of overweight children in Australia rose by 79% and childhood obesity levels rose by an extraordinary 328%.<sup>1</sup> And our children



are not alone—diabetes levels are becoming epidemic as adult obesity rises<sup>2</sup> and physical activity declines coincident with what the *Medical Journal of Australia* calls the ‘conspiracy of sedentariness’. We are allowing ourselves to be robbed of the ‘natural’ or ‘incidental’ activity that can occur as we carry out our daily tasks, such as when we travel to and from school and undertake work and leisure activities.

How can we respond to this? More gyms, more active leisure programs? More campaigns to be physically active? Yes, but these are only part of the answer. What is needed is a major shift in transport and urban design policies that helps prioritise public transport and foot, bike, skateboard and scooter paths. We need architecture that puts attractive useable stairwells back into buildings and programs that encourage children and their parents to walk to school, such as the Walking School Bus.<sup>5</sup>

### Major Health and Social Issues

Another challenge is how to be more efficient and effective in facing some of the major health and social issues of our time. These issues are ones that we read about every day, ones that undermine the reality and perception of a healthy community. They no doubt affect us all in one way or another. They include alcohol misuse, bullying, illicit drugs, road and bike safety, smoking tobacco, HIV, unplanned pregnancy, depression, suicide, crime and early drop out rates at school.

The research, policy and programs in these areas operate independently, without reference to each other and without looking for common causes and ways to work together. This lack of cohesion is best seen in the average Victorian school where teachers are required by us (the community) to deal with over 15 behavioural or health issues. It seems absurd that we are asking the

school system to deal with these as individual issues, yet when we look further we find that many of them have common risk factors and common protective factors. These risk factors include poverty; low attachment to one’s community, school, family and workplace; parental alcohol and drug use; family conflict, inconsistent parenting and marital instability; and friends engaging in problem behaviours. Protective factors include a culture of cooperation and tolerance between individuals and between institutions and diverse groups in society; a sense of belonging to family, school, one’s workplace and one’s community; good relationships within and outside the family; positive achievements; and stability and security.

This is why we have started the Common Solutions to Common Problems project with the RACV and TAC. The project is helping us ‘get our act together’ by identifying common areas for research, policy and programs.

### More Evidence, Better Partnerships

In the past year we have also continued searching for innovative ways to do our work more effectively, more transparently, with more evidence, with better relationships and with stronger partnerships. We have completed a baseline monitoring evaluation report which increases our capacity to measure performance and developed a Governance Charter which clearly spells out the respective roles of the Board, our newly formed advisory panels and our staff. In April we moved into new premises. We now have great space for educational forums, for supporting many of the networks we underpin and for housing sister organisations such as the Victorian Public Health and Research Council (VPHREC), the Health Promotion Journal of Australia and the Cochrane Collaboration Field for Public Health and Health Promotion.

Finally, I would very much like to thank our staff for their commitment to health promotion and their willingness to learn and try new approaches to promoting health. Thank you to all the members of our advisory panels for their expertise and time. Lastly, thank you to our Chair, John Funder, and the Board whose wise counsel and ongoing support is greatly appreciated by all.

**Dr Rob Moodie**  
CEO, VicHealth

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### References

1. Magarey A, Daniels L, Boulton TJ. Prevalence of overweight and obesity in Australian children and adolescents: reassessment of 1985 and 1995 data against new standards international definitions. *Medical Journal of Australia* 2001;174:561–4.
2. Recommendation for nutrition and physical activity for Australian children. *Medical Journal of Australia* Volume 173, Supplement, August 2000.

## Strategic Outcome No.1

### A LEADER IN HEALTH PROMOTION INNOVATION

VicHealth fosters a greater awareness of health promotion issues and opportunities among decision-makers and the wider community. By building on current knowledge and creating better understandings of ways to promote health, VicHealth contributes not only to Victoria's capacity but also to national and international activities. We invest in organisations and people, be they researchers, practitioners or policy-makers, to support best practice health promotion.

VicHealth highlights in this section its activities in supporting new arrivals; Place in Health Inequalities Research; the Cochrane Collaboration; the International Summer School; VPHREC, its Mental Health Promotion; as examples of where the organisation and its partners lead the way in health promotion innovation.

Teammates: Two players from a basketball team who get together every Sunday in Braybrook to compete in the local competition.



The Hon. John Thwaites, Minister for Health, officially launched in October the 38 projects funded under the first year of the Mental Health Promotion Plan.



**Partnerships for Health Scheme**

Partnerships for Health is a new scheme within the redeveloped Promoting Health through Sport and Recreation Program—innovative for its relationship with sporting associations. The reference to partnership reflects a change in approach to engaging with organisations from different sectors. There is a new emphasis, reflected in contracts, on working together for shared outcomes based on greater understanding of each partner’s goals.

The first phase of the scheme will be conducted for two years from 1 July 2001. There are 39 State Sporting Associations (SSAs) involved, with seven health and sports agencies delivering a support function to the associations. The role of the support agencies is to provide expert advice about health and participation issues.

Each of the SSAs will work to achieve health promotion outcomes in two areas. The first is concerned with increasing the numbers of participants, with a particular emphasis on individuals who have not previously participated or those who have stopped participating. The second is on creating healthier environments, particularly at the club level within each of the sports. VicHealth is keen that all sporting facilities and clubrooms become smoke-free, for example. To this end, all SSAs involved in the program will develop association and club based programs to ensure the introduction of smokefree policies and practices.

Each SSA will also introduce policy and practices related to one of four other health related environmental issues: offering healthy food options through food outlets, expanding safety measures to reduce sport

related injury, introducing safe sun practices to protect players and spectators or programs concerned with responsible alcohol use.

**Partnerships for Health projects**

**SmokeFree Venues/Responsible Alcohol Management**  
 Bocce Federation, Bowls Association, Insportz Victoria, Motorcycling Victoria, Rugby Union, Soccer Federation, Squash Federation.

**SmokeFree Venues/Healthy Eating**  
 Badminton Victoria, Basketball Victoria, Gymnastics Victoria, Hockey Victoria, Lacrosse Victoria, Table Tennis Victoria, Weightlifting Association, Yachting Council, Athletics Victoria, Callisthenics Victoria, Croquet Victoria, Handball Federation, Little Athletics (VLAA), Rowing Victoria, Triathlon Victoria.

**SmokeFree Venues/Injury Prevention**  
 Baseball Victoria, Fencing Association, Netball Victoria, Roller Sports Victoria, Rugby League, Softball Association, Taekwondo Victoria, Women’s Golf.

**SmokeFree Venues/Sun Protection**  
 Canoeing Association, Orienteering Victoria, Pony Club, Royal Life Saving, School Snowsports, Surf Life Saving, Touch Association, Victorian Water Polo, Volleyball.

**The Importance of Place in Health Inequalities Research**

VicHealth has funded a five-year research project investigating how the socioeconomic conditions of Victorian locations can influence the health of people in a particular geographical area. Dr Anne Kavanagh, a VicHealth Senior Research fellow, heads the research project entitled ‘Understanding the Importance of Place in Health Inequalities’. Researching the relationship between a person’s health and where they live has great potential in Australia. This is a significant research investment for VicHealth and is consistent with its strategic priority to look at inequalities in health and why they exist.

Health professionals and policy-makers have come to accept that place does influence health, but there is little understanding of how and why this is the case. For example, the life expectancy of residents in the area of Manningham (in metropolitan Melbourne) is longer than the life expectancy of people in neighbouring municipalities less than three kilometres away. The reasons for this disparity are not fully understood.

This research, which runs until 2005, will involve several studies. This will include using an established Victorian cohort study into how socioeconomic environments impact on a range of health outcomes such as self-rated health, diabetes, cardiovascular disease and death. Another study will examine to what extent the characteristics of local environments impact on healthy eating and physical activity in Melbourne. The project will also involve studies based in Geelong to examine the social, cultural and material aspects of places relevant to sexual practice and other factors that influence health outcomes.

Seventy-seven percent of Victorians participate in sport and recreation activities with 60 percent participating more than once a week.



This research could help inform future work and intervention programs as well as more long-term strategic goals and funding priorities. It will identify structural characteristics of places (such as the provision of public transport, opportunities for leisure time and physical activity and the provision of healthy foods) that could be modified to increase the health promoting activities of residents.

**Supporting New Arrivals Projects**

VicHealth invests in initiatives to assist refugees and new arrivals make the adjustment to life in a new country. Most new arrivals will ultimately settle very successfully in Australia and make significant contributions to the country's cultural, economic and social life. However, the initial process of settlement can be stressful at a time when access to the resources required to maintain health, particularly mental health, is limited.

Evidence confirms that mental health is linked to social and community connectedness and having supportive relationships, freedom from discrimination and a valued social position. VicHealth invests in projects designed to assist new arrivals' participation in the community and economy early in the settlement period. This enhances prospects for preventing the development of mental health problems and for ensuring that potential difficulties are identified and addressed before they become enduring issues.

Five schemes under the Mental Health Promotion Plan relate to this population group. These are the:

- *Social Development Scheme for New Arrivals to Australia*
- *Workforce Development Project— Access Pathways Project for New Arrivals*
- *Workforce Development Project— Rainbow Project*
- *Enhancing Refugee Young People's Mental Health through Education and Training Scheme*
- *Economic Participation for New Arrivals to Australia Scheme*

VicHealth also supported a symposium in April 2001 entitled 'Refugees, Humanitarian Settlers and Informal Arrivals—Assessing the Problems: Finding the Solutions'. The symposium, brought together researchers, policy-makers and practitioners from government departments, hospitals and community health.

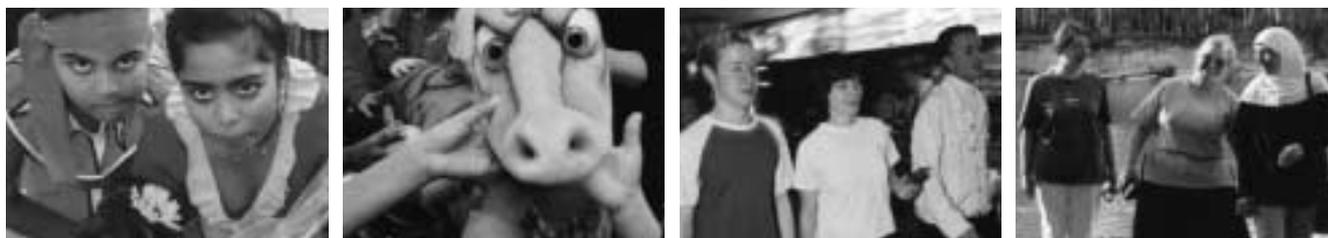
**The Cochrane Health Promotion and Public Health Field**

The Cochrane Health Promotion and Public Health Field has received funding from VicHealth for the coordination of the Field to be located in Australia for the next three years. The Field is a component of the international Cochrane Collaboration, which produces and promotes the use of systematic reviews of effectiveness of health interventions. Relocating the Field to Melbourne presents an exciting opportunity for the Australian health promotion and public health workforce to re-invigorate enthusiasm in the production and use of best evidence in health promotion and public health practice.

The activities of the Field include:

- promoting the conduct of Cochrane reviews of health promotion and public health topics;
- promoting the perspectives and priorities from health promotion and public health within the Cochrane Collaboration;
- disseminating the findings of systematic reviews related to health promotion and public health; and
- identify additional sources of funding to complete the work of reviewers on reviews of interest.

VicHealth publishes three VicHealth Letters per year. The 2000–01 issues covered tobacco control, young people and physical activity.



**International**

VicHealth was asked by WHO to provide one of the six key technical papers for the fifth Global Conference on Health Promotion held in Mexico in 2000. Entitled "*Infrastructure to promote health: the art of the possible*" it showed that building an effective infrastructure for the promotion of health should concentrate on: ensuring that health promotion becomes a major issue in political and bureaucratic circles, identifying and making far better use of existing infrastructures and developing a dedicated infrastructure for the promotion of health. In addition, we were asked to present at a special health conference at the World Expo in Hannover, Germany.

We have continued to assist in the building of the Global Network of Health Promotion Foundations through the establishment of a regular bulletin. We are pleased that ThaiHealth has been established in Bangkok, under the leadership of Dr Supakorn Busai.

Along with the Australian Federation of AIDS Organisations (AFAO) and Latrobe University, VicHealth also played a major role in preparing to co-host the 6th International Congress on AIDS in Asia and the Pacific, which took place in October 2001 in Melbourne.

**VicHealth International Summer School**

The VicHealth International Summer School was held from 5–16 February 2001.

A structured two-week program for overseas health professionals, the VicHealth International Summer School provides an introduction to health promotion theory and practice. It is undertaken by VicHealth and partner agencies.

Highlights of the program included:

**Introduction to Health Promotion Theory**  
Dr Jan Garrard

**Creating Healthy Public Policy**  
Dr Simon Barraclough

**Overview of VicHealth's Mental Health Promotion Plan**  
VicHealth

**Overview of VicHealth's Sport and VicHealth Recreation Program**  
VicHealth

**Overview of the QUIT Program**  
Quit

**Health Promotion with High Risk Adolescents**  
Centre For Adolescent Health

**The Harm Minimisation Approach to Adolescent Alcohol and Drug Issues**  
ADF and Somazone Internet Project

**Health Promoting Schools in Action**  
Heatherhill Secondary College visit

**Developing a Health Promoting Primary Health Care Centre**  
North Richmond Community Health Centre

**Health Ageing, Government and Non-Government Health Promotion Initiatives**  
DHS Aged Care Branch

**VPHREC**

VPHREC is the Victorian Public Health and Research Council. Its role is to identify new research opportunities, encourage work in new fields, and forge new links between Victorian experts and their counterparts around Australia and overseas.

Its focus will be to provide support to members and to anticipate and facilitate a more effective collaborative response to community, government and industry requirements on public health. This will enable VPHREC represent a broad network including Victoria's six largest universities (Deakin, La Trobe, Melbourne, Monash, Swinburne and Victoria) and bodies such as VicHealth, the National Heart Foundation, the Anti-Cancer Council of Victoria and the International Diabetes Institute offices are located within VicHealth.

**Attendees**

Twenty-one delegates from five countries participated in the 2001 International Summer School:

New Zealand	9
Hong Kong	8
Indonesia	2
Sweden	1
Senegal	1

# MENTAL HEALTH PROMOTION



## A Long-Term Objective

Nearly three years ago, VicHealth made promoting mental health and wellbeing one of its top priority areas. Australia's Mental Health Promotion and Prevention National Action Plan 1999 clearly showed that a significant reduction in the social and economic costs of mental illness would not occur purely with activities and investment that focused on treatment. This meant we needed to find new and meaningful ways to promote health and wellbeing.

The National Action Plan 1999 challenged 'everyone within and across all sectors to provide quality services, programs and initiatives that involve a spectrum of interventions to reduce mental health disorders and problems and to improve wellbeing'.

VicHealth set about meeting this challenge with the development and implementation of its *Mental Health Promotion Plan 1999–2002* which aims to create, facilitate and develop partnerships across sectors—with sport and recreation, transport, education, built environment, local government, workplace, the arts

and culture—to promote mental health and wellbeing.

This is a big challenge. Although VicHealth has made mental health promotion a top priority for three years until 2002, we recognise that bringing about change will be a long-term process—it's more of a 30-year plan.

How do we bring about such changes?

VicHealth has made a long-term commitment to start increasing mental health literacy and understanding within the community, to ensure that services within the community are accessible and appropriate and to ensure that environments are safe.

Change also involves building the capacities of organisations, communities and individuals to promote mental health. This means changing environments so they improve the health of the general population and strengthening people's understanding and skills to achieve and maintain wellbeing. Within organisations, it is helping to establish healthy policies and programs and building partnerships to ensure sustainable change.

VicHealth's Mental Health Promotion Framework includes research, workforce education and skill development, direct service pilots, community strengthening, organisational and individual capacity building, advocacy for legislative and policy reform, communications and marketing, and evaluation.

The past year has involved a 'mainstreaming' of mental health activity across the Foundation. More emphasis is now being placed on working to increase overall participation in sport, recreation and arts activities within communities throughout Victoria. Through the arts and sport, individuals can discover and develop personal skills, increase self-esteem, improve social connections and develop a sense of control over their lives. Issues of significance to the community can be explored collectively and members can work together to foster social cohesion. Recognising the important link that arts and sports activities have in promoting health and wellbeing has meant looking at new ways to break down barriers so that all Victorians have an equal opportunity to reap the positive benefits of participation. Addressing the three determinants of mental health—social

TOGETHER WE DO BETTER

connection, valuing diversity and participation—has been adopted as funding criterion in both the *Promoting Health through Sport and Recreation Program* and the *Arts for Health Program*.

On 6 October 2000, The Hon. John Thwaites, Minister for Health, officially launched 38 projects funded under the first year of VicHealth's *Mental Health Promotion Plan*. The projects illustrate the breadth and diversity of areas encompassed by the Plan.

The Plan also aims to increase the awareness of the general public about the importance of mental health promotion and to advocate the development of innovative partnerships and strategies. It is hoped that the projects funded under the Plan may provide successful models of practice, which can be transferred to and integrated within a number of diverse communities across the State. The outcomes of these projects will have implications for policy and legislation.

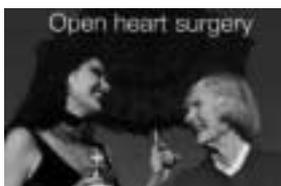
Ultimately, VicHealth strives to identify and support research and interventions that increase understanding of models of good practice and community understanding. It also works to build the capacity of organisations and practitioners to develop, implement and sustain mental health promotion activity within their own communities. To this end, a Promoting Mental Health Kit was developed to build the capacity of community members to implement their own mental health promoting strategies.

### Together We Do Better Campaign

On 12 June 2001, VicHealth, together with Mr John Landy A.C., M.B.E., Governor of Victoria, launched a public awareness campaign—Together We Do Better—to visibly demonstrate its commitment to mental health and to increase community understanding of the importance of obtaining and maintaining mental health. The campaign was developed to get people thinking about the personal and community benefits of social connection, to develop more tolerant and accepting attitudes, and to encourage understanding of the link between mental and physical health. More importantly, the campaign was designed to reinforce the idea that **together** we do better as individuals and as a community. A website [www.togetherwedobetter.vic.gov.au](http://www.togetherwedobetter.vic.gov.au) has also been launched.

### Example of projects funded under the Mental Health Promotion Plan

- RURAL  
‘Get a Life’ Maryborough Mental Health Promotion Project
- YOUNG PEOPLE  
Connecting through the middle years of school project
- GENERAL POPULATION  
Local Government Arts and Environment scheme
- OLDER WOMEN AND MEN  
Health and Wellbeing impacts of Retirement: A longitudinal study.
- KOORI COMMUNITIES  
Victorian Koori Community leadership projects
- NEW ARRIVALS TO AUSTRALIA AND REFUGEES  
A Country Welcome Program in Cobram



## Strategic Outcome No. 2

### CONTRIBUTING TO A HEALTHY VICTORIA

VicHealth contributes to population health improvements by supporting a range of initiatives in health issues identified as priorities by state and national governments. Priority issues include tobacco control, promoting mental health, addressing substance misuse, and encouraging physical activity and healthy eating. Evidence confirms the importance of combining strategies to achieve change at environmental, policy and individual levels to improve health.

VicHealth highlights in this section its activities in focusing research on physical activity and healthy eating, realigning its programs in sport and recreation, promoting health through five new schemes under the Promoting Health through Sport and Recreation Program its Arts for Health Program, and developments in tobacco control as examples of where the organisation and its partners contribute to a healthy Victoria.

Polyglot Theatre: Children from the Carlton Primary School use puppets to perform in a production called High Rise.



VicHealth sponsored the Herald Sun Tour 2000, making it 12 consecutive years as a sponsor.



### Research Focus on Healthy Eating and Physical Activity

Seven public health research projects have been funded this year to investigate issues around **physical activity and healthy eating**. The projects were selected from almost 50 applications because they are researching areas where knowledge gaps currently exist and where reducing health inequalities is a priority.

We believe the gap in physical activity and healthy eating research needs to be addressed in order to develop evidence-based health promotion programs and interventions.

The projects, which range in duration from one to three years, involve a range of leading Victorian research institutions and include investigations into:

- reducing sedentary behaviour in young children;
- the influence of the family environment on a child's eating and physical activity;
- physical activity and wellness opportunities for children in day care; and
- the effectiveness of an exercise program on reducing falls in the elderly.

The decision to invest more than \$1 million over three years in these two areas of research came about after an extensive analysis of international and Australian research currently being done on the five key health promotion action areas: tobacco control, mental health, physical activity, healthy eating and substance misuse (alcohol and illicit drugs).

### Realigning Sport and Recreation

This year, as part of VicHealth's process of realigning all its programs to reflect its Strategic Plan, the focus in **sport and recreation** was on finalising a framework for future activity. A task group of key stakeholders began a field consultative process in late 1999, providing advice until the VicHealth Board endorsed the new directions in mid-2000.

The redevelopment has brought some significant changes. The most notable is that VicHealth is moving away from sponsorship of sport for the purpose of promoting health messages to sport spectators. The new focus will be on investing in multidimensional programs which have positive health benefits for those participating in structured state and community level sport and community based active recreation.

It will be two more years before the new directions are fully operational. Current sponsorships will come to an end as the new schemes are phased in.

The new program, **Promoting Health through Sport and Recreation**, identifies three main areas of focus:

- increasing participation in sport and active recreation, particularly by those who currently have the lowest participation rates;
- healthy environments within clubs, venues and facilities where sport and active recreation occur; and

- strengthening the individual skills and organisational capacity of sport and active recreation providers to successfully work in the first two focus areas

Work has commenced on an evaluation plan to identify the key research questions needed to capture the contribution of the redeveloped program to the Victorian population's health.

### Promoting Health through Sport and Recreation

There are five schemes under the Promoting Health through Sport and Recreation Program. Partnerships for Health; Community Participation in Sport and Recreation; Health Enhancing Clubs and Venues; Innovation in Sport and Recreation Scheme; and a Social Marketing Scheme.

In January 2001, following extensive consultation, guidelines for the new Partnerships for Health scheme were released to over 100 state sporting associations (SSAs). Briefing sessions to familiarise with the new guidelines were well attended by representatives from all levels of SSAs.

Dr Rob Moodie, made an address to a Joint Sitting of Victorian Parliament in March, 2001 about approaches to addressing substance misuse.



The developmental work prior to the release of guidelines for the other four planned schemes will be completed next year.

- *Community Participation in Sport and Recreation* scheme, focusing on creating pathways for participation in physical activity at the community level.
- The *Health Enhancing Clubs and Venues* scheme, focusing on the places where sport and active recreation occur to ensure the social and physical environments are conducive to good health.
- The *Innovation in Sport and Recreation* scheme, focusing on projects which contribute to expanding the evidence-base of effective health promotion approaches and strategies to achieve the objectives of the new program.
- The *Social Marketing* scheme, focusing on promoting physical activity as a tool for smoking cessation. Scheme objectives will be met through a combination of commissioned and submission-based activity.

### Arts for Health

VicHealth believes the arts can be particularly effective in addressing social determinants of health such as a lack of social connection, social isolation and the need to build and enhance a sense of belonging to community.

The *Arts for Health Program* strives to increase possibilities for participation in and access to high quality arts events for population groups most in need. VicHealth is also concerned to provide support so that arts events take place in healthy environments and encourage healthy behaviours through the promotion of health messages. Regional and rural communities are a focus for the current arts program, as are people who are socially or economically disadvantaged and young people.

The redeveloped *Arts for Health Program* completed its first full year of operation during the 2000–01 period. The program incorporates four schemes: Major Arts Partnerships, Community Arts Participation, Local Government Arts and Environment Scheme and Community Festivals. Each of these programs is being evaluated for its effectiveness in achieving VicHealth’s objectives.

### Major Arts Partnerships

The Major Arts Partnerships scheme involves 10 organisations funded for a period of two years. Each of the 10 organisations is implementing strategies to improve and promote access for disadvantaged populations and assessing policies to make sure that arts activities take place in healthy environments. As well, each of the Arts Partners is implementing innovative strategies to promote the SmokeFree message to encourage a reduction in smoking.

Free and accessible activities offered by the partner organisations were promoted in the Arts for Health Calendar. This calendar is developed bi-annually and distributed to over 1000 community organisations across the State. The development of a partnership approach has also enabled joint ventures to occur between arts organisations. This is a significant benefit, particularly for rural organisations.

#### Major Arts Partners

The 10 arts organisations in partnership with VicHealth and the Heart Foundation are: Footscray Community Arts Centre, Geelong Performing Arts Centre, Hothouse Theatre, Immigration Museum, Koorie Heritage Trust, Melbourne Festival, Mildura Wentworth Arts Festival, Playbox Theatre, Regional Arts Victoria and the Victorian Arts Centre.

Smoke-free dining became compulsory in Victoria from July 1, 2001.



### Multi-Site Evaluation—CAPS

The research conducted on the Community Arts Participation program is typical of the systematic approach taken by VicHealth to the evaluation of its programs. The evaluation seeks to extend the increasing body of evidence that emphasises the importance to health of such factors as reduced social isolation, feelings of connection and belonging and improved self-esteem. It will also investigate the role of participation in the enhancement of people's health. The projects being evaluated range from inner metropolitan locations to isolated rural communities.

Preliminary findings from the evaluation of the Community Arts Participation scheme indicate the importance and complexity of issues such as:

- the relationships between partnership organisations and their contribution to the success and sustainability of project outcomes;
- the development of participant recruitment strategies;
- ensuring care and safety to support participation;
- balancing issues of quality of creative outcomes with issues of participation and process; and
- the development of models of good practice involving integrated and cohesive local approaches while at the same time ensuring high quality creative process.

### Community Arts Participation

VicHealth has supported over 40 projects under the Community Arts Participation Scheme this year. Outcomes from the projects include reduced social isolation among target groups, re-engagement of people with their community, increased self expression around issues relevant to local communities and increased participation in creative activity.

### Community Festivals

Forty festivals were supported under the Community Arts Festivals Scheme during the year. VicHealth concentrated on community based festivals encouraging local participation and involvement as well as the expression of local ideas and stories. An increase in rural festivals was a positive outcome.

Festivals such as these can benefit the local economy as well as providing positive health impacts linked to social connection and strong community life. VicHealth encourages festivals to promote healthy environments through the provision of smoke-free areas, healthy food, responsible drinking and protection from the sun.

# TOBACCO CONTROL



## **Significant Changes in Tobacco Control**

VicHealth contributes approximately \$6 million a year across health, arts and sports agencies to support tobacco control measures in Victoria. This includes a \$2.3 million annual investment in the Quit Campaign managed by the Anti-Cancer Council of Victoria.

There have been some very positive changes in tobacco use in Victoria in the past year as a result of new legislation and sustained campaign activities. Smoking rates in Victoria have shown a downward trend. Legislative changes have resulted in smokefree dining for all Victorians, further restrictions on tobacco promotion and enhanced restrictions on the sale of cigarettes to children.

One of the high points for tobacco control in the State was the passing of significant amendments to the *Tobacco Act* by the Victorian Parliament. The *Tobacco (Amendment) Act 2000* increased penalties for retailers selling cigarettes to minors. It also paved the way for the introduction of smokefree dining in restaurants, cafes and the dining areas of pubs and clubs. Smokefree dining became compulsory in Victoria on 1 July and

additional resources were made available to ensure compliance with the new legislation. The *Tobacco (Further Amendment) Act 2001* also abolished the advertising of tobacco at retail outlets and prohibited smoking in enclosed shopping centres.

Community support for smokefree dining was very strong. The number of Victorians who supported a total ban on smoking in restaurants jumped 7% to 53% in 2000, according to research from the Anti-Cancer Council of Victoria. The research also found that only 5% of smokers favoured no restrictions on smoking in restaurants.

Quit Victoria developed a new advertising campaign targeting parents that was launched in August 2001. The rationale behind the 'How will your smoking affect your life?' campaign was to encourage adult smokers to quit by showing the physical and emotional effects of smoking on a smoker and their family.

The *Quit Evaluation Studies Volume 10*, released in February 2001, clearly shows that our investment in Quit Victoria has been successful in terms of both reducing smoking rates and changing public attitudes to environmental tobacco smoke.

Adult smoking rates have shown a downward trend—and there have been significant shifts in social attitudes regarding exposure to environmental tobacco smoke—including smoking in homes and around children, smoking in public places and workplaces. 70 per cent of workplaces have banned smoking and most people don't smoke around children (51%). This and subsequent research clearly shows public support for bans on smoking in all enclosed public places including gambling venues and bars is increasing.

We also contribute to the VicHealth Centre for Tobacco Control—researching the legal, economic and social issues involved in reducing smoking levels—by investigating broader social, political and policy factors linked to tobacco use.

VicHealth also released its Position Paper on Tobacco Control during 2000-01 and is developing a social marketing scheme promoting physical activity as a tool for smoking cessation.

QUIT

Quit: This image (left) was a feature of the Quit campaign launched in August 2001.



### Continued Action is still Needed

Despite our successes one in five Victorian adults continue to smoke. Smoking is the leading cause of preventable illness and death and will continue to be for many years to come unless efforts to encourage and support current smokers to quit are sustained.

There is a continued need for vigilance. We must persist in our efforts to help adults quit. Quit, government and industry are continuing to collaborate in efforts to establish smokefree public places to protect the health of staff and patrons. It is important that all stakeholders are involved in discussing any proposed changes. As well, we need to focus on reducing opportunities for tobacco companies to recruit our young, including highlighting the tobacco industry's new underground marketing campaigns.



### Legislative Changes 2000–2001

In summary the key reforms contained in the *Tobacco (Amendment) Act 2000* included:

- creating a new provision in Victorian tobacco legislation for retailers who possess illegal tobacco products (effective from 1 November 2000);
- introducing tougher penalties for retailers who sell cigarettes to minors, including increased financial sanctions and the possible loss of the ability to sell tobacco for a specified period (effective from 1 November 2000);
- the introduction of smoke free dining in Victorian restaurants and eateries (effective from 1 July 2001);
- requiring tobacco retail outlets to display health warning signs or signs advertising smoking cessation programs (effective from 1 July 2001); and
- abolishing point-of-sale advertising and regulating the display of tobacco products in retail outlets (effective from 1 January 2002).

In 2001, the Government introduced further reforms through the *Tobacco (Further Amendment) Act 2001*. These reforms build on the reforms introduced by the *Tobacco (Amendment) Act 2000* and further advance the tobacco control agenda in Victoria.

The *Tobacco (Further Amendment) Act 2001* implements the following reforms:

- a ban on the sale of gifts with the purchase of cigarettes (effective 1 July 2001);
- prohibiting mobile cigarette sellers (effective from 1 October 2001);
- requires tobacco retailers to display a no cigarette sales to minors sign (effective from 1 October 2001). This is additional to the requirement to display a health warning sign (effective from 1 July 2001);
- a ban on the display of tobacco advertisements outside retail outlets not containing trademarks or brand names such as signs advertising the availability of discount cigarettes or cheap smokes (effective 1 October 2001);
- banning the sale of single or unpackaged cigarettes (effective from 1 October 2001); and
- prohibiting smoking in enclosed shopping centres (effective from 1 November 2001).

## Strategic Outcome No.3

### WORKING WITH THOSE MOST IN NEED

Identifying groups who experience disadvantage is a priority when investing resources in programs. Priority groups include people living in: local government areas with a high proportion of socially and economically disadvantaged residents, rural and regional areas, and local government areas which have a lower than average life expectancy at birth.

VicHealth highlights in this section its activities in food insecurity projects; rural initiatives; and the koori health unit as examples where the organisation and its partners are working with those most in need. It also provides evidence around these investments

Healthy Eating: VicHealth works in partnership with many organisations striving to ensure all sections of the community have access to fresh fruit and vegetables.



The Arts For Health Events Calendar 2001 was launched on 15 May, 2001.



### Food Insecurity

VicHealth is working with low-income residents, local government, health and welfare agencies and small businesses on two food insecurity projects. The Maribyrnong City Council and North Yarra Community Health will each receive \$95 000 to carry out these 18-month food access projects.

The two projects are innovative and very different. However, they are driven by a common purpose—to examine factors which cause food insecurity and to help people gain access to enough food to live active and healthy lives. In the two localities covered by the projects, many people on a low income, particularly the homeless and unemployed, do not have secure access to nutritious food.

The Maribyrnong City Council project is in the Braybrook area where there is no fresh fruit and vegetable shop. For the homeless, poor, frail, elderly, parents with small children and people with no access to transport, this is a major problem. The solution is likely to be found in a collaboration between residents, health and welfare agencies, nearby markets and community gardens. A project officer has begun working with these groups to develop a plan and test viable options for the long-term.

In the inner city Yarra area, the program is focusing on boarding houses where many people do not have access to food or adequate equipment to cook their own meals. The program has two parts, both involving relevant agencies and businesses. A dietitian from Yarra City Health will work with boarding house operators and residents to provide cooking equipment and practical cooking demonstrations. At the same time, cafes and food outlets will be asked to participate in a subsidised food voucher scheme.

These projects also have the potential to nurture self-esteem, improve social connections and empower people to participate in the changes. The project evaluations will help inform future planning.

### Rural Projects

VicHealth has funded seven diverse projects in the first stage of the implementation of the Mental Health Promotion Plan. The projects focus on the development of partnerships in rural and regional Victoria to address the three themes: social connectedness, valuing diversity and economic participation.

The projects:

- A program of health promotion events in the Latrobe region is targeting young people who currently do not participate in community activities. The events are planned and implemented by the young people, developing skills for future community participation.
- The Koori Young People's Project in Ballarat involves the development, production and dissemination of a video, 'Making Pitchas', focusing on mental health issues facing young Aboriginal people.
- A rural youth enterprise cooperative in Warrnambool is being developed, building on previous achievements and involving the use of mentors and the development of business and marketing initiatives.
- The Ararat Community and Economic Development Project involves seven small towns in the area establishing plans for sustaining and building the social and economic capacity of their communities.

## POPULATION GROUPS

VicHealth focuses on population groups with low socioeconomic status



- The Macarthur Rural Women's Leadership Project is addressing what prevents women participating in community initiatives. The project will develop opportunities for participation and provide leadership training for women.
- An online youth and sexuality diversity project in north-east Victoria is piloting an advice service for youths with a focus on same sex attracted young people.
- The 'Get A Life' Maryborough Mental Health Promotion Project has residents working together to identify and develop community resources for improved community participation.

Each program received \$90 000 over 18 months and one year down the track much has been learned. As an organisation, VicHealth has developed a greater understanding of the issues and differences in rural communities and the consequent flexibility this demands from us.

A multi-site evaluation of the overall themes and models developed by the projects will gather further important data on mental health issues and trends.

### **Koori Health Unit**

The VicHealth Koori Health Research and Community Development Unit has embarked on some major research and published several papers this year. It has also played a critical role in informing policy development at a state and national level, particularly through formal arrangements with the Commonwealth Department of Health and Aged Care and the Office for Aboriginal and Torres Strait Islander Health.

The work of the Unit goes far beyond pure research; it also informs practice. For example, one project this year is likely to affect how research is carried out in Indigenous communities throughout Australia. The project looked at how past Indigenous research practices impacted on the Indigenous community's willingness to participate in current research. Workshops were held around Victoria and a discussion paper called *Indigenous Health and Western Research*, which looks at better models of research practice, was published.

The Unit focuses on research where gaps in knowledge critical to the improvement of health care delivery to Koori people exist. In a bid to influence the role of health practitioners, the Unit produced a monograph titled *Towards Reconciliation in Aboriginal Health: Initiatives in Teaching Medical Students*. This research investigated factors influencing learning on Aboriginal health for undergraduate students in Medicine at the University of Melbourne and explored areas of improvement.

The Unit's research and community development program is diverse and includes collaboration with major Victorian institutions.

Current research projects are:

- a qualitative investigation into the impact of premature mortality on the health, wellbeing and actions of Koori men;
- examining the cost-effectiveness of pharmaceutical delivery and how use of products by Kooris can be improved; and
- investigating community based interventions to reduce the risk of diabetes and cardiovascular disease in Indigenous Australians.



**Allocation of investment to specific population groups**

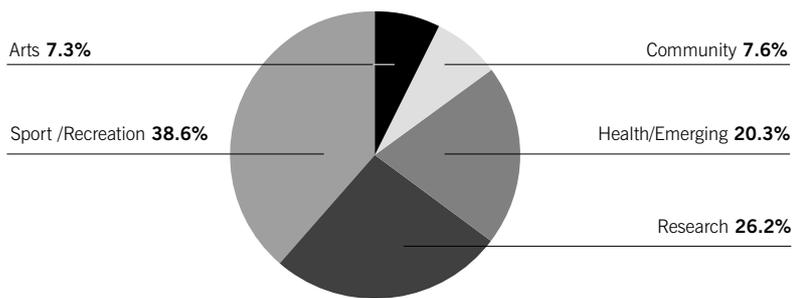
VicHealth tracks what proportion of our investment is reaching relatively disadvantaged local government areas in Victoria using the SEIFA Index of Relative Socioeconomic Disadvantage. We are committed to assessing how much of our funding is reaching our priority groups and obtain information on the proportion of participants in our funded programs who are from these priority groups and use it to calculate the percent of our funds reaching these groups. We also track our investments into rural areas and regional centres to establish what proportion of our funds are invested into projects and people in rural Victoria.

**Population Groups**

VicHealth focuses investments towards the following population groups

- low socio-economic status
- older men and women
- young people
- Koori
- New Arrivals
- Rural and regional areas

**Percent of Funds to Primary Setting—Funded Projects 2000–2001**



## Strategic Outcome No.4

### SHARING RESPONSIBILITY FOR HEALTH

VicHealth works with a range of government and community organisations to maximise health promotion opportunities that will lead to health gains. Many organisations are working to improve public health and VicHealth's capacity to invest resources is a way of adding value to existing programs and initiating new developments. VicHealth is also committed to building new alliances with sectors that have the potential to improve health outcomes and influence health promoting policies. VicHealth also makes submissions where appropriate to influence policy.

VicHealth highlights in this section its partnerships with the Department of Employment, Education and Training, Department of Infrastructure, Department of Human Services, Department of Sport and Recreation, the MAV, the Department of State and Regional Development and the Department of Justice as well as the local government sector and the Australian Drug Foundation as examples of organisations who share responsibility for health.

Young People: Making social connections is a positive factor in assisting people to stay healthy.



Smoking rates in Victoria show a downward trend.



**Creating Many Partnerships**

The ‘walking bus’ is an innovative concept which aims to get children walking to and from school safely. Parents volunteer to act as ‘drivers’ and ‘conductors’ to escort children as they walk to school in a group, picking up additional children at designated ‘bus stops’ along the way. The idea has taken off in many countries and VicHealth is the lead agency for a walking bus initiative in Victoria.

This is just one partnership project that VicHealth’s Health, Education and Emerging Settings Unit has embarked on this year. Partnerships with a range of agencies, including the Department of Education, Employment and Training (DEET), the Department of Infrastructure, the Municipal Association of Victoria and the Department of Human Services, mean that we can work at a structural level to improve health outcomes for Victorians. These partnerships are about sharing responsibility for health and working with key organisations to bring about change that can be sustained for longer than the life of a one-off grant.

Another example of this partnership approach is shown by two ‘middle-years’ (year levels 5–9) projects being implemented in more than 40 Victorian schools. In partnerships with DEET and the Department of Justice, VicHealth has established these two projects to support DEET’s middle-years initiatives. The projects—*Student Action Teams* and *Connecting Through the Middle Years*—will build on existing knowledge and skills to develop healthier and safer school environments. Both projects aim to increase students’ engagement in learning and improve their sense of belonging to the school and the local community.

VicHealth’s increased contribution to planning policies, including the State Government’s new ResCode and Metropolitan Strategy, will ensure that people’s health and wellbeing is explored when developers and authorities make environment, transport and urban design decisions.

**Sport and Recreation**

VicHealth has worked with State Sporting Associations for many years and after extensive consultation has developed a new approach for working together. The new Partnerships for Health Scheme will build on long standing relationships to develop new programs based on mutual benefit. The new partnerships will focus on increasing physical activity through sport and active recreation and creating healthy and welcoming, inclusive environments.

VicHealth continues to work closely with government departments such as Human Services, State and Regional Development, Infrastructure, and Education, Employment and Training to ensure a collaborative and coordinated approach to increasing physical activity in the Victorian community.

**Local Government**

VicHealth has continued to strengthen partnerships with local government. The Art and Environment Scheme, for example, is designed to work with local government to involve their communities in the creation of public art. Research shows that participating in the production of good quality art can increase people’s self-esteem and contribute to increased social connection. The Art and Environment Scheme is a good example of arts activity facilitating cross-sector input to improve

community mental health and wellbeing and to influence the introduction of sustainable change at a structural level.

Phase one of this new scheme involves four municipalities—the Cities of Casey, Greater Dandenong and Port Phillip, and the Shire of Golden Plains—and a multi-site evaluation process.

The partnership between VicHealth and local government is beneficial to the achievement of positive health outcomes for three reasons:

- Local Government can facilitate active community participation in the arts and integrate the work of local artists into a multidisciplinary approach to health.
- The scheme enables the creation of local community environments that are conducive to health, promote diversity and social connection, and provide lasting benefits.
- Building the capacity of local government to undertake these projects and to incorporate these activities into their municipal and public health planning facilitates relationships and links within councils and increases awareness of their potential to impact upon health.

The process also aims to assist in creating opportunities for local governments to work together to improve the built environment. VicHealth was supported by the Cultural Development Network in striving to engage local governments in this endeavour.

## SHARED RESPONSIBILITY

VicHealth released a partner pack and a mental health kit to assist community organisations promote mental health.



### Good Sports

The *Good Sports Program* is an initiative of the Australian Drug Foundation designed to break the nexus between heavy drinking and much community based sport. It helps clubs recognise the benefits, both financial and cultural, that flow from responsible alcohol management. The program grew out of research supported by VicHealth in the mid-1990s which explored strategies to create a more responsible culture around alcohol use in a range of metropolitan and rural sporting clubs.

The research found a range of factors encouraged and maintained a culture of irresponsible alcohol use in sporting clubs at a level which may have contributed to increased health and social problems, including risk of injury from accidents, assaults and/or self harm. In addition, the research showed that by managing alcohol responsibly, sporting clubs become more congenial social settings for members and their families. It also leads to a strengthening of support from, and links to, the local community.

The Good Sports Program's goals are to:

- ensure licensed sporting clubs serve and promote alcohol responsibly so as to prevent alcohol problems and model appropriate alcohol related behaviour;
- strengthen the capacity of local communities, through sporting clubs, to address some of the risk factors associated with alcohol and other drugs; and
- enhance the capacity of sporting clubs to be healthy and safe environments for all community members.

A key feature of the program is the accreditation process that clubs need to

comply with. The principles that underpin the Good Sports Accreditation Program (GSAP) are:

- evidence-based;
- based on a community development model;
- underpinned by local ownership; and
- focused on capacity building of communities.

The key features of the GSAP are:

- four levels of accreditation—one for sporting clubs that do not sell or consume alcohol on their premises and three for clubs which do;
- a unique monitoring program, ensuring clubs that are accredited continue to comply with the requirements at each level of accreditation; and
- the appointment of 12 'community partners' to create awareness of the program, support clubs as they work through the process and monitor club compliance.

A pilot of the program was completed during 2000. It was a year in which the accreditation criteria were trialed, community partners appointed to deliver the program and additional funds sought through sponsor interest in the program's potential.

A recent resource addition is the Good Sports Program website—[www.adf.org.au/goodsports](http://www.adf.org.au/goodsports)—explaining the program and enabling the accredited clubs to tap into resources and expert advice.

### CONTRIBUTING TO THE DEBATE

VicHealth advocates the adoption of health promoting policy and practice across a range of disciplines and sectors. It also engages in consultation and makes submissions to different levels of government and other organisations. These submissions are consistent with VicHealth's overall strategy and can have a direct, short-term impact that enables partnerships and collaborations across sectors to develop over the medium and long term.

In 2000–01, VicHealth made 12 official submissions to organisations. Many of these submissions focused on the issues of physical activity and mental health. VicHealth acknowledges that policy changes determining the physical environment as well as the social environment can have a major impact upon health. Submissions made in relation to Challenge Melbourne, the Draft Residential Code, the Draft Air Quality Improvement Plan and the National Strategy for an Ageing Australia addressed opportunities for health promotion in areas where the organisation hadn't previously worked, such as transport and the urban environment.

VicHealth has redeveloped its website in 2000-01 to assist individuals and partners to find relevant information quickly.



**VICHEALTH MAKES ITS POLICY CLEAR IN A RANGE OF AREAS**

The process of making submissions and the quality of material developed can enhance VicHealth's reputation as an advocate on health issues and assist endeavours to apply an upstream approach to health issues. Much of the information is also made available on VicHealth's website as a resource to others.

**Submissions 2000-01**

**Physical Activity and Mental Health**

**Draft Residential Code—Department of Infrastructure**

*VicHealth identified as issues:* the extent to which ResCode produces or enhances the public realm for walking, urban consolidation and mixed land use, personal safety and security, and greater flexibility and creativity of housing solutions.

**Draft Air Quality Improvement Plan (Port Phillip Region)—Environment Protection Authority**

*VicHealth supported:* integrating air quality into land use and transport planning; ecological assessment of major road projects; promoting alternatives to the car such as public transport, cycling and walking.

**Consultation on the 2001-02 Migration and Multicultural Affairs—Department of Immigration and Multicultural Affairs**

*VicHealth understands:* Humanitarian Program entrants suffer relatively high rates of physical and mental health problems.

*VicHealth recommended:*

- Humanitarian Program entrants have access to information and services aimed at identifying and treating physical and mental health problems as soon as possible after arrival;
- social and economic conditions are fostered to ensure that the adverse health effects of the settlement process are minimised and that new arrivals have ready access to those resources known to protect health; and
- new arrivals are able to access the resources of mainstream society while at the same time maintaining their religious and cultural identity.

**Attitude, Lifestyle and Community Support—National Strategy for an Ageing Australia**

*VicHealth recommended:*

- improving access to suitable transport as this is a key factor in maintaining mobility and independence for older Australians; and
- providing innovative housing solutions.

**Challenge Melbourne—Department of Infrastructure**

*VicHealth recommended:*

Focus on integration. Gains in quality of life are likely to be achieved if land use and transport planning are truly integrated.

**Cultural Diversity**

**Racial and Religious Tolerance—Victorian Office of Multicultural Affairs**

**A Commitment to Reconciliation—VicHealth**

VicHealth has made, as part of this process, a public commitment to promoting reconciliation. It is committed to consulting and working in partnership with Aboriginal people, organisations and communities. This will ensure that VicHealth continues to work toward a fairer and more just nation for Indigenous people.

**Illicit Drugs and Substance Misuse**

**Review of Community Correctional Services—Arthur Anderson (Correctional Services Commissioner)**

**Healthy Eating**

**Review of Food Standards—Australian and New Zealand Food Authority**

**Tobacco Control and Sun Protection**

**Priorities for Action in Cancer Control 2001 to 2003—Department of Health and Aged Care**

**Young People**

**Youth Strategy—Office for Youth, Department of Education and Training**

## Strategic Outcome No. 5

### FINDING NEW WAYS TO ACHIEVE RESULTS

VicHealth's commitment to improving health outcomes for Victorians requires an innovative approach to internal organisation, communication and service development and delivery. To this end, VicHealth strives for a standard of excellence in all systems that support staff, advisory group members and Board members. Training and ongoing professional development mean staff are equipped to deliver quality responses to complex issues as they emerge. Communication internally and externally is a priority to ensure effective information dissemination and transfer.

VicHealth highlights in this section its survey of stakeholders, the conference support fund, learning strategies, a list of presentations and articles by staff, advisory panels and Board committees, awards for excellence in health promotion, and our move to new premises as examples of where the organisation and its partners are finding new ways to achieve results.

Staff: Jenny Williams and Helene Finnie generally provide the first impression for a visitor at VicHealth.



VicHealth moved offices in April 2001, to Pelham St. Carlton.



**Seeking Feedback**

As part of our commitment to evaluation VicHealth conducted a Survey of its Stakeholders in November 2000. This survey was designed to gain the perspective of organisations funded by VicHealth about its operations and strategic directions.

Overall, VicHealth's performance was highly rated by the majority of respondents. There was strong support for the notion of stakeholders being in partnership with VicHealth in order to meet each partner's needs and for VicHealth to assist funded organisations to develop organisational capacity.

However, some concerns were also raised. Respondents wanted improved processes for providing feedback to grant holders, a reconsideration of VicHealth's requirements for evaluation and a greater presence in regional Victoria.

In response to these concerns VicHealth has increased its commitment to providing useful feedback to applicants for funding, has reviewed its evaluation and reporting requirements and has examined how the outcomes of evaluations can be made more accessible to grant holders and other VicHealth stakeholders.

VicHealth has attempted to increase its regional presence by specifically funding programs in rural areas, more closely tracking investments into different regions of Victoria, offering regional briefing sessions and forums to ensure that all Victorians know about VicHealth's programs, and visiting projects to support the work happening in regional and rural Victoria.

A redesigned website was launched as part of a strategy to improve stakeholder awareness of VicHealth's communications. A coordinated publishing strategy is being developed. This will improve the transfer of information between VicHealth and its stakeholders.

**Survey of VicHealth Stakeholders**

A total of 176 stakeholders completed the mail survey which was conducted by the Australian Institute for Primary Care on behalf of VicHealth, representing a response rate of 50%.

**Conference Support Fund**

VicHealth supports other organisations who are facilitating knowledge transfer in the field of health promotion. Through the Conference Support Fund (CSF) VicHealth provides limited support to conferences conducted by other providers.

The following conferences were supported by VicHealth during 2000–01.

Council on The Ageing–  
'Forging Our Future' Conference,  
12–14 November 2000

Centre for Adolescent Health–  
'Risky Business' Conference,  
23–24 November 2000

Australian Drug Foundation–  
'2nd International Conference on  
Drugs and Young People',  
4–6 April 2000

Royal Australian Planning Institute–  
'New Urbanism: First Australian and  
New Zealand Congress',  
26–29 April 2000

The U3A Network Victoria, Inc.–  
U3A Into the 21st Century–  
30 April–3 May 2000

VicHealth invested in over 450 programs, projects and research initiatives in 2000-2001.



**Learning Strategy Activities  
2000-2001**

The Learning Strategy has been developed to facilitate the dissemination of information from VicHealth to partners.

**Seminars**

**Participatory Action Research  
(Research Methods Seminar)**

22 May, 2001.  
Speakers: Adj. Prof. Yoland Wadsworth and Ms Sarah Brown.

**Social Epidemiology  
(Research Methods Seminar)**

19 June, 2001.  
Speakers: Dr Anne Kavanagh and Dr Theo Vos

**Social Inequities and Health**

27 October, 2000  
Speaker: Richard Wilkinson

**Commonwealth Child Nutrition Project**  
Workshop held 4 May 2001 for school-based projects

Recommendations from the Health Promoting Schools Project and Healthy Eating Healthy Living school-based healthy eating initiatives were used to provide training for school-based projects funded through the National Child Nutrition Project.

**Active for Life Project**

Workshop 4 June 2001.  
Increasing participation in physical activity—addressing barriers and reaching specific population groups.

**Visiting Fellow**

Dr Hans Saan, Netherlands  
Health Promotion  
6-16 June, 2001

**Workforce Development**

VicHealth was part of a consortium with La Trobe, Deakin and Ballarat Universities, the North-East Health Promotion Centre and the Australian Health Promotion Association to develop a Health Promotion Short Course for the Department Human Services for Primary Care Partnerships

**Refugees, Humanitarian Settlers and Informal Arrivals: Assessing the problems—finding the solutions.**  
April, 2001

**VECCI seminars 2000-2001**

- Diversity, leadership and organisational performance
- Occupational stress
- Links between spirituality and leadership in the workplace
- Work/Life balance

**VICHEALTH STAFF**

**Books/ Chapters**

Rowling L, Martin G, Walker L, eds. Mental health promotion and young people: concepts and practice. 2000.

Borthwick C, Galbally R. Psychiatry, psychology, and health promotion. In: Milgrom J, Burrows C, eds. Psychiatry and psychology: integrating medical practice. Chichester: John Wiley; 2001.

Chan-Kam C, Goodridge G, Moodie R. Strategic planning, design and management of HIV/AIDS programmes. In: HIV/AIDS prevention and care in resource constrained settings: a handbook for the design and management of programs. Washington: Family Health International; 2001. In press.

**Articles**

Borthwick C. Idiot into ape: Research in Social Science and disability 2001;(1):67-88.

Cotter T, Protecting Young Children from Environmental Tobacco Smoke, Development Bulletin, 2001, (54) 52-55

Galbally R, Borthwick C. Managed care in the international context. Medical Journal of Australia 2000;172(12):607-8.

Moodie R, Cotter T, Martin J, Learning from experience—future directions for tobacco control, Development Bulletin, 2001;(54);47-52

Moodie R, Borthwick C. Transport and the health promotion workforce [editorial]. Health Promotion Journal of Australia 2000;10(3)188-9.

Moodie R, Borthwick C. Inequality and health promotion [editorial]. Health Promotion Journal of Australia 2001;11(1):4.

Professor Kim Mullholland, Dr Dorota Gertig, Dr Melanie Wakefield, Dr Ruth Morley, and Dr Anne Kavanagh are VicHealth Senior Research Fellows.



#### CONTRIBUTING IDEAS THROUGH ARTICLES AND PRESENTATIONS

Moodie R, Borthwick C, Phongphit, et al. Health promotion in South-East Asia: Indonesia, DPR Korea, Thailand, the Maldives and Myanmar. *Health Promotion International* 2000;15(3):249.

Moodie R, Liberman J. Public policy, tobacco and the drug debate. *Health Promotion Journal of Australia* 2000;10(2):94.

Moodie R. The art and science of health promotion. *Australian Journal of Primary Health Interchange* 2000 (Special Issue: Primary Health Care);6(3 & 4).

Swerissen H, Duckett SJ, Daly J, Bergen K, Marshall S, Borthwick C, et al. Health promotion and evaluation: a programmatic approach. *Health Promotion Journal of Australia* 2001;10(1 Suppl).

#### Conference papers and presentations

Ball S. Art and health. National Rural Health Conference; 2001 Mar 4–7; Canberra.

Ball S. Art for health's sake. Australian Health Promotion National Conference; 2001 Jun 4–6; Gold Coast.

Borthwick C. Hiss the villain; can big tobacco sell death overtly? Australian Health Promotion Conference; 2001; Gold Coast.

Corkum M. Marketing meets mental health promotion. Australian Health Promotion National Conference, 2001, Gold Coast.

Cotter T, The Fundamentals of Anti-Smoking Advertising, 11th World Conference on Tobacco; 2000 Aug; Chicago

Cotter T, Walking the tight-rope - Balancing government funding and advocacy, 11th World Conference on Tobacco; 2000 Aug; Chicago

Moodie R. Empowerment, how to acquire knowledge, global dialogue on health. Expo 2000; 2000 Aug; Hannover, Germany.

Moodie R. The role of health promotion in the community. Ophthalmology 2000 Conference; 2000 Aug; Melbourne.

Moodie R. Life, longing and leisure in 2050. Edwards Oration. Australian Society of Medical Research; 2000 Nov; Melbourne.

Moodie R, Fry E. HIV/AIDS—a global overview with emphasis on Asia and the Pacific. Australian Agency for International Development (AusAID) Advisory Group on Health; 2000 Nov; Canberra.

Moodie R. Drug prevention. Address to Joint Sitting of the Victorian Parliament; 2001 Mar; Melbourne.

Moodie R. In to action. National Symposium on General Practice and Population Health; 2001 Mar; Sydney.

Moodie R. Keynote address. Positive voices: strengthening the response to HIV/AIDS; 8th NAPWA Conference; 2001 April; Melbourne.

Moodie R. Promoting mental health: changing the soul of Australia. Diversity in Health—Sharing Global Perspectives; 2001 May; Sydney.

Moodie R. Social blight: drugs and depression. An overview. Williamson Community Leadership Program; 2001 June; Melbourne, Australia.

Moodie R. Keynote address. Third Futures Conference; 2001 Jun; Bendigo.

Moodie R. Keynote address. Australian Cochrane Centre Regional Meeting; 2001 Jun; Melbourne.

Moodie R. Promoting mental health. Feast of Psychiatry, St Vincent's Hospital Mental Health Services; 2001 Jun; Melbourne.

Sheehan C, Wood L, Tower J. Developing recreation and health partnerships. Parks and Leisure Australia National Conference; 2000 Sep; Gold Coast

Verins I. VicHealth's mental health promotion framework. National Council of Women of Victoria.

Verins I. From margin to mainstream—intersectoral approaches to mental health promotion. First World Congress of Promotion of Mental Health and Prevention of Mental Behavioural Disorder; 2000 Dec; Atlanta.

Verins I. VicHealth's mental health promotion plan: implementation issues. Suicide Prevention Conference; 2001 Apr; Sydney.

Advisory panels met for the first time in 2000-2001.



### Board Appointed Standing Committees

#### Finance and Human Resources Committee

Prof John Funder Chair  
 Prof Graeme Ryan  
 Ms Jane Fenton  
 Mr Tim Jacobs  
 Plus not more than three external members with expertise in finance or human resources

#### Remuneration sub-committee

Prof John Funder Chair  
 Prof Graeme Ryan  
 Plus not more than two external members with expertise in human resources

#### Audit Committee

Mr William Phillips Chair  
 Prof John Funder  
 Ms Jenny Lindell  
 Mr Gerald Ashman  
 Mr Ron Best  
 Mr John Kehoe  
 Plus any other members appointed by the Board of Governance

### Board-Appointed Advisory Panels

#### Sport and Recreation Partnerships for Health

Mr Michael Cahill, Sport and Recreation Victoria, Chair  
 Mr Lindsay Gaze, VicHealth Board  
 Mr Ron Best, VicHealth Board  
 Mr Bill Bellew, Department of Health, NSW  
 Ms Julie Sarll, VicSport  
 A/Prof Caroline Finch, Deakin University  
 Mr Paul Vear, Victorian Squash Federation  
 Ms Lisa Hasker, Victorian Little Athletics  
 Ms Jill Evans, Leisure Networks, Geelong  
 Ms Kaye Graves, Bendigo Community Health Service  
 Dr Rob Moodie, VicHealth CEO  
 Ms Yvonne Robinson, VicHealth staff  
 Ms Shelley Maher, Deakin University secondee  
 Mr John Strachan, VicHealth staff  
 Ms Trish Mundy, VicHealth staff

#### Community Participation in Sport and Recreation

Ms Susan Holmes, VicHealth Board, Chair  
 Mr Gerald Ashman, VicHealth Board  
 Prof Neville Owen, University of Wollongong  
 Mr Gavin Brown, Victorian Aboriginal Youth Sport and Recreation Co-op  
 Ms Carmel Guerra, Centre for Multicultural Issues  
 Ms Jane McInnis, Sport and Recreation Victoria  
 Mr Adam Pickvance, Outdoor Recreation Victoria  
 Mr Ian Kett, Victorian Council on Fitness and General Health (VicFit)  
 Ms Sue Howard, City of Maribyrnong  
 Mr John Smith, North Central Primary Care Partnership  
 Dr Rob Moodie, VicHealth CEO  
 Ms Yvonne Robinson, VicHealth staff  
 Ms Trish Mundy, VicHealth staff  
 Ms Caroline Sheehan, VicHealth staff

#### Social Marketing in Sport

Ms Elaine Canty, VicHealth Board, Chair  
 Dr David Hill, Centre for Behavioural Research into Cancer  
 Ms Susan Holmes, VicHealth Board  
 Ms Maree Davidson, Davidson Consulting  
 Mr Frank McGuire, McGuire Associates  
 Dr Rob Moodie, VicHealth CEO  
 Ms Yvonne Robinson, VicHealth staff  
 Ms Trish Cotter, VicHealth staff  
 Ms Trish Mundy, VicHealth staff

#### Sports Safety Equipment Program

Ms Jenny Lindell, VicHealth Board  
 Mr Ron Best, VicHealth Board  
 Mr Gerald Ashman, VicHealth Board  
 Ms Trish Mundy, VicHealth staff  
 Mr John Strachan, VicHealth staff

#### Mental Health Promotion

Ms Jane Fenton, VicHealth Board, Chair  
 Prof Helen Herrman, VicHealth Board  
 Assoc. Prof Ian Anderson, University of Melb.  
 Ms Vivienne McCutcheon, Co-Allition 99  
 Prof Johanna Wynn Youth Research Centre, Uni of Melb  
 Ms Jenni Smith, Department of Human Services, Mental Health Branch  
 Mr Paris Aristotle, Vic. Foundation for Survivors of Torture  
 Ms Suzanne Cooper, Oven & King Com. Hth Serv.  
 Prof Ian Hickie, Beyond Blue  
 Ms Kerry Webber, Dept. of Health & Family Services

VicHealth focuses on five health promotion action areas - healthy eating, mental health, physical activity, substance misuse and tobacco control.



Mr John McGrath, Mental Health Council of Australia  
 Fr Peter Norden, SJ Jesuit Social Services  
 Mr Stephen Gianni, Brotherhood of St Laurence  
 Dr Brian Howe, University of Melbourne  
 A/Commissioner, George Davis Victoria Police  
 Ms Lyn Walker, VicHealth staff  
 Ms Irene Verins, VicHealth Staff  
 N.B. For specific mental health funding rounds the panel will co-opt additional people with relevant expertise.

**Primary Care Partnerships**

Ms Jane Fenton, VicHealth Board, Chair TBD  
 Ms Sylvia Barry, Aged Community & Mental Health Branch, DHS  
 Ms Bronwyn Diffey, Aged Community and Mental Health Branch, DHS  
 Ms Darnelle Eckersall, Banyule City Council  
 Ms Gail Roberts, General Practice Divisions Victoria  
 Ms Helen Walsh, Barwon South Western, DHS  
 Mr Phil Browne, Upper Community Health Services  
 Ms Penny Anderson, Maroondah City Council  
 Ms Karen Riley, Bendigo Community Health  
 Ms Julie Hoy, Health Development, Public Health, DHS  
 Ms Yvonne Robinson, VicHealth staff  
 Ms Kellie-Ann Jolly, VicHealth staff  
 Ms Lee-Choon Siau, VicHealth staff

**Local Government**

Ms Clare Hargreaves, Municipal Association of Victoria, Chair  
 Mr Jim Smith, Municipal Association of Victoria  
 Ms Cathrine Harboe-Ree, State Library of Victoria  
 Mr Neville Kurth, City of Whittlesea  
 Mr David Williamson, City of Darebin  
 Mr Tony McBride, Dept Health and Aged Care  
 Ms Jan Norton, Social & Env. Health, Public Health, DHS  
 Mr Tony Diamond, Aged & Disability Services, City of Ballarat  
 Ms Yvonne Robinson, VicHealth staff  
 Ms Kellie-Ann Jolly, VicHealth staff

**Healthy Eating**

Prof Robert Burton, VicHealth Board, Chair  
 Ms Cathy Cooper, National Heart Foundation  
 Ms Veronica Graham, Public Health, DHS  
 Ms Beverley Woods, Consultant, Food, Nutrition and Dietetics  
 Ms Meredith Budge, Consultant, Nutrition  
 Dr David Hill, Cancer Control Research Institute, ACCV  
 Prof Vivian Lin, La Trobe University, Public Health Faculty  
 Ms Sue Noy, Consultant

Ms Sue Booth, PhD Student, Flinders University, SA  
 Dr Julia Shelley, VicHealth staff  
 Ms Yvonne Robinson, VicHealth staff  
 Ms Kellie-Ann Jolly, VicHealth staff (HE panel)  
 Ms Jacqui Randall, VicHealth staff

**Healthy Eating and Physical Activity Sub Panel**

Prof Robert Burton, VicHealth Board, Chair  
 Ms Cathy Cooper, National Heart Foundation  
 Ms Veronica Graham, Public Health, DHS  
 Prof Vivian Lin, La Trobe University, Public Health Faculty  
 Prof Neville Owen, University of Wollongong  
 Dr Geoff Marks, University of Queensland  
 Dr Julia Shelley, VicHealth staff  
 Ms Jacqui Randall, VicHealth staff

**Major Partnerships in Arts**

Mr Tim Jacobs, VicHealth, Chair  
 Ms Felecia Nevens, Arts Victoria  
 Dr Peter Thompson, University of Melbourne  
 Mr Peter Mathews, Regional Arts Victoria  
 Ms Sue Beal, City of Melbourne  
 Ms Nettie Horton, Council for Homeless Persons  
 Ms Partria Gough, South Australia Health  
 Ms Lyn Walker, VicHealth staff

**Festivals**

Ms Kaye Graves, Community Health Bendigo, Chairperson  
 Ms Katherine Crawford Gray, Senior Arts Officer, Festival and Events, Arts Victoria  
 Ms Bridget Palmer, City of Yarra  
 Ms Victoria Jones, Festival Events Coordinator, Brimbank City Council  
 Mr Steven Richardson, Executive Producer and CEO, Next Wave Festival  
 Ms Yvonne Robinson, VicHealth staff  
 Ms Donna Swan, VicHealth staff

**Community Arts Participation**

Ms Vic Marles, Circus OZ, Chair  
 Ms Elaine Canty, VicHealth Board  
 Prof Helen Herrman, VicHealth Board  
 Ms. Elizabeth Jones, Arts Victoria  
 Mr Paul Morgan, SANE Australia  
 Ms Bin Dixon-Ward, Regional Arts Victoria  
 Ms Patience Harrington, City of Wodonga  
 Mr. Mark Wilkinson, City of Darebin  
 Ms Sue Ball, VicHealth staff



# VicHealth Excellence in Health Promotion Awards

The following awards were presented at VicHealth's Annual General Meeting and Awards presentation held at Government House on 21 December 2000.

## **VicHealth Outstanding Contribution to Health Promotion Award**

**Joint Winner:** The Hon. John Thwaites, Minister for Health, Victoria

**Joint Winner:** Dr Michael Wooldridge, Federal Minister for Health

The Hon. John Thwaites, Minister for Health in Victoria, and Dr Michael Wooldridge, Federal Minister for Health, received joint honours in recognition of their enormous commitment in the area of tobacco control initiatives.

## **Leadership in Health Promotion Award**

**Winner:** Quit Campaign—Victorian Smoking and Health Program

Recognised both nationally and internationally, Quit's work in Victoria has contributed significantly to increased public awareness and understanding of the health risks of exposure to environmental tobacco smoke (ETS).

### *Special Mention*

The Gatehouse Project, Centre for Adolescent Health

Prevention of Vision Loss in the Community from Diabetic Retinopathy: Identification of the Problem, Intervention, Evaluation

Centre for Eye Research

The SunSmart Program: Anti-Cancer Council of Victoria

## **Excellence in Health Promotion Award**

**Winner:** Victorian Foundation for the Survivors of Torture—Food and Nutrition Project for Recent Arrivals from Refugee Backgrounds

There is significant potential to enhance both the physical and mental wellbeing of new arrivals by providing support and information on diet and lifestyle.

Recognising the competing demands on new arrivals, and those working with them, this innovative project identified ways to deliver diet and lifestyle information that could be accessed while accomplishing other settlement tasks.

*Special Mention*  
Netball Victoria

## **Innovation in Health Promotion Award**

**Winner:** Spanda Productions—My Bed is a Crocodile Tour

This quality theatre production is based on the idea that 'culture is the best form of welfare'. The theatre tour successfully presented information on schizophrenia to a senior secondary audience to help increase their understanding of the illness.

### *Special Mention*

Wangaratta Jazz Festival, International Diabetes Institute

## **Health Promotion through Community Participation Award**

**Winner:** Barwon Health—Chronic Performance Project

This project provided an opportunity for professional artists to work with young people living with a serious illness and/or disability to translate their personal stories into a drama production.

### *Special Mention*

Art-FUSION, City of Whittlesea

Walking away from Depression, Doutta Galla Community Health Service

## **VicHealth Encouragement Award**

**Winner:** North East Health Promotion Centre—Social Connectedness: What Matters to Older People

This project provided a forum to hear the voices of older isolated adults and developed ways to increase the social connectedness of older people in the Cities of Darebin and Banyule. Six older men and women visited the homes of older, isolated people to share experiences and identify areas for action.

# A New Location

## VicHealth moves to a building with history

On 30 April 2001, VicHealth moved from its original home at 333 Drummond Street Carlton to take up residence at 15–31 Pelham Street Carlton. The new environment VicHealth to conduct forums on site and share information about a variety of health issues.

VicHealth now resides in the historic St Nicholas Place—a building with a startling history.

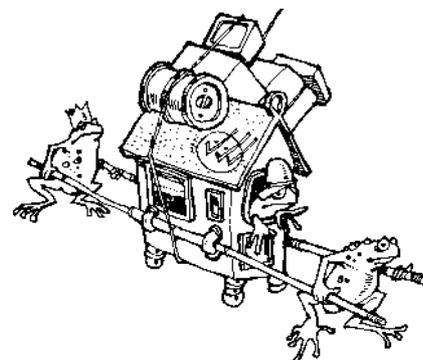
The St Nicholas site was originally occupied by the Royal Children's Hospital and for many years provided what was for the time excellent medical care to thousands of children. When in 1964 the Royal Children's Hospital moved to its present site, the buildings were occupied by St Nicholas' Hospital, a residential centre for children with severe disabilities.

St Nicholas' was established at a time when institutions saw their role as sheltering society from the sight of people with disability, and for many years its inhabitants were entirely cut off from the world. Inside the hospital, care services were underfunded, overcrowded and understaffed. Staff were uneducated and unsupervised. Food was short, feeding time shorter. The patients could not complain. The death rate among residents was high, and for the first decade no activities at all were provided for the residents, who were simply laid on the floor in rows.

Since that time, our expectations of what constitutes appropriate care for people with disability have changed considerably. St Nicholas' was closed 16 years ago after Anne McDonald, a resident, took a Habeas Corpus action in the Victorian Supreme Court. The high glass-topped walls that used to surround St Nicholas' have been demolished, as have most of the buildings. The only surviving pieces are the Pelham street façade that used to be the administration block and the wards on the corner of Pelham and Drummond Street, now apartments.

The old institutions are now being closed, one by one. St Nicholas' was the first, then Ararat and Caloola, and now, finally, 24 years after Anne McDonald's fight, Kew Cottages. For the first time Victorians with disabilities have a real chance to live in the community.

Obviously, some progress has been made but much remains to be done. There is a risk that, as has happened with other aspects of the Australian past, the experiences of the people who suffered these wrongs will be first forgotten and later denied. If we forget the past horrors too readily we can become too satisfied with ourselves and with our society. In our lifetimes children almost starved to death in the middle of Melbourne and nobody protested. We must ask how society could have tolerated these abuses. We must also ask whether society now retains any of the flaws that made these horrors possible and what remedies we owe to the people who suffered them.



### Chris Borthwick

*Chris Borthwick is a VicHealth staff member, and editor of the Australian Health Promotion Journal who was involved in the campaign to close St Nicholas in the 1970s. Chris keeps in close contact with many of the former residents of St Nicholas.*

# FUNDED PROJECTS 2000–2001

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## AMELIORATION OF CHRONICITY AND DISABLEMENT

### RESEARCH

#### Cohort Studies of Bone Density Change in Female Twins

*University of Melbourne*

Prof. J Wark. A study of bone mineral density (BMD), anthropometris, health and lifestyle indices in three established cohorts of female twins to enable the characterisation of the determinants of change in BMD across three critical life stages. \$27,137

#### The Burden of Eye Disease in Victoria

*Centre for Eye Research Australia*

Dr J Keefe. This project involves the development of a questionnaire that ascertains needs and assesses the outcomes of rehabilitation for people who have impaired vision. \$73,100

#### The Natural History of Preclinical Diabetes in School Children

*The Royal Melbourne Hospital Research Foundation*

A/Prof. P Colman. This project aims to develop ways to identify children at increased risk of developing Type 1 diabetes in order to guide future population screening to identify people with preclinical Type 1 diabetes. \$120,000

#### Does Earlier Diagnosis Improve Outcomes of Childhood Sensorineural Hearing?

*Murdoch Childrens Research Institute*

Dr M Wake. One hundred and fifty children diagnosed with sensorineural hearing loss (SNHL) before, during and after the 1992 introduction of the Victorian Infant Hearing Screening Program will be assessed on outcomes of language, behaviour, social skills, child and family adjustment to deafness, and satisfaction with diagnostic process and interventions offered. \$5,755

#### Osteoporosis in Australia: A Population Based Study in Geelong

*University of Melbourne*

Dr M Kotowicz. A longitudinal study which extends on a previous VicHealth funded epidemiological study into the identification, prevention and treatment of osteoporosis. It will provide comprehensive data across the adult female age range and relate bone density and size to fracture risk in the Australian population. \$150,000

#### Risk Factor Surveillance System Study—VPHREC Consortium

*Victorian Public Health Research and Education Council*

Ms R James. A one-off grant in support of the VPHREC Consortium's successful bid for the Department of Health and Aged Care tender to undertake a feasibility study to develop a nationwide chronic disease and behavioural risk factor surveillance system. \$50,000

**HEALTH SERVICES EVALUATION AND HEALTH ECONOMICS****COMMUNITY****Research Ethics for Aboriginal Communities**

*VicHealth Koori Health Research and Community Development Unit*

The project will conduct a range of consultations with Koori community organisations, health workers and researchers to develop strategies to develop a framework for use by community organisations when assessing research.

\$38,203

**RESEARCH****Cochrane Collaboration Health Promotion—Public Health Field Murdoch Childrens Research Institute**

Ms L Waters. Funding for financial and administrative support for the relocation of the Health Promotion–Public Health Field of the International Cochrane Collaboration from Canada to Victoria, and for the further development of the use of best evidence in health promotion and public health practice.

\$120,000

**Evaluation of a Community Based Oral Health Promotion Program for Migrant Older Adults**

*Dental Health Services Victoria*

Prof. C Wright. This study aims to evaluate a community based oral health promotion program to improve the access of Italian and Greek background elderly to oral health services. The study will also provide information on oral health status, knowledge, attitudes and practices in older adults from these communities.

\$115,466

**Connecting for Health: The Role of Networks and Partnerships in Improving Health and Wellbeing**

*The University of Melbourne*

Dr J Lewis. This research aims to analyse the role of collaborative arrangements in improving health and wellbeing in Victoria. This will be done by examining public networks and policy development and investigating partnership case studies.

\$100,000

**HEALTHY EATING****ARTS****Arts for Health Festivals Scheme**

*40 Community Projects*

Community based arts festivals designed to increase social connection, promote healthy eating and create a festival environment which is conducive to good health.

The festivals were:

2001 Mallacoota Arts Festival; Apollo Bay Music Festival; Ballarat NAIDOC; Birralee Children's Festival; Birregurra Weekend Festival; Brimbank Festival; Buchan Foothills Festival; Buskers Harvest Festival; Cambodian Ancestor Ceremony; Castlemaine State Festival; Circus Biserkus; Flemington Multicultural Community Festival; Frankston On Sea Festival; Global Sisterhood Network (for the Women's Festival Committee); Grampians Arts and Gardens Discovery Festival; High Tide Festival; Kew Festival; Maldon Folk Festival; Melbourne Fringe Festival; Meredith Country Festival; Mortlake Buskers Festival; Otway Harvest Festival; Pako Festival 2001; Piazza Arts Festival; Polyglot Workshops; Red Cliffs Folk Festival; Return of the Sacred Kingfisher Festival; Senior Citizens Week Festival—Regional Tour; Spring Festival

Program; Spring Fling; Stratford Shakespeare Festival; Summer–Autumn Festival Program; Tararer 2002; The 2000 King Valley Virgin Wine, Food and Arts Festival; The Torchlight Presentation—Bendigo by Torchlight; The Wedding Party; The Wicked Festival; Wangaratta Festival of Jazz; Warrnambool International Children's Festival; Youth Festival.  
\$233,404

**HIGHLIGHTING VICHEALTH INVESTMENTS****Healthy Eating - a quick explanation**

Healthy Eating is recognised as one of the key factors in reducing the impact of cardiovascular disease, diabetes, some cancers and a range of other health issues.

Healthy eating takes many forms and is understood differently in different countries and among different cultures. In general, healthy eating should be an integral and enjoyable part of daily life that contributes to the physiological, mental and social wellbeing of individuals. There is a need for greater understanding of the determinants of and influences on healthy eating such as access to an affordable food supply.

**HEALTH AND EDUCATION****Food Insecurity Community Demonstration Project**

*Maribyrnong City Council*

To develop a range of long- and short-term strategies to better meet the needs of people within the Maribyrnong community who are homeless or at risk of homelessness, or who lack the facilities, skills or finances to prepare their own food.

\$95,000

**Food Insecurity Community Demonstration Project**

*North Yarra Community Health*

This project will examine the contributing factors to food insecurity among the homeless population in the City of Yarra. The project will involve representatives of relevant key agencies in the development of broad strategies to raise food security as a priority community work issue. It will also engage clients and café owners in the development and delivery of the subsidised café meal and cooking class group programs.

\$95,000

**Multisite Evaluation: Food Insecurity Community Demonstration Projects**

*Deakin University*

This project will resource, advise, monitor and evaluate the implementation of the two demonstration projects funded under the Food Insecurity Community Demonstration Project Grants.

\$35,000

**RESEARCH****Editing of the Analysis of the 1995 National Nutrition Survey**

*Coles and Rutishauser Consultants*

To edit the analysis of the 1995 National Nutrition Survey, all persons 16 years of age and over and all persons 16 years of age and over by index of relative socioeconomic disadvantage for area, prepared by the Healthy Eating and Healthy Living Program. Also, to prepare a stand-alone executive summary of this document for health promotion practitioners.

\$4,000

**Sociocultural Factors in the Prevention of Child and Adolescent Obesity**

*Murdoch Childrens Research Institute*

Ms E Waters. A study that examines the role of sociocultural influences as determinants of eating/food habits and physical activity.

\$89,298

**The Influence of the Family Environment on Children's Eating and Physical Activity**

*Deakin University*

Dr D Crawford. This study will examine how different factors in the family environment affect the eating behaviours and physical activity habits of 5 to 6 year old children.

\$67,330

**The Predictors of Healthy Eating and Physical Activity in Health 2000**

*Anti-Cancer Council of Victoria*

Prof. G Giles. This project is a follow-up of 40 000 people in the Health 2000 cohort. It involves a repeat of measures of eating habits and physical activity, along with additional questions about health beliefs, in order to investigate why some people's patterns of eating and physical activity improve or worsen with age.

\$92,800

**Conference Support Fund: PHAA 3rd Conference on Food and Nutrition**

*Public Health Association*

This conference aims to bring experts involved in nutrition and food safety together, as well as people involved in other aspects of food, to look at food as a whole. For example, food production systems, including sustainable farming methods, will be threaded through the conference. The conference will be interactive—there will be discussion, debate and presentation of practical information.

\$5,000

**SPORT AND RECREATION**

**Health Agency Support**

*Diabetes Australia—Victoria*

Initiative to provide expert advice and support to funded sporting organisations to promote healthy eating choices as well as other health promotion outcomes.

\$250,810

**Eat Well Live Well Kyneton Cup**

*Kyneton District Racing Club*

Project to promote and provide healthy eating choices, as well as other health promotion outcomes, at a thoroughbred racing venue.

\$11,135

**Eat Well Live Well Mildura Gold Cup**

*Mildura Racing Club*

Sponsorship to promote and provide healthy eating choices, as well as other health promotion outcomes, at a thoroughbred racing venue.

\$6,725

**Eat Well Live Well Athletics Program**

*Athletics Victoria*

Project to promote and support healthy eating choices, as well as other health promotion outcomes, through regional and schools athletics programs.

\$23,000

**Eat Well Live Well Grand Annual Steeplechase**

*Warrnambool Racing Club*

Sponsorship to promote and provide healthy eating choices, as well as other health promotion outcomes, at a thoroughbred racing venue.

\$25,000

**Gym for All**

*Victorian Gymnastic Association*

Project to promote healthy eating and other health promotion outcomes, particularly for children, through gymnastics programs.

\$65,000

**Health Promoting Sponsorship**

*Mornington Racing Club*

Sponsorship to promote and provide healthy eating choices, as well as other health promotion outcomes, at a thoroughbred racing venue.

\$25,000

**Health Promoting Sponsorship**

*Yarra Glen Racing Club*

Sponsorship to promote and provide healthy eating choices, as well as other health promotion outcomes, at a thoroughbred racing venue.

\$11,060

**Health Promoting Sponsorship**

*Pakenham Racing Club*

Sponsorship to promote and provide healthy eating choices, as well as other health promotion outcomes, at a thoroughbred racing venue.

\$17,000

**Health Promoting Sponsorship Package**

*Victorian Soccer Federation*

Project to support and promote healthy eating choices, as well as other health promotion outcomes, at numerous soccer events.

\$40,000

**Health Promoting Sponsorship Package**

*Victoria Amateur Turf Club*

Project to promote and provide healthy eating choices, as well as other health promotion outcomes, at a thoroughbred racing venue.

\$255,717

**Health Promoting Sponsorship Package**

*Volleyball Victoria*

Project to promote and support healthy eating choices, as well as other health promotion outcomes, through volleyball clubs and events.

\$23,000

**Health Promoting Sponsorship Package**

*Harness Racing Victoria*

Project to promote and provide healthy eating choices, as well as other health promotion outcomes, at a harness racing venue.

\$150,000

**Health Promoting Sponsorship Package**

*Ballarat Turf Club*

Project to promote and provide healthy eating choices, as well as other health promotion outcomes, at a thoroughbred racing venue.

\$31,170

**Health Promoting Sponsorship Package**

*Seymour Racing Club*

Project to promote and provide healthy eating choices, as well as other health promotion outcomes, at a thoroughbred racing venue.

\$10,905

**Health Promoting Sponsorship Package***Victorian Little Athletics*

Project to support and promote healthy eating choices, as well as other health promotion outcomes, at Little Athletics events, including the State Championships, the State coaching camp and the schools program.

\$28,000

**Health Promoting Sponsorship Package***Werribee Racing Club*

Project to promote and provide healthy eating choices, as well as other health promotion outcomes, at a thoroughbred racing venue.

\$8,709

**Health Promoting Sponsorship Package***Melbourne Greyhound Racing Association*

Sponsorship to promote and provide healthy eating choices, as well as other health promotion outcomes, at a greyhound racing venue.

\$32,000

**Health Promoting Sponsorship Package***Greyhound Racing Victoria*

Sponsorship to promote and support healthy eating choices, as well as other health promotion outcomes, through greyhound racing events, including the Eat Well Live Well Provincial Cup.

\$60,000

**Manikato Stakes***Moonee Valley Racing Club*

Project to promote and provide healthy eating choices, as well as other health promotion outcomes, at a thoroughbred racing venue.

\$65,425

**Race Day Health Promoting Sponsorship***Bendigo Jockey Club*

Project to promote and provide healthy eating choices, as well as other health promotion outcomes, at a thoroughbred racing venue.

\$20,460

**Squash and Racquetball Sponsorship***Victorian Squash Federation*

Project to promote and support healthy eating choices, as well as other health promotion outcomes, through squash and racquetball clubs and events.

\$34,000

**HIGHLIGHTING VICHEALTH INVESTMENTS****Sports Safety Equipment Program**

VicHealth invested into the 2001 Sport Safety Equipment Program in an effort to reduce the number of sports injuries in Victoria.

Playing your favourite sport is not always a healthy thing to do. 12.5% of all injuries in Victoria occur in sport and recreation, at an estimated annual cost of \$250 million.

The sport safety equipment program is part of a strategy to help reduce sporting injuries and ensure that people can participate in their favourite sport activity without fear of injury. This year 829 sporting clubs across Victoria received a combined total of just over \$1 million to purchase safety equipment as a strategy for reducing sports injuries.

VicHealth continues to fund research and safety promotion programs across Victoria and promotes the injury prevention message through the SmartPlay Program.

**INJURY PREVENTION****COMMUNITY****Wangaratta Safer Community Program***Centre for Continuing Education, Wangaratta*

A one-year program which aims to link community organisations to increase the effectiveness of their efforts in injury prevention, raise community awareness about safety and reduce injury in specific target areas.

\$20,000

**RESEARCH****The Effectiveness of Headgear and Mouthguards for Preventing Football Injuries***Deakin University*

A/Prof. C Finch. This study is a formal evaluation of the effectiveness of protective headgear and/or mouthguards in preventing Australian football injuries to the head, face, neck and dental regions.

\$74,052

**Victorian Injury Surveillance System 1997–2000***Monash University*

Dr M Stokes. Injury surveillance data was collected with a view to injury prevention and harm reduction in Victoria.

\$150,000

**Victorian Injury Surveillance and Applied Research Program (VISAR) 2001–03***Monash University*

Dr M Stokes. Injury surveillance data will be collected with a view to injury prevention and harm reduction in Victoria.

\$330,000

**Health Agency Support 2000–01***Sports Medicine Australia*

To provide expert advice and support to funded sporting organisations on the promotion of injury prevention practices in sport and to assist in the development and implementation of healthy structural changes in sporting clubs and through sport activities and events.

\$28,507

**Health Promoting Sponsorship Package***Victorian Softball Association*

Project to promote and support injury prevention practices in sport, as well as other health promotion outcomes, through softball clubs and events.

\$10,000

**Health Promoting Sponsorship Package***Victorian Baseball Association*

Project to promote and support sport injury prevention practices, as well as other health promotion outcomes, in baseball clubs.

\$38,000

**How to Become a Sport Safe Club Workshops***11 Community Based Sporting Organisations*

Project to deliver SmartPlay Workshops to representatives from 829 sporting clubs in receipt of a Sports Safety Equipment Program Grant.

\$49,500

**Sport Safety Equipment Program 2000 and 2001***829 Sporting Clubs*

Program funding 829 sporting clubs across Victoria to purchase safety equipment as a strategy for reducing sports injuries.

\$1,005,891

**Try Rugby**

*Rugby Union Victoria*

Project to promote and support sport injury prevention practices, as well as other health promotion outcomes, through rugby union clubs and events.

\$15,000

**Victorian Sports Injury Prevention Program**

*Sport and Recreation Victoria*

Project to raise awareness of and activity in sports injury prevention throughout the State in partnership with Sport and Recreation Victoria, the Department of Human Services and Sports Medicine Australia.

\$40,000

**MENTAL HEALTH**

**ARTS**

**A (Maze)**

*Bentleigh Bayside Community Health Service*

Visual arts project working with young homeless or at-risk youth with the theme of walking through the maze of life. Will culminate in a public exhibition of the work that will be set in a maze.

\$14,010

**1975**

*Canto Coro Melbourne*

Research, development and performance of the first stage of a new choral opera, titled '1975', exploring the effects on our community of the two tumultuous events in Australia and East Timor during that year—dismissal and invasion. Canto Coro is a multicultural community choir.

\$20,000

**Art Reach**

*YWCA Victoria*

Creation of the Art Reach project in Bendigo, an arts program for young women who are on the margins of society.

\$25,000

**Celebrating Children**

*OzChild Children Australia*

This project involves clients of OzChild, a foster care program, in the Mallee region in a theatre production that expresses their lives and experiences.

\$25,000

**Changing Pace**

*Performing Older Women's Circus*

A performing circus encouraging involvement of older women. This project will explore the theme of change, both physical and mental, in the lives of older women.

\$10,000

**Comeback Kids**

*Somebody's Daughter Theatre*

A project continuing the work with kids most at risk in Albury/Wodonga, developing and enhancing their performance skills and touring the resulting production to venues and schools around Melbourne.

\$25,000

**Designer Child**

*Theatre Works*

A project exploring the issues and implications surrounding genetic engineering for disabled people. The issue has been identified by the participants and will be developed and performed by people with a disability.

\$6,000

**Dragons and Angels**

*Wangaratta Arts Council*

Development of personal visions and stories through a series of workshops in sculpture, writing and performance. Developed in partnership with North East Supported Accommodation for Youth, this project will work towards a collaboratively realised performance piece.

\$23,200

**Drama Workshops**

*Break of Day Players*

A drama company established for people with disabilities in the Warrnambool region. Runs a workshop program that develops and performs works at local regional festivals including the Awakenings Festival.

\$20,000

**EMU (Express the Music in You)**

*Community Music Victoria*

This project involves songwriting workshops for at-risk youth in three regions (Strathbogie, Frankston and the City of Yarra), with performance opportunities and recording of the material.

\$25,000

**Framing the Future**

*Western District Health Service*

Documenting of young people's everyday lives and concerns through digital photography and manipulation through Photoshop. Display of final products in the Hamilton Art Gallery and other sites.

\$19,600

**Frontiers 2**

*AMES*

A project giving opportunity for the presentation of the talents of refugee populations in Melbourne at a large-scale event.

\$25,000

**Gasworks Koori Arts Development Program**

*Gasworks Arts Park*

A series of projects involving the Koori community, including photographic workshops and production skills training. The projects will culminate at the We iri We Homeborn Indigenous Festival and Koori Day at Gasworks.

\$15,000

**High Rise**

*Polyglot Puppet Theatre*

A multifaceted production working with the people who live in the housing commission flats in Carlton to create performances and sculptures towards a celebration of place.

\$25,000

**IPET, Community, Arts and Education Development**

*Ilbijerri*

Community arts and education program in four Indigenous communities to develop theatrical arts based projects and stimulate ongoing work in each community. Includes workshops and performances by an established troupe.

\$25,000

**Journeys, Workshops**

*North Richmond Community Health Centre*

A workshop program across four art forms, each culminating in a public presentation around the theme of journeys.  
\$15,000

**Karen Community Theatre Project**

*Karen Community Theatre Project*

A theatre project working with the youth of the Karen community in Melbourne to develop traditional dance and songs into a theatrical performance which will tell the story of these people and their struggle.  
\$15,000

**Koori Youth Circus**

*Circus Oz*

This project is designed to further establish the Koori Youth Circus and to involve more teenagers in the workshops. The project will culminate in a gala performance.  
\$15,000

**La Mama Mentoring**

*La Mama*

This project offers five mentorships to emerging community artists in regional areas, matching them with appropriate artists and organisations in Melbourne for an intensive training period.  
\$25,000

**Latrobe Cyber Circus**

*Triple O Productions*

Based in the Latrobe Valley region, this project involves the acquisition of circus and performance skills by young people and the development of a performance that will be presented at local schools and festivals.  
\$20,000

**Leading Singing Groups in Community Settings**

*Grapevine Music*

A project to train up to 20 singing leaders in different communities to develop and lead singing groups in their own communities across Victoria.  
\$19,445

**Nature Versus Culture**

*Jesuit Social Services*

This project will involve a series of artists-in-residence at the Jesuit's centre over two years, with trips to wilderness areas to artistically explore the participants' relationship with urban and natural environments.  
\$24,980

**Not at Home**

*Cultural Development Network (Vic)*

This is a collaborative film project involving marginalised young people and their families living in and travelling between the Latrobe Valley region and the Melbourne CBD.  
\$25,000

**Olio**

*Auspicious Arts Projects*

Community devised performance piece incorporating street theatre, drama, dance and circus performed by members of the Woodend community.  
\$12,570

**Our Backyard**

*Big West*

Involvement of diverse local community and dance groups to develop an outdoor performance piece that will be part of the Big West Festival taking place in the Western suburbs of Melbourne.  
\$16,500

**Public Art Collisions**

*Next Wave Festival*

A community public arts project over three municipalities—two in metropolitan Melbourne and one in Ballarat—working with local youth. The resulting large-scale sculptural works will be exhibited in the Next Wave Festival at Federation Square and then transferred to Ballarat.  
\$25,000

**Queens Park**

*Yarra Valley Community Health Service*

A public art project involving the improvement of the local park environment through the creation of structures around the skate park and at Healesville Common. The local community and community artists will execute the design.  
\$25,000

**Roomers Spoken Word Project**

*Elwood St Kilda Neighbourhood Learning Centre*

Roomers is a project designed to provide a creative outlet and mentoring for people who live in rooming houses and other low-cost accommodation in the City of Port Phillip. The program includes workshops culminating in three spoken word events.  
\$11,880

**SCRAYP**

*Footscray Community Arts Centre*

A project to work with young people aged 12 to 25 inside and outside the school system across the Western region. SCRAYP is based at Footscray Community Arts Centre and workshops are conducted by young artists in the schools or through drama classes. Performances will be at Footscray Arts Centre.  
\$25,000

**Shimmer**

*City of Darebin*

A play developed from the stories of local young women based around their life and career aspirations. The play will involve over 30 young women who will have the chance to act and sing in the final show.  
\$25,000

**Stories and Symbols**

*The Brunswick Women's Theatre*

This project works with women of refugee, Indigenous and marginalised status to translate their stories into a theatrical production. This year's focus will be on older women.  
\$17,076

**Terra Nullius**

*The Courthouse Youth Arts Centre*

A multimedia dance theatre performance project involving the youth of the Surf Coast and Geelong in a modern-day interpretation of Shakespeare's 'The Tempest' in conjunction with stories based on the life experiences of the young people involved.  
\$25,000

**Festivals for Healthy Living—A Mental Health Promotion Activity**

*The Royal Children's Hospital*

The Festivals for Healthy Living Project aims to enhance the capacity of schools to promote the mental health of students through creative expression and performance.  
\$4,950

## FUNDED PROJECTS 2000–2001

### **The Mayday Hills Project**

*SANE Australia*

A visual arts project based around a psychiatric institution in Beechworth and the relationships of locals and former inpatients. The outcome will be an exhibition in a range of mediums, including photography, writing and painting.

\$25,000

### **The Water Show**

*Snuff Puppets*

Building of a large-scale puppet based performance and working with the communities of Mallacoota, Braybrook and Moonee Ponds around the theme of water. Each piece will be adapted according to the input of each community. Performances at local festivals.

\$12,500

### **Training and Development Program**

*Back To Back Theatre*

Summer school and workshop program for disabled people entailing skill development, public performance and a process of self-devised work. The culmination of the work will be the performance of 'Fishman' at the Geelong Performing Arts Centre

\$25,000

### **Urban Dreaming**

*Centre for Creative Ministries*

A project to enable a group of Koori men and women involved in drug and alcohol recovery to learn instrumental, vocal and writing skills so they may become a band that can record and perform in public.

\$25,000

### **VAHS Gneetung Tukae**

*Arts Access*

A partnership project between Arts Access and Victorian Aboriginal Health Service to establish artwork in the children's area of the health service. It will involve children and young people working with established Koori artists.

\$20,000

### **Women's Circus New Women's Training Program and Annual Performance Seasons**

*Women's Circus*

Women's Circus program involved in training 50 inexperienced women each year under the direction of professional artists towards a final large-scale performance. This year's theme is Women and Secrets.

\$35,000

### **Young Men's Performance Project**

*Theatre of Love and Fear*

Theatre project to work with young men aged 15–17 years who are not employed or in education. Participants will receive training in video as well as performance skills to tell their stories. The project will work toward the development of a performance for the community and in schools.

\$17,329

### **Cultural Development Network (Victoria)**

*City of Melbourne*

The project is designed to build the capacity of local governments across Victoria to develop and implement effective policy and practice relevant to community cultural development.

\$30,000

### **Margins, Memories and Markers—Mental Health and Wellbeing Art and Environment Scheme**

*City of Port Phillip*

A project designed to support and document creative and participatory approaches to enhancing the physical environment by Councils and Shires in order to improve and promote community mental health and wellbeing.

\$80,000

### **Productions 2001**

*The Production Company*

The project aims to facilitate interest in and attendance at theatre productions for young people who currently have limited opportunity to engage with mainstream arts activity.

\$15,000

### **Community Arts Participation Scheme—Evaluation**

*Effective Change Pty Ltd*

Evaluation of the effectiveness of the Community Arts Participation Scheme to meet the objectives of the Arts Program and of the Foundation. Will involve production and dissemination of a final report.

\$35,000

## COMMUNITY

### **African Employment Development Project—Economic Participation for Mental Health Program for New Arrivals to Australia**

*Maribyrnong City Council*

Project to establish an African Employment Development Program and World Market, targeting African women in the cities of Maribyrnong and Moonee Valley. The project aims to enhance the mental health of participating women through economic participation.

\$50,000

### **Asset Based Community Development (ABCD) Project**

*Rural City of Ararat*

Project to pilot an economic development scheme based on an American model of Asset Based Community Development, which monitors and matches local skills with local industry requirements.

\$45,000

### **Autumn Place Public Art Project—Mental Health and Wellbeing Art and Environment Scheme**

*City of Casey*

This project is designed to support and document creative and participatory approaches to enhancing the physical environment by Councils and Shires in order to improve and promote community mental health and wellbeing.

\$80,000

### **Changing Lanes Project—Youth Economic Participation for Mental Health Program**

*Nagle College*

Project to enhance the mental health of young people through economic participation in the engineering field, particularly that of metal fabrication.

\$45,000

### **Community Participation, Pathways to Health, Wealth and Success—Economic Participation for Mental Health Program for New Arrivals to Australia**

*Ethnic Council of Shepparton and District*

Project to enhance the mental health of people from newly arrived communities through economic participation in employment and training available in the Shepparton district.

\$50,000

**Developing Young Leaders from within Our Community—Koori Community Leadership Project**

*Rumbalara Football Netball Club*

The project targets young Kooris in Shepparton and district, providing leadership training, mentoring and supported experiential learning in leadership activities.

\$50,000

**Evaluation of the Koori Community Leadership Project**

*Monash University*

The project will undertake the multisite evaluation of the five Koori community leadership projects which target young Kooris and are based in communities in rural and metropolitan areas.

\$41,500

**Evaluation of the Mental Health and Wellbeing Art and Environment Scheme**

*McLeod Nelson and Associates Pty Ltd*

Project designed to evaluate eight projects funded under the Local Government Arts and Environment Scheme.

\$80,000

**Intellectually Disabled: Living Safer Sexual Lives**

*Australian Research Centre in Sex, Health and Society*

A two-year project to investigate how people with intellectual disabilities see their sexuality and sexual relationships and to develop, implement and evaluate an educational program which focuses on safe sexual practices.

\$20,786

**Meeting Place—Mental Health and Wellbeing Art and Environment Scheme**

*Golden Plains Shire*

This project is designed to support and document creative and participatory approaches to enhancing the physical environment by Councils and Shires in order to improve and promote community mental health and wellbeing.

\$80,000

**Partnerships for Rural Mental Health and Wellbeing Program**

*City of Latrobe*

A project which coordinates and supports the delivery of health promotion activities to young people in the City of Latrobe. The activities aim to increase the levels of involvement and participation of the young people and provide opportunities for the development of partnerships to increase opportunities for future planning and development of activities.

\$45,000

**Partnerships for Rural Mental Health and Wellbeing Program**

*Ovens and King Community Health Service*

Project to develop an integrated online youth information/health advice service that creates a safe and inclusive environment for same sex attracted young people and their families.

\$45,000

**Partnerships for Rural Mental Health and Wellbeing Program**

*St Luke's Maryborough*

A project which involves community members in skills development, identification of issues and collective action to effect change in their community and environment.

\$45,000

**Partnerships for Rural Mental Health and Wellbeing Program**

*Macarthur and District Community Outreach Service*

Leadership project to provide skills training, mentorship and support to enhance women's access to and participation in local and regional planning processes, organisations and networks.

\$45,000

**HIGHLIGHTING VICHEALTH INVESTMENTS**

**Assisting rural communities to improve health**

Rural communities are not homogeneous. A rural community's needs are always particular to the area. Changing infrastructure in many rural communities, isolation, high unemployment, and exposure to environmental hazards such as drought, flood and fire, each contribute to the mental health experienced by people in rural Victoria. Research shows that suicide rates are higher and general health poorer in communities that experience these hardships. Barriers to accessing services compound this problem.

Under the Rural Partnerships for Mental Health and Wellbeing Scheme VicHealth has funded seven projects each valued at \$90,000. The projects undertaken impact on one of the three mental health determinants identified in the Mental Health Promotion Plan. These are 1) social connectedness, 2) economic participation and 3) freedom from discrimination.

**Partnerships for Rural Mental Health and Wellbeing Program**

*Ballarat and District Aboriginal Co-operative*

Project to produce a video of four short films dealing with the mental health issues experienced by young Kooris in Ballarat and district. A group of young people developed the scripts, acted in and produced the films which will be widely distributed to Indigenous communities and education and training services for use in cross-cultural education activities.

\$55,568

**Promotion of Emotional and Spiritual Wellbeing in Koori Communities Program: The Victorian Koori Community Leadership Project**

*Winda Mara Aboriginal Corporation*

The project targets young Kooris in Heywood and district, providing leadership training, mentoring and supported experiential learning in leadership activities. The project is based on strong collaborative relationships between Koori organisations and mainstream health, welfare and justice organisations, addressing ongoing issues of reconciliation.

\$50,000

**Rural Partnerships Program: Rural Youth Enterprise and Leadership Project**

*Brophy Family and Youth Services*

Community capacity building project focusing on developing local youth business enterprises through the establishment of a network which reflects the business, education, community and youth sectors in the region.

\$45,000

**Social Development Project for New Arrivals to Australia—A Country Welcome**

*Moirra Shire Council—Numurkah*

Project designed to increase the social connectedness of newly arrived groups and document models of good practice in refugee health promotion within a rural setting.

\$45,000

**Social Development Project for New Arrivals to Australia—Migrant Information Centre Mental Health Promotion Project**

*Migrant Information Centre (Eastern Melbourne)*

Through youth and parent peer support and leadership programs, the project will support both young people and their parents to access local social support networks and recreational activities.  
\$45,000

**Springvale Shopping Centre Redevelopment—Mental Health and Wellbeing Arts and Environment Scheme**

*City of Greater Dandenong*

This project is designed to support and document creative and participatory approaches to enhancing the physical environment by Councils and Shires in order to improve and promote community mental health and wellbeing.  
\$80,000

**The Victorian Koori Community Leadership Project**

*Ballarat and District Aboriginal Cooperative*

The project will target young Kooris in Ballarat and district, to develop identity through leadership by providing leadership training, mentoring and supported experiential learning in leadership activities.  
\$50,000

**The Victorian Koori Community Leadership Project**

*Victorian Aboriginal Community Services Association*

The project targets young Kooris in the Melbourne metropolitan area, providing leadership training, mentoring and supported experiential learning in leadership activities.  
\$50,000

**Yarram and District Young People's Enterprise—Youth Economic Participation for Mental Health Program**

*Victorian Small Rural Communities Health Project*

Project to enhance the mental health of young people through economically participating in the establishment of a sustainable rural small business employing young people who are regarded as being at risk.  
\$45,000

**Youth Communication Project—Brighten The Future Live Life Well**

*Brophy Family and Youth Services*

Project to enhance young people's mental health through increasing the economic participation of young people in the Warrnambool area. This will occur through the development of youth enterprises in information technology, media and marketing.  
\$45,000

**Youth Economic Participation for Mental Health Program**

*Terang Resources Incorporated*

Project to enhance young people's mental health through economic participation in a series of youth identified activities which focus on the arts, youth organisation and community development practice within the region.  
\$45,000

**HEALTH AND EDUCATION**

**Connecting Through the Middle Years**

*Department of Education, Employment and Training*

This project aims to develop and trial processes and practices to improve relationships between young people and their teachers. It incorporates the elements of one-on-one communication, increases self-knowledge and personal planning, and uses technology to increase students' connection to school.  
\$186,000

**Gatehouse Project: Developmental Approach to Emotional Health in Young People**

*Centre for Adolescent Health*

Project to develop, support and evaluate a school based curriculum initiative targeted at improving the emotional health of young people.  
\$201,199

**Local Links Project**

*Dianella Community Health*

Project to evaluate a model of antenatal and postnatal social support with a particular focus on women who experience disadvantage related to ethnicity, disability or lack of adequate family support.  
\$5,500

**Sexual Diversity Schools Network**

*Australian Research Centre for Sex, Health and Society , La Trobe University*

This project will establish a network for supporting initiatives relating to same sex attracted young (SSAY) people in schools. The network will maintain support to current VicHealth SSAY projects and support and build a critical community of schools/projects working in the area. The project will involve professional development, publication and dissemination of a best practice booklet and a website, establishment of regional rural networks (which will ensure sustainability) and some professional support for workers on the ground.  
\$69,500

**Strategies to Combat Age Discrimination in Employment—Phase 2**

*Equal Opportunity Commission Victoria*

Project builds on recommendations from Phase 1 (research) through developing strategies that address barriers to employment opportunities for workers 45 years and over.  
\$60,000

**Student Action Teams**

*Department of Education, Employment and Training*

This project is to implement and evaluate a tested module for connecting young people to their schools and community issues and allowing them to develop solutions and take local action. Key program aims include student involvement, working in local partnerships and developing a sense of belonging.  
\$70,000

**Evaluation of Youth Economic Participation for Mental Health**

*Australian Youth Research Centre*

Project to evaluate the Youth Economic Participation projects funded under the Mental Health Plan.  
\$25,000

**The Koori Image Project**

*Monash University—Centre for Australian Indigenous Studies*  
The project will develop a statewide communications strategy to address the promotion of Koori community members in the Victorian Koori communities and within the overall population. The strategy will involve the production of a range of communications products, developed in consultation with communities across the State.  
\$100,000

**Youth Economic Participation for Mental Health Program**

*Whitelion*  
Project to promote economic participation and enhance the mental health of young people who are resident at Parkville Youth Residential Centre, through facilitating links between community agencies, business leaders and young people.  
\$45,000

**RESEARCH**

**Prevention Strategies in Youth Mental Health**

*University of Melbourne*  
Prof. P McGorry. This research evaluates new interventions aimed at the prevention of the disability and suffering associated with borderline personality disorder and treatment resistant psychosis.  
\$78,805

**Development of Anxious and Depressive Symptoms in High Risk Preschool Children**

*University of Melbourne*  
Dr A Sanson. This project examines how parenting styles, child temperament and environmental stress interact to result in emotional difficulties for preschool-aged children of parents who experience psychological difficulties.  
\$47,000

**Evaluation of Phase 1 of the Communities That Care Program**

*Murdoch Childrens Research Institute*  
Dr J Toumbourou. An evaluation of the first phase of the Communities That Care (CTC) Program, being the self-funded CTC trials being undertaken by Mornington and Ballarat in Victoria and Bunbury in Western Australia.  
\$120,000

**Health and Wellbeing Impacts of Retirement: A Longitudinal Study**

*La Trobe University*  
A/Prof. D de Vaus. This research will identify the health and wellbeing impacts of retirement over the short-to-medium term and their implications for interventions, building on the unique sample of retirees which has already been recruited for the Healthy Retirement Project.  
\$75,083

**Off to a Healthy Start: A Feasibility Study for a Longitudinal Study of Health and Settlement Among Refugee Youth**

*Deakin University*  
Prof. S Gifford. This is a study which assesses the feasibility of undertaking longitudinal research that combines the methods of ethnography and social epidemiology to examine the contexts and processes that promote health and wellbeing among newly arrived young refugees.  
\$50,000

**Conference Support Fund: Risky Business Conference**

*Centre for Adolescent Health*  
Risky Business, an international conference exploring options for young people at risk, aims to expand traditional boundaries for discussing at-risk youth by providing an opportunity for highlighting concerns, enhancing understanding and knowledge, and developing partnerships and collaborations. This innovative conference, presented by the Centre for Adolescent Health and RMIT University, is based on responses to five scenarios workers face day-to-day.  
\$5,000

**Conference Support Fund: Expect Respect—Health and Relationship Forum**

*Berry Street Victoria*  
Expect Respect—Health and Relationship Forum is a one-day event for students 15 to 16 years old from schools in the northern region of Melbourne being organised by Berry Street's Creating New Choices: Violence Prevention Program for schools. The aim is to provide students and staff with the opportunity to explore the concepts of 'health' and 'relationships' through participating in a day of interactive workshops. The day will have a violence prevention theme which will be addressed in a broad, accessible and supportive way.  
\$5,000

**Conference Support Fund: Middle Years of Schooling Conference**

*Department of Education, Employment and Training*  
The Middle Years of Schooling Conference will focus on leading theory and practice in teaching and learning as it relates to students in the middle years of schooling. It will focus specifically on the themes of literacy, numeracy, student engagement and wellbeing.  
\$5,000

**Conference Support Fund: U3A Network—U3A into the 21st Century**

*The U3A Network Victoria*  
An international conference presenting the dynamics of change in the new century and its impact on older members of the community and on the U3A movement. The conference will provide further ideas and stimulation for new courses to be offered to members, encouraging and promoting mental and physical health and avoiding the problems of isolation.  
\$5,000

**SPORT AND RECREATION**

**The Victorian Koori Community Leadership Project**

*Victorian Aboriginal Youth Sport and Recreation Co -op*  
The project targets young Kooris in the north-west, south-east and north-east metropolitan areas, providing leadership training, mentoring and supported experiential learning in leadership activities.  
\$50,000

**Access to Sport and Recreation for Newly Arrived At-Risk Youth**

*Centre for Multicultural Youth Issues*  
Project to increase access to sport and recreational opportunities for newly arrived and at-risk young people, in recognition of the mental and emotional health issues faced by this group.  
\$55,000

**Whitelion Project**

*Whitelion*

Project to support the recruitment, training and education of sporting and community identities to act as role models/mentors to clients of Victorian Juvenile Justice Centres, promoting the notion of connectedness as a building block to resilience in young people. \$50,000

**PHYSICAL ACTIVITY**

**RESEARCH**

**Evaluation of a Community Based Strength Training Model for Type 2 Diabetes**

*International Diabetes Institute*

Prof. P Zimmet. This study investigates the effects of an innovative physical activity maintenance model that combines strength training in the community setting and healthy lifestyle education for people with Type 2 diabetes. \$69,231

**Physical Activity and Wellness Opportunities for Children Placed in Care**

*Monash University*

Dr V Temple. This project will examine the environments into which children are placed when in day care; determine barriers and opportunities for meaningful movement; and design, implement and evaluate an intervention designed to foster the development of motor skill competence and movement seeking behaviours. \$20,059

**Pilot of Randomised Control Trial (RCT) to Determine which Exercise Program/s for Older People Best Prevent/s Falls**

*Monash University*

Ms E Cassell. A pilot to test methods and procedures for a subsequent RCT to determine whether four modified exercise programs for older people—three styles of tai chi and a strength (weights) training program—prevent falls. \$24,827

**Reducing Sedentary Behaviour in 10-Year-Old Children: A Randomised Control Trial (RCT)**

*Deakin University*

Dr J Salmon. This study will use a fundamental motor skills intervention and behavioural modification intervention to reduce sedentary behaviour, increase physical activity and prevent obesity among 10-year-old children. \$88,090

**SPORT AND RECREATION**

**Hopping Not Flopping—An Exercise Routine for Young Children and their Parents**

*Ranges Community Health Service*

Project to provide an energetic, fun exercise program for children with specific motor learning difficulties. Parents will work alongside children, targeting their fitness, in the Yarra Ranges Shire. \$5,000

**Kick Up Your Heels—High-Rise Dance Classes and Gala Ball**

*Belgium Avenue Neighbourhood House (BANH)*

Project to run a series of weekly dance classes on-site in the community centres for residents of the Atherton Gardens (Fitzroy and Collingwood) high-rise estates, culminating in a Gala Ball for public housing tenants. \$4,960

**Activate 220**

*City of Whittlesea*

Provision of an Access Morning at the Thomastown Recreation and Aquatic Centre each Friday. The Access Morning will run a number of group activities at a reduced price, such as swimming, cards, basketball etc. It will only be available to people who hold a current Health Care Card. \$5,000

**Active Again and Getting On**

*Women's Health East*

Project to address the issue of isolation for young mothers from the eastern region and increase their self-esteem and wellbeing; improve physical, social and emotional health; and increase their accessibility to recreation. \$5,000

**Active Communities**

*Bellarine Peninsula Community Health Service*

Project to provide a range of appropriate and accessible social health/recreational activities at low (or no) cost to a diverse range of community members in the small isolated coastal community of St Leonards. \$3,325

**Active Families Create Healthy Communities**

*Outlets Co-operative*

The project aim is to hold outdoor activities for families and community to interact socially and to lessen isolation. \$4,796

**Active Families for Better Health**

*East Wimmera Health Service*

Project to conduct a range of low cost physical activities for low income families across the five small rural communities of St Arnaud, Donald, Charlton, Wycheproof and Birchip, with the intention of encouraging continued activity beyond the program. Activities include bike riding, bush walking, camping, sports clinics, water activities and tai chi. \$5,000

**Active For Life**

*Waverley Community Learning Centre*

Project to provide a range of opportunities for physical activity to low income earners in the City of Monash, predominantly reaching the female population. \$4,700

**Active for Life—Let's Participate**

*North Eastern Migrant Resource Centre*

Project to provide access to physical activity through regular programs for recent migrants to the Darebin area. The programs, which target predominantly young people, include swimming, soccer and gentle exercise. \$5,000

**Active Golden Years (Chinese Community)**

*Boroondara Chinese Senior Citizens Association*

Project to encourage Chinese senior citizens and their family members to be actively involved in exercise, through walking and tai chi classes. The project will mainly be located in the eastern metropolitan area. \$4,360

**Active Mums***Sunbury Community Health Centre*

Project to provide an affordable variety of physical and social activities for socially isolated mothers of infants and preschool children. Activities will include yoga, tai chi, exercise circuit, weight training and outdoor activities.

\$3,100

**Active Recreation for Young People***Wingate Avenue Community Centre*

Project to incorporate a focus on active recreation and sporting activities into an existing project reaching disadvantaged and marginalised young people in the Mooney Valley area.

\$5,000

**Adventure/Recreation Program***Task Force Community Agency*

Project to offer marginalised young people in drug and alcohol services the opportunity to participate in physically challenging activities such as rock climbing, bush walking, ropes courses, snorkelling and rollerblading. The project involves the south-eastern metropolitan area.

\$4,980

**African Girlzone Dance Project***Women's Health West*

Project to provide recreational activity in the form of dance to young women from African backgrounds living in the western region of Melbourne.

\$5,000

**African Women's Swimming/Exercise Sessions***The Western Region Health Centre*

This project aims to provide closed swimming and exercise sessions for women from the Horn of Africa. The sessions will make it possible for these women to access public swimming and exercise areas in privacy.

\$5,000

**African Women's Walking Group***Doutta Galla Community Health Service*

Project to improve health and wellbeing in the form of a walking group for African women in the north-western metropolitan region.

\$5,000

**Active Achievers Program***Womensport and Recreation Victoria*

Sponsorship with a peak women's sport and recreation agency to increase women's participation in sport and recreation options.

\$21,000

**Active for Life Maryborough Gift***Maryborough Highland Gathering*

Project to promote physical activity at all ages through the Active for Life Maryborough Gift

\$5,000

**Active for Life Package***Badminton Victoria*

Project to promote and support physical activity, as well as other health promotion outcomes, through badminton clubs and events.

\$11,000

**Active for Life Sponsorship Package***Riding for the Disabled*

Project to promote and support physical activity for riders with disabilities and to enable them to compete and be involved in club activities.

\$5,000

**Active for Life Table Tennis Program***Table Tennis Victoria*

Project to promote physical activity and other health promotion outcomes at junior, senior, women's and veterans' table tennis tournaments.

\$20,000

**Active for Life Winter Classic and Melbourne Multisport Series***Glenmerons Pty Ltd*

Project to promote and support physical activity, as well as other health promotion outcomes, during the Winter Classic and Multisport lead-up series.

\$12,000

**Annual Koori Sports Calendar***Victorian Aboriginal Youth Sport and Recreation Co -Operative*

Sponsorship with a peak Koori sport and recreation agency for a sports carnival promoting the Active for Life message.

\$40,000

**Basketball for All***Ranges Community Health Service*

Project to establish an ongoing opportunity for people with disabilities to access basketball and coaching in a mainstream facility in the Yarra Ranges Shire.

\$3,642

**Basketball Team Project***Neami Inc.*

Project to establish and train a basketball team for a group of young men experiencing mental illness in the City of Whittlesea. This includes participation in local competition.

\$3,565

**Better Health, Better English, Better Dance!***Angliss Neighbourhood House*

Project to offer ballroom dancing classes to elderly Chinese and Vietnamese people in the City of Maribyrnong.

\$2,900

**Bowling for Life***Howitt Park Bowls Club*

Project to encourage people who are inactive, unemployed or on low incomes to actively be involved with lawn bowls at Howitt Park Bowls Club with the view of becoming members.

\$5,000

**Break Out Dance***Break Out Dance Group*

The project aim is to facilitate weekly creative dance classes for children and adults with intellectual and physical disabilities to develop friendship, body and spatial awareness, coordination and self expression.

\$4,600

**Broadmeadows Health Service Active for Life Workshops***Broadmeadows Health Service*

Project to provide a series of participatory workshops for adults and children of the Broadmeadows region which will focus on physical and acrobatic skills at a variety of levels.

\$3,600

**Challenge 2001 Project***Barwon Psychiatric Resources Council*

This project seeks to promote and encourage, through participation, the abilities of a group of high need youth that are at risk from a range of behavioural problems. The project will be filmed from planning stage through to completion of the field exercise and will then be used as a participation promotion tool in the engagement of high need individuals within the community.

\$4,991

## FUNDED PROJECTS 2000–2001

### **Cobram Connection**

*Al-Amen Iraqi Association*

Project working with Iraqi youth who are interested in organising regular opportunities to play soccer within the community of Cobram and surrounding districts.

\$5,000

### **Consumer Nutrition and Fitness Group**

*North Yarra Community Health*

Project to encourage and facilitate physical activity for people with a disability in the Cities of Melbourne and Yarra.

\$4,945

### **DISCO Days**

*Ethnic Council of Shepparton and District*

Project to enable elderly members of the Dutch community in northern rural Victoria to participate in tai chi programs.

\$5,000

### **Dance for Health**

*Centre for Philippine Concerns—Australia*

Project to promote physical activity through dance sessions for the Filipino community in rural Victoria, aimed young people but with adult involvement also.

\$5,000

### **DMODS—Dads Meeting Other Dads**

*Colac Community Health Services*

Project to facilitate the development of a self-managing program for fathers and their children in Barwon South West and Surf Coast regions, providing a range of regular active recreational activities.

\$5,000

### **Exercise for a Healthy Life**

*Kurdish Association of Australia*

Project to provide a fitness program to low income Kurdish families in the northern metropolitan area.

\$4,615

### **Exercise For Muslim Women**

*Keysborough Turkish Islamic and Cultural Centre*

Project to provide exercise classes together with health information. This project will target a low income minority group of Muslim women in the south-eastern outer-metropolitan region.

\$5,000

### **Families Active For Life**

*Women's Health Grampians*

Project promoting physical activity in rural communities, targeting primary school students and their parents in the Grampians area.

\$4,575

### **Family Health Thru' Tai Chi**

*Beaufort Community Learning and Leisure Group*

Project to provide working parents and school children with the opportunity to participate in low impact physical activity requiring minimal resources in the Pyrenees Shire.

\$4,400

### **Family Strengthening Program**

*Njerna Aboriginal Corporation*

Project for a structured active recreation program—in the form of a community camp—for Aboriginal and Torres Strait Islander families in the Campaspe area.

\$5,000

### **Family, Fun and Fitness for Afghani Families**

*Wellsprings*

Project aimed at 25 families of newly arrived Afghani speaking refugees who are in the process of rebuilding their lives following trauma, displacement and uprooting. The project includes holistic healthy lifestyle activities.

\$5,000

### **Fitness and Fun**

*Swan Hill Rural and City Council*

Project to find fitness, fun and socialisation activities in the form of kickboxing/self defence which is targeted at single women and their families in a housing commission area in Swan Hill.

\$4,700

### **Fitness Awareness for Women**

*Mallee Family Care*

This project aims to increase the awareness of women from low socioeconomic and isolated areas around the Mallee area of the positive impact regular exercise can have. It will also aim to encourage women to become involved in an alternative form of social interaction with a focus on exercise.

\$500

### **Fitzroy Multicultural Fun and Fitness Program for Low Income People**

*Fitzroy Learning Network*

Project to offer health, fitness and recreational opportunities to members of the culturally and linguistically diverse community who live on the Ministry of Housing estates in Fitzroy. This is an inclusive program for 150 low income participants, regardless of age, gender or ethnicity.

\$5,000

### **Folk Dancing**

*Dutch Community Group Warrnambool*

Project aims to provide a healthy activity for retirees who have become socially isolated due to cultural and linguistic barriers.

\$5,000

### **Footscray YMCA Leadership Project**

*Footscray YMCA*

Project to promote sport and physical activity for young people through regular involvement. The lower socioeconomic group targeted is in the western suburbs of the metropolitan area.

\$4,860

### **Foster Youth Activities Trailer Project**

*Foster/Toora Blue Light Disco Inc*

Project to provide opportunities for young people in the South Gippsland area to partake in camping trips through the provision of camping equipment for the use of various community groups, including schools, scouts and children in foster care. The project is aimed particularly at underprivileged youth in the area.

\$4,500

### **Friendship, Fun and Fitness**

*Highbett Neighbourhood Community House*

Project to offer various exercise programs aimed at low income families, children and the elderly within Highbett.

\$4,550

### **Get Into Life**

*Maryborough Community House*

Project to encourage and increase physical activity in the general community through increased access to the Maryborough Community Sports Centre, including provision of transport to the Centre and improvements to program times, costs and activities.

\$5,000

**Get Up, Get Active, Get Around***Latrobe Community Health Service*

Project to establish a regular walking group for rural, isolated Bosnian women who will also meet bimonthly to participate in a walking trip outside of their immediate environment. The project is located in the City of Latrobe.

\$3,930

**Good Fun Badminton***Eastern Access Community Health*

Project to promote and enable active participation for adults with a psychiatric disability through badminton classes in the Yarra Ranges Shire.

\$3,040

**Good Health in Wodonga***Upper Hume Community Health Service*

Project to provide a program of physical activities focused on team sports run through primary schools in the Wodonga area, supplemented by a program targeting families. The population targeted has a low socioeconomic status and low levels of participation in sport.

\$5,000

**Gorgeous Girls***Winda Mara Aboriginal Corporation*

Project to promote physical activity for adolescent girls, focusing on the Koori population. It involves regular meetings, including walking/aerobic/swimming classes, and encouragement to continue exercise outside of meeting times. The project is located in south-western Victoria.

\$5,000

**Gunditjmara Community Recreation Group***Gunditjmara Aboriginal Co-operative*

Project to provide recreation opportunities to the local Koori community via organised activities, namely regular walks/rides and community softball matches.

\$3,000

**Gym and Recreational Access for Culturally and Linguistically Diverse Young People (CALDYP)***Western Young People's Independent Network*

Project to engage young people from culturally and linguistically diverse backgrounds in physical activity by assisting them to access a local Maribyrnong City Council funded gym (the Footscray Swim Centre). Programs specifically targeted to these young people are developed in conjunction with the Council, the Swim Centre and the Western Young People's Independent Network.

\$5,000

**Gymnasium***Robinvale Murray River CDEP*

The aim of this project is to provide gymnasium equipment for a boxing gym that the Robinvale Murray River CDEP is currently building in Robinvale for use by the whole community.

\$5,000

**Health Promoting Sponsorship Package***Royal Victorian Bowls Association*

Project to promote and support physical activity, as well as other health promotion outcomes, through bowling clubs and a major bowls event.

\$40,000

**Health Promoting Sponsorship Package***Bocce Federation of Victoria*

Project to promote and support physical activity, as well as other health promotion outcomes, through bocce clubs and events.

\$10,000

**Health Promoting Sponsorship Package***Victorian Croquet Association*

Project to promote and support physical activity, as well as other health promotion outcomes, through croquet clubs and events.

\$8,000

**Health Promoting Sponsorship Package***Victorian Rowing Association*

Project to promote and support physical activity, as well as other health promotion outcomes, through rowing clubs and events.

\$7,000

**Health Promoting Sponsorship Package***Victorian Yachting Council*

Project to promote and support physical activity, as well as other health promotion outcomes, through yachting clubs and events.

\$20,000

**Health Promoting Sponsorship Package***VicSport*

Activities to raise awareness of health promotion strategies in sport through member and industry forums, newsletters and the VicSport website.

\$60,000

**Health Promoting Sponsorship Package***Melbourne Sports and Aquatic Centre*

Project to facilitate and support healthy environmental choices within a sporting venue.

\$65,000

**Health Promoting Sponsorship Package***Swimming Victoria*

Project to promote and support physical activity, as well as other health promotion outcomes, through swimming clubs and events.

\$10,000

**Health Promotion Sponsorship Package***Victorian Ladies' Bowling Association*

Project to promote and support physical activity for women, as well as other health promotion outcomes, through ladies' bowling clubs and events.

\$13,000

**Herald Sun Tour***Caribou Publications*

Project to promote and support physical activity, as well as other health promotion outcomes, during this elite cycling race via the media and within the towns the riders pass through.

\$200,000

**Halambey Soccer Project***Australian Somalian Society*

This project aims to encourage the participation of parents and young women in an established volunteer-driven soccer team environment. Training will be held two nights a week and games held on Sundays.

\$5,000

**Health and Fitness Activity for Arabic Speaking Women in the City of Hobson's Bay**

*Westgate Migrant Resource Centre*

Project to provide swimming activities to unemployed Arabic speaking women in the Hobson's Bay area.

\$3,020

**Healthy Living Through Sport**

*Mallee Sports Assembly*

Project to assist low income residents to establish sport and recreation opportunities that lead to greater participation in sport and a healthier lifestyle.

\$4,258

**Introducing Calisthenics to Rural Victoria**

*Calisthenics Victoria*

Project to introduce and promote physical activity in the form of calisthenics to children and young adolescents in rural communities.

\$5,000

**Introduction to Surfing**

*Queenscliff and District Neighbourhood House*

Project to promote physical activity through an introductory surfing course for residents of the Geelong/Queenscliff area, targeting adults and older adults.

\$780

**Iraqi Women's and Children's Group**

*Plenty Valley Community Health Service*

Project to provide access to physical activity for newly arrived refugee Iraqi women in the Darebin/Whittlesea area.

\$5,000

**Italian Club Seniors Activity Group**

*South Gippsland Shire Council*

This project proposes to facilitate access to suitable venues for walking and recreation, and to promote healthy, enjoyable lifestyle options through physical activities.

\$4,931

**Junior Cyclist Development Program**

*Geelong West Cycling Club*

Project to provide young people in low income areas of Geelong and Colac with a program that focuses on active involvement in sport.

\$4,000

**Koori Fishing Trips**

*Gippsland and East Gippsland Aboriginal Co-operative*

Project to offer a series of six fishing expeditions in the East Gippsland area to Koori people from Sale, Bairnsdale, Lakes Entrance, Lake Tyers, Orbost, Nowa Nowa and surrounding areas.

\$5,000

**Let's Exercise!**

*Croatian Psychiatric Outreach Service (CPOS)*

Project to provide an ongoing means of accessing enjoyable physical activities for residents of Croatian Psychiatric Outreach Service House and clients with a psychiatric disability.

\$4,000

**Life Long Health**

*Norlane Neighbourhood House*

The aim of this project is to promote good health and fitness through gentle physical exercise (indoor bowling) and link it with a community meals program. Bowling indoors is intended to attract all age groups and people from diverse backgrounds.

\$5,000

**Lion Dance**

*Migrant Resource Centre North West Region*

Project to provide weekly Lion Dance classes for young Vietnamese people between the ages of 12 and 20 years with the aim of performing at local festivals in the Brimbank area.

\$4,475

**Live Longer Live Stronger**

*Australian Croatian Community Service*

Project to involve the older members of the Australian Croatian community in physical activity, through aquarobics and other organised fitness classes, in the western metropolitan area.

\$4,050

**Living Stronger Longer**

*Anglesea District Community House*

Project to encourage people who face economic and social barriers to participate in a three-month program at a local gym, increasing fitness, physical strength, balance, flexibility and confidence in their physical skills. This program is designed to motivate and increase opportunities for the target group to link into sporting clubs in the Anglesea area.

\$1,430

**Mothers Making a Splash**

*Latrobe City Council*

Project to provide weekly gentle aquarobics sessions for mothers, 94% of whom have one or more significant health problems within one year of childbirth, in recreation centres of two major towns (Moe and Morwell). Groups consisting of approximately 12 local recent mothers are lead by a trained instructor.

\$4,295

**Multicultural Women's Group Walks and Yoga**

*Hawthorn Community House*

Project promoting physical activity in the form of walks and yoga for a Multicultural Women's Friendship Group in the Boroondara region.

\$4,160

**Murrindindi on the Move**

*Murrindindi Community Health Service*

Project to establish regular exercise or fitness groups for people located in isolated areas of the Murrindindi Shire.

\$5,000

**North Melbourne Indochinese Exercise group**

*Chinese and Vietnamese Neighbourhood Centre*

Project to provide a range of physical activity options and health workshops to low income, disadvantaged older people often with poor health status. The project will encourage older people to take part in physical activities assisting them to socialise with other people and therefore reduce isolation.

\$2,200

**Older Men's Fitness Group**

*Wangaratta and District YMCA Youth Service*

*(An Active Australian Access for All Abilities Provider)*

Project for the formation of a gentle exercise program for older men in the Wangaratta area.

\$1,610

**Participation in District Cricket Competition**

*Goolum-Goolum Aboriginal Cooperative*

Project to encourage Indigenous males to participate in regular physical activity, through the formation of a competitive cricket team in rural western Victoria.

\$3,000

**Physical Activities and Resources for Vietnamese Women***MacKillop Family Services*

Project to provide socially isolated Vietnamese women with disabled preschool children with an opportunity to partake in organised physical recreation in regular group activities. Targeted area includes the western outer-metropolitan area of Melbourne. \$4,900

**Promoting Wellbeing: Recreation and Socialisation Program for Eastern and Central African Communities of Victoria. Targeting Youth, Women and their Families***Eastern and Central African Communities of Victoria*

Project to address the physical recreation needs of newly arrived refugees and financially disadvantaged youth, women and their families residing in the southern region of Melbourne. This will be achieved through group activities such as walking, cycling, swimming and traditional African dance. \$5,000

**ReLink Women's Group—Activity Program***ReLink*

Project to provide and encourage access to physical activities for socially isolated and disadvantaged women targeted through agencies involved with ReLink. Disadvantages may include poverty, homelessness, physical disability, mental health and drug issues. The project targets the metropolitan area. \$5,000

**Recreation for Senior People's Health***Australian Croatian Senior Citizens*

Project to provide Australian Croatian senior citizens with the opportunity to participate in bocce and indoor bowls, promoting physical activity in the Geelong area. \$2,915

**Recreational Youth Group Development***Loddon Shire Council*

Project to support local youth groups in the Loddon Shire to plan and conduct programs and activities for young people. These programs will include both indoor and outdoor activities such as bush walking, swimming, basketball and squash. \$5,000

**Ride On***Koori Open Door Education (KODE)*

Project to provide a program of bicycle education to children and young adolescents, with parental involvement, at the Koori Open Door (KODE) School, Glenroy. \$4,993

**Scout and About***1st Cobram Scout Group*

Project to supply and promote a varied range of healthy and adventurous lifestyle activities for children and their families in the Moira Shire. \$5,000

**Seido Karate at Yarra Youth Services***Yarra Youth services*

Project to provide Seido Karate classes targeting disadvantaged or at-risk young people who live, work or study in the City of Yarra. \$4,800

**Setting In—Stepping Out***Goulburn Valley Community Health Service*

Project to provide newly settled Arabic women with an opportunity to engage in physical activity, including swimming and physical exercise to improve health, in the Shepparton area. \$5,000

**Sharing, Caring and Having Fun***Islamic Elderly Group*

This project will involve providing opportunities and access to a broad variety of recreation activities for Islamic elderly people. Some excursions will be held to attract new group members who may be physically inactive and socially isolated. \$5,000

**Social Connection Project***Keysborough Learning Centre*

This project aims to bring together local men who are isolated through long-term unemployment, death of a spouse, rehabilitation from illness or injury, or disability in order to form social networks and to experience new activities for better mental and physical health. \$4,880

**Social Inclusiveness through Sport***Warrnambool City Council*

Project to facilitate the involvement of English as a Second Language students from culturally diverse backgrounds in sport and recreation through active participation in local club based indoor sporting competitions. Students targeted are from the Warrnambool Shire. \$5,000

**Somali Young People's School Holidays Project***Banyule City Council*

Project to support Somali young people to identify and develop a range of structured noncompetitive sport and recreation activities to occur during school holiday periods. The project will target Somali young people aged between 12 and 18 years who live in the Heidelberg West and East Preston areas. \$5,000

**Somali Zebras***Brunswick Zebras Junior Soccer Club*

Project to create an under-14s soccer team for young Somalian people residing in the Housing Commission flats in Kensington, North Melbourne and Carlton. \$1,600

**South West Indigenous Surfing***South West Sports Assembly*

Project to provide learn-to-surf opportunities for Koori communities at three regional locations across south-west Victoria (Geelong, Portland and Warrnambool), including encouragement toward continued activity, such as State and national Indigenous surf competitions and accreditation programs. \$5,000

**Sports for Families***Mallee Track Health and Community Service*

The project aim is to expose families on low incomes to a wide range of sporting activities that they may otherwise not have a chance to participate in due to costly membership fees. The project will enable families to strengthen ties and learn new skills, thus enhancing confidence. \$5,000

**Strengthening Families***Loddon Mallee Housing Services*

This project aims to support special needs groups, including homeless and socially isolated families. Current services will be expanded through the development of stronger links with other recreation, sporting, health and educational facilities, promoting inclusion and encouraging the client group to participate more actively in their local communities. \$5,000

## FUNDED PROJECTS 2000–2001

### **Strong Bones Strong People**

*Ballarat Community Health Centre*

Project to provide a strength building exercise program for older people in Ballarat.

\$5,000

### **Stronger and Fitter**

*Jesuit Social Services*

Project to establish two soccer teams for young Vietnamese men with problems of drug and alcohol misuse in the inner western suburbs.

\$5,000

### **Supported Access to Community Programs**

*City of Port Phillip*

Project to develop a social pool competition as a means of encouraging residents of pension-only supported residential services and rooming houses to become involved in a wider range of physical activities within the City of Port Phillip.

\$5,000

### **Supported Accommodation Clients' Indoor Soccer Team**

*Springvale Community Aid and Advice Bureau*

Project to provide young males with refugee or asylum seeker status in the Dandenong area with an indoor soccer team to enter local competition.

\$1,360

### **Swimming for Life**

*Mungabareena Aboriginal Corporation*

Project to provide swimming lessons for Koori children and parents in the Wodonga area.

\$5,000

### **Taking a New Direction**

*Victorian Orienteering Association*

Project to target the low socioeconomic area of the Hepburn Shire and introduce orienteering as a 'new' sport.

\$5,000

### **Tennis Clinic**

*Marysville Ratepayers and Residents Association*

This project aims to provide a series of 14 three-hour tennis coaching sessions for 20–30 people and a round robin full-day session with the intent of establishing a community tennis club that will continue on a permanent basis.

\$4,650

### **Thornbury Women's AFL Project**

*Thornbury Women's Neighbourhood House*

The project has two main features: a series of family dance workshops based on several cultures that are locally represented, including Middle Eastern, African and Macedonian; and a Chinese-style exercise group based on tai chi, to be run by older Chinese women and accessed by a culturally diverse group of women.

\$4,580

### **Tuesdays with a Difference**

*Fusion Australia*

Project to provide a program targeted at marginalised homeless young people aged between 15 and 21 within the southern region, providing education and involvement in sporting and recreational activities.

\$4,984

### **Water Exercise for Health and Fitness**

*Rushworth Community House*

This project will allow for the provision of a subsidised bus which will enable low income community members to participate weekly in a range of water activities and social interaction.

\$5,000

### **Western English Language School Sports and Recreation Project**

*Western English Language School*

This project aims to increase physical activity and recreational opportunities among newly arrived young people in our community. The project will link schools with local sporting clubs and associations with the aim of connecting young people with positive after-school activities of a sustaining nature.

\$5,000

### **Women's Learn to Skateboard**

*Palm Lodge Centre*

Project to provide young women with an opportunity to learn to skateboard, taught by a female instructor in the City of Horsham.

\$3,460

### **YMCA Active Adolescents**

*YMCA East Gippsland*

The aim of this project is to encourage Indigenous and non-Indigenous youth in the lower socioeconomic group to participate in physical activities which are normally too costly for them to access.

\$5,000

### **Yoga and a Cuppa**

*Foster Community House*

This project aims to run a yoga class to promote wellbeing, awareness of one's own body and time out for parents through relaxation and gentle exercise.

\$5,000

### **Young Women's Gym Program at Carlton Baths Community Centre**

*Carlton Baths Community Centre—YMCA*

Project to increase levels of physical activity in teenage girls in the Carlton Housing Estates, particularly targeting African girls. The project will take the form of a gymnasium program.

\$5,000

### **Youth Cricket**

*Dunmunkle Youth Group*

Project to provide the youth of Old Dunmunkle Shire with a Friday night youth activity—Junior Cricket at Stawell in the under-16 competition.

\$835

### **Youth Stretching Out**

*Olympic Adult Education*

Project to implement an introductory program to a variety of sport and leisure activities, targeting youth at risk in the City of Banyule.

\$5,000

### **Partnerships For Health—Support Function—Participation VicSport**

Support function role for State Sporting Associations involved in the Partnerships for Health Scheme to deliver increases in participation among a variety of population groups across the lifespan.

\$170,000

**Actively Seeking Connections through Recreation***Ovens and King Community Health Service*

Camp and ongoing exposure to alternative physical activities for 20 young people aged 16–35 with disabilities or body image issues or who have experienced discrimination, social isolation or economic disadvantage. Designed to ultimately provide opportunities for regular participation in these physical activities.  
\$25,000

**African Migrants in Need***African Migrants Community Initiative*

Project to provide information and access to recreation facilities for people recently arrived from Africa.  
\$7,568

**Alternatives***Womensport and Recreation Victoria*

To employ a part-time project worker to work directly with pre- and post-released young women from PYRC Residential and Outreach to assist them to access the sport and recreation community. This project is linked to the 'Women's Participation Programs' run within the communities.  
\$25,000

**Broadmeadows Recreation Events and Teenage Health (BREATH)***Dianella Community Health*

To identify and encourage young people aged 15–24 who are isolated from mainstream community activities, from low income backgrounds, have left school and reside in the Broadmeadows area to develop and participate in active recreation programs that will meet their needs.  
\$25,000

**Collingwood Estate Health and Fitness Program***North Yarra Community Health*

A project to provide residents of the Collingwood Housing Estate access to a gym and fitness program. Space and equipment for the gym has been donated and the project will focus on making the gym self-sustaining and self-managed.  
\$19,800

**Connecting with Rural Youth***Kyneton Community and Learning Centre*

A project to link previously unconnected young people from Lancefield, Kyneton and Woodend through community and recreation groups and organisations.  
\$23,750

**DESIRE (Drugs Education Skills Information Recreation Enjoyment)***MonashLink CHC*

To provide young people aged 14–21 who reside in the Knox region and display high risk behaviours (specifically homelessness, social isolation and substance abuse) with an opportunity to participate in a range of recreational activities over a four-month period.  
\$25,000

**Every Bodies Recreation***Geoffrey Murdoch Rural Communities Opportunities*

A project to provide the youth, people with disabilities and the elderly of St Arnaud with the opportunity to plan, develop, organise and participate in at least six recreation trips, thereby increasing their community participation and ultimately developing a self-funded recreation group.  
\$25,000

**HIGHLIGHTING VICHEALTH INVESTMENTS****Encouraging Physical Activity**

The Physical Activity Framework is the Victorian Government's key vehicle for promoting and extending the social, health and economic benefits of physical activity. Active sport and recreation have important social functions. They bring people together providing opportunity for social interaction and the development of shared values and community connectedness. The Small Grant Scheme was developed to assist community groups and sporting clubs create relevant physical activity projects that met the needs of their target population groups. This year's grant scheme specifically focused on supporting improved access and participation of people who are limited through economic or social circumstances from being involved in physical activity. People over 50 years of age, people with chronic illness and people who experience social isolation were the main recipients. In 2000, VicHealth supported 70 community groups and agencies across Victoria, to promote physical activity.

**Future Directions—Glenelg Shire***Portland and District Community Health Centre*

To address barriers encountered by marginal school attendees, school leavers seeking employment, Centrelink clients and older adults on low incomes by exposing them to new activities and exercise, providing mentors and meeting other people.  
\$24,387

**Girls Go Extreme***City of Greater Geelong Youth Services*

To assist young women aged between 12 and 17 who are not attending school or are at risk of leaving school to plan and participate in high challenge personal development recreational activities which will take place over four nine-week blocks.  
\$19,970

**Greater Dandenong Sports Project***Southern Health, Dandenong Community Services*

To develop two programs in the Greater Dandenong area: a program for Muslim girls aged 12–25 to participate in sporting competitions in a culturally sensitive environment and a program to provide students identified as at-risk to join a local sporting competition.  
\$24,500

**Gymnasium 2***Robinvale Murray River CDEP*

This project aims to provide young Aboriginal people and Aboriginal people residing in Robinvale who suffer from alcohol and drug abuse or racial discrimination with the opportunity to participate in 61 sporting activities over a 12-month period.  
\$25,000

**Healthy People Healthy Environment***Schizophrenia Fellowship of Victoria (South-West Gippsland Day Program)*

Project to provide socially isolated people of Wonthaggi, specifically those with mental illness and older adults, with recreational environmental activities including four tree planting activities and six guided walks, and to promote and modify existing environmental activities to the target group.  
\$25,000

**Indochinese Cambodian Active Recreation Program**

*Cambodian Association of Victoria*

Project to establish a sporting club to provide young people of Indochinese background with the opportunity to participate in active recreation. The aim is to develop and implement a culturally sensitive educational program outlining the benefits of active recreation.

\$25,000

**Kross Kolors**

*The Bridge (Goulburn Accommodation Program)*

A project to provide four cross-cultural sport and recreation youth camps and three cross-cultural dance events and to support access to mainstream sport and recreation opportunities for young Aboriginal people and young people from settling communities aged 12–18 in the Shepparton area.

\$22,920

**Mildura Youth Centre Get Physical Program**

*Mildura Rural City Council*

Project to take mobile skate equipment to outlying areas on a weekly roster basis. Key people in the community will be upskilled in the use of the skate equipment with the aim of the project becoming self-sufficient in 12 months.

\$10,500

**Physical Activity Across the Cultures**

*Wodonga Regional Health Service Community*

*Rehabilitation Centre*

Project to involve members from both English-speaking and non-English speaking backgrounds to partake in different physical activities originating from their respective cultures. The project will promote physical activity as well as cross-cultural understanding and awareness.

\$8,464

**Recreation Options Development Project**

*City of Port Phillip*

To increase the active recreation participation of people living in rooming houses and low cost accommodation in Port Phillip, by improving the availability and accessibility of information about existing recreation, sporting and social activities and developing new and additional activities.

\$24,840

**Recreation Support Group for Unemployed Youth**

*Latrobe Community Health Service*

A project to provide unemployed young people from the City of Latrobe with an opportunity to plan and implement recreational activities, provide a recreational support group and link the target group to existing recreational activities in the area thereby developing new skills and social networks.

\$25,000

**Self-Esteem, Social Skills and Soccer**

*Debney Meadows Primary School*

To improve the health and wellbeing of 20 young men and women from culturally and linguistically diverse communities who reside in the Flemington area by developing a soccer program which will in turn expose the target group to local recreational clubs.

\$15,626

**SSAYP Recreation Project**

*Youthworks—Shire of Yarra Ranges*

Project to create sport and recreational opportunities for same sex attracted young people through establishing mentor groups, weekly recreational activities and adventure camps to facilitate skill and leadership development, and to increase accessibility into other sport and recreational activities.

\$25,000

**SWEAT**

*MS Society*

Project for people with physical, intellectual, psychological and general infirmities to participate in the SWEAT water exercise program originally developed for people with MS, with the view to expand the SWEAT program to reach a larger component of the target group.

\$9,555

**The Gear Store**

*Kensington Community High School*

To provide a store of outdoor equipment that can be used by community based organisations and alternative school programs in the north-western suburbs that work with at-risk youth.

\$18,385

**Worawa Football Club, Season 2001–02**

*Worawa Football Club*

To develop the Worawa Football Club into a successful club providing active recreation opportunities for young men and women and health education and personal skills development, with the aim of ultimately creating a social club where the Aboriginal community can gather.

\$20,662

**Y-RAP—Youth Recreation and Participation**

*Loddon Campaspe Sports Assembly t/a SPORTS FOCUS*

A project to provide 30 disadvantaged people aged 12–25 in the Bendigo area with one-to-one support and assistance in sport and recreational activities by setting goals, identifying and addressing barriers and enhancing youth accessibility to sport and recreational venues in the area.

\$25,000

**Youth Action and Collaboration**

*Colac Otway Shire*

A project to provide youth in the Shire of Colac with a range of programs which respond to their diverse needs and interests. A worker will connect young people with existing programs and facilitate their involvement in the development of programs that respond to their needs. Existing clubs and groups will also be targeted to assist in developing programs which will appeal to young people.

\$25,000

**Youth Active Recreation Program**

*Western District Health Service*

A project for 15 to 20 young people aged 12–18 in the Shire of South Grampians to participate in a range of recreational activities at least once per month, with the view to establish a sustainable active recreation program in the Shire.

\$25,000

**Youth Recreation Program**

*Moonee Valley City Council—Flemington and North Melbourne Community Centre*

Project for young people from culturally diverse backgrounds in Flemington and North Melbourne which aims to improve their physical and mental health and social wellbeing by developing and implementing soccer, basketball and dance programs for their community.

\$25,000

**1999 Centre State Games Agency Support**

*Community Health Bendigo*

Project to sponsor the Centre State Games to promote the Active for Life message and implement healthy structural change during the staging of the Games.

\$5,500

**Albury Wodonga Festival 2000—Agency Support**

*Upper Hume Community Health Service*

To provide advice and support to organisers of the Albury Wodonga Festival of Sport and Hothouse Theatre on the promotion of healthy messages and the development and implementation of healthy structural changes at events.

\$2,000

**Health Agency Support 2000–01**

*Asthma Foundation of Victoria*

To provide expert advice and support to funded sporting organisations on the promotion of healthy messages and the development and implementation of healthy structural changes in sporting environments.

\$20,050

**Health Agency Support 2000–01**

*Arthritis Foundation of Victoria*

To provide expert advice and support for funded sporting organisations to promote physical activity and other health promotion outcomes.

\$28,800

**Active for Life Wimmera Games**

*Wimmera Regional Sports Assembly*

Project to encourage people to be physically active, as well as to achieve other health promotion outcomes, during the Active for Life VicHealth Wimmera Games.

\$11,000

**2002 World Masters Games**

*Melbourne 2002 World Masters Games Ltd*

Sponsorship of a multisport festival which will cater for all levels of competitors including elite, club, recreational and novice.

\$160,000

**22nd Annual Melbourne Marathon Festival**

*Ausfit Events Management*

Project to provide access and opportunity for Victorians to engage in a festival catering for all ages and abilities in a range of events.

\$8,000

**49th Gift Carnival March**

*Burramine Sports Club*

Project to encourage individuals to be physically active, as well as to promote other health enhancing activities.

\$5,000

**Best Practice in Recreation Programs**

*Victoria University of Technology*

Project to support the developmental work associated with a cluster of 38 recreation projects across the State.

\$10,000

**Centre State Games**

*Sports Focus Centre State Games*

Project to promote sport and recreation for all ages through the display of the Active for Life message, and other promotional activities, during the Centre State Games.

\$20,000

**Festival of Sport**

*Albury Wodonga Festival of Sport*

Project to promote and support physical activity, as well as other health promotion outcomes, during the Albury Wodonga Festival of Sport 2000.

\$7,000

**Goulburn Valley Regional Games**

*Goulburn Valley Sports Assembly*

Project to promote physical activity, as well as other health promotion outcomes, during the Goulburn Valley Regional Games.

\$8,000

**Kids Tennis Sponsorship**

*Kids Tennis Foundation*

Project to promote and support physical activity, as well as other health promotion outcomes, through the 2000 Tennis In Schools program and the Kids Tennis Charity Day.

\$9,000

**Mapping the Structure of State Sporting Associations**

*VicSport*

Project to provide useful sector information to planners and practitioners in the field.

\$10,000

**People Outdoors**

*Camping Association of Victoria*

Project to promote and support physical activity through a series of camps held across the State in 1999–2000 for people with disabilities.

\$12,000

**Portland Aluminium Glenelg Games**

*South West Sports Assembly*

Project to promote and support physical activity, as well as other health promotion outcomes, during the Portland Aluminium Glenelg Games.

\$20,000

**Regional Games**

*Mallee Sports Assembly*

Project to promote and support physical activity, as well as other health promotion outcomes, during the Mallee Regional Games, to be held at various venues around the Swan Hill area.

\$3,000

**State Junior and State Senior Championships**

*Victorian Urban Fire Brigades Association*

Project to promote and support physical activity, as well as other health promotion outcomes, through events of the State Junior and Senior Championships.

\$4,000

**Support Function—Bike Tour**

*VicSport*

To provide a supportive function in the implementation of the Herald Sun Tour.

\$55,000

**Victorian Triathlon Series**

*Triathlon Victoria*

Project to promote physical activity, as well as other health promotion outcomes, during a triathlon competition series.

\$25,000

**Wangaratta Athletic Carnival**

*Wangaratta Sports Club*

Project to promote physical activity, and other health promotion outcomes, during the Wangaratta Athletic Carnival.

\$9,000

**PREVENTION OF CANCER**

**RESEARCH**

**Compliance with Breast Cancer Management Guidelines and Related Health Outcomes**

*Anti-Cancer Council of Victoria*

Prof. D Hill. This project contains three studies which will examine the extent the clinical practice guidelines for the management of early breast cancer have been adopted by clinicians after three years, clinician characteristics associated with adopting guidelines and patient health outcomes related to following guidelines.

\$5,489

**The Predictors of Prostate Cancer in the Melbourne Collaborative Cohort Study**

*Anti-Cancer Council of Victoria*

Prof. G Giles. This study will look at how diet, lifestyle, physical measures (such as body fat and waist circumference), levels of various substances in the blood (e.g. hormones, antioxidants, fats) and genetic variation affect the risk of prostate cancer in 17 000 middle-aged men born in Australia, Greece and Italy.

\$22,106

**Determinants of Breast Cancer Risk**

*University of Melbourne*

Dr D Gertig. A study of the modifiable risk factors of breast cancer risk and common genetic factors which may identify subgroups of younger women at higher risk of breast cancer in order to enable targeted screening.

\$165,000

**REPRODUCTIVE AND SEXUAL HEALTH**

**HEALTH AND EDUCATION**

**Australian Research Centre in Sex, Health and Society (Health Component)**

*La Trobe University*

Prof. M Pitts. The Centre undertakes multidisciplinary research into social and behavioural aspects of sexually transmissible diseases, their prevention and their consequences.

\$400,000

**RESEARCH**

**Centre for the Study of Mothers' and Children's Health**

*La Trobe University*

Prof. J Lumley. The Centre is a multidisciplinary research centre which aims to undertake and interpret research on mothers' and children's health, to contribute to policy development and provide advice and resources to researchers.

\$425,000

**Epidemiology and Control of Genital Chlamydial Infection in Victoria**

*Macfarlane Burnet Centre for Medical Research*

Dr N Crofts. A project which examines genital chlamydial infection in Victoria in order to address major gaps in data currently available. This will inform control strategies, including the estimation of the population based prevalence, collection of testing activity and behavioural data, and evaluation of GP diagnostic and treatment practices.

\$150,000

**Impact of Condom Use Promotion on Unintended Pregnancy**

*La Trobe University*

Dr A Smith. This study will examine whether condom promotion for the prevention of HIV has caused a change in contraceptive use and, if so, if this has had an impact on the rates of unintended pregnancy.

\$67,878

**Iron in Pregnancy: Does it Influence Neurodevelopment of the Offspring?**

*Royal Women's Hospital*

Dr R Morley. Available evidence suggests that if infants fail to acquire sufficient iron during pregnancy, they may have a long-term developmental disadvantage. This randomised trial will test the hypothesis that maternal iron supplementation during pregnancy improves developmental outcomes of the offspring.

\$71,002

**The Australian Study of Health and Relationships**

*La Trobe University*

A/Prof. A Smith. The Australian Study of Health and Relationships is a Commonwealth funded national study of adult Australian's sexual health, STD and HIV risk factors and attitudes and knowledge regarding STDs and HIV/AIDS. This grant provides funding to increase the size of the Victorian sample.

\$80,000

**Women's Health and Fertility 6 and 12 Months After Spontaneous Miscarriage**

*La Trobe University*

Dr J Shelley. Spontaneous miscarriage is very common but the consequences for the health and fertility of women, and their use of health services, is unknown. This study will investigate these issues by studying a representative sample of 2000 women who received treatment in Melbourne for spontaneous miscarriage.

\$70,645

**Maternal Nutrition in Pregnancy and Growth in Infancy Outcomes in Children**

*University of Melbourne*

Dr R Morley. A series of interlinked projects investigating the role of maternal nutrition and infant growth in determining outcomes for children from twin and singleton pregnancies.

\$165,000

**Women's Health After Childbirth: A Prospective Cohort Study of 1900 Women Having a First Child***La Trobe University*

Dr S Brown. This study examines the extent to which common health problems affecting women after childbirth occur as new problems in pregnancy or after childbirth. This involves following women having a first child and measuring their health in pregnancy and in the first year after birth.

\$100,000

**Affirming Diversity in Health and Sexuality Education: From Research to Policy to Practice***La Trobe University*

Ms D Ollis. This project aims to evaluate the ability of professional development to translate research into policy and practice in health and sexuality education; and the effectiveness of a framework for bringing about change that leads to better health outcomes for same sex attracted young people.

\$18,631

**Conference Support Fund: 6th International Congress on AIDS in Asia and the Pacific***La Trobe University Department of Politics*

Funding to assist with costs relating to the development and implementation of an international conference on AIDS in Asia and the Pacific.

\$5,000

**Surveillance of Sexually Transmissible Diseases 1997–2000***Macfarlane Burnet Centre*

Dr N Crofts. Surveillance of sexually transmissible diseases in Victoria and the provision of information to support public health advocacy and decision-making.

\$75,000

**SUBSTANCE MISUSE****RESEARCH****Alcohol Consumption by Young Australian Women: Patterns, Harms and Influences***La Trobe University*

Dr H Jonas. This project will determine the factors which contribute to binge drinking, hazardous/harmful drinking and their harmful consequences in young Australian women. It is aimed at gaining an understanding of young women's knowledge, attitudes, beliefs and behaviour towards alcohol. This information will be vital for the design of effective prevention programs.

\$29,036

**An Ethnographic Study of Heroin Markets and Health Related Harm in Melbourne***Deakin University*

Dr D Moore. This research is designed as a detailed ethnographic study of the public health effects of the retail heroin market currently operating in St Kilda. The research will be used to inform public health responses around reducing the harmful effects of the heroin market on consumer behaviours.

\$74,992

**An Investigation of Retail Heroin Markets from a Public Health Perspective***Turning Point Alcohol and Drug Centre*

Dr G Rumbold. This research is designed to investigate the public health impact of retail heroin markets. A variety of methods will be used to develop an understanding of consumer behaviour around six identified street heroin markets in metropolitan Melbourne.

\$5,766

**The Outcomes Associated with Non-Fatal Heroin Overdose in Melbourne***Turning Point Alcohol and Drug Centre*

Dr P Dietze. This research is designed to provide a more complete understanding of non-fatal heroin overdose and its consequences. A group of people who experience non-fatal heroin overdose in Melbourne will be followed up over three years in order to describe the long-term outcomes for this group of people.

\$100,000

**Social Meanings of Inhalant Misuse in Victoria: Implications for the Development of Policy and Intervention***University of Melbourne*

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

\$18,631

**Conference Support Fund: 2nd International Conference on Drugs and Young People***Australian Drug Foundation*

This conference brings together leaders and practitioners in drug prevention and education, policy treatment and mental health to share their work, ideas and concerns in order to identify and extend good practice in drug related fields.

\$10,000

**SPORT AND RECREATION****Good Sports Program***Australian Drug Foundation*

Pilot project to assist sporting clubs to develop and implement policies to promote responsible alcohol usage and serving practices, as well as other health promotion strategies, within the club environment.

\$165,020

**Health Agency Support***Australian Drug Foundation*

To provide sponsorship support and expert advice to the Victoria Titans promoting the Booze Less message as part of their sport sponsorship.

\$60,000

**Booze Less Titans Sponsorship Package***Victoria Titans*

Project to promote responsible drinking behaviour via naming rights of an elite basketball team, signage, education, clinics and other strategies.

\$268,100

## SUN PROTECTION

### HEALTH AND EDUCATION

#### SunSmart: Capacity Building Indicators Study in the Victorian Community

*Anti-Cancer Council of Victoria*

This project aims to develop suitable indicators for measuring capacity building in terms of promoting sustainable change towards skin cancer control in communities and to explore the drivers of capacity building (i.e. what external incentives motivate community health organisations and local governments to build the capacity of their organisation, staff or partners towards sustainable skin cancer control).

\$24,177

#### SunSmart Campaign 2000–01 to 2002–03

*Anti-Cancer Council of Victoria*

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.

\$500,000

### RESEARCH

#### Development and Testing of UV Forecast Messages to Enhance Sun Protection Behaviour

*Anti-Cancer Council of Victoria*

Prof. D Hill. This project aims to evaluate the effectiveness of the UV index and supporting communications in promoting sun protection. Study participants will be allocated to different message conditions and sun-related behaviour and sunburn will be compared. This will allow conclusions to be drawn about the behavioural impact of targeted information on the UV index.

\$21,704

### SPORT AND RECREATION

#### Canoeing for All Program

*Victorian Canoe Association*

Project to promote and support sun protection environments and behaviours, as well as other health promotion outcomes, through the Canoeing for All Program.

\$27,000

#### Health Promoting Sponsorship Package

*Royal Life Saving Society Australia*

Project to promote and support sun protection environments and behaviour, as well as other health promotion outcomes, through the Outdoor Pools SunSmart Program and the Volunteer Life Saving Services.

\$80,000

#### Health Promoting Sponsorship Package

*Tennis Victoria*

Sponsorship to promote and support SunSmart environments, policies and behaviours as well as other health promotion activities through Victorian tennis clubs and events.

\$100,000

#### SunSmart Program Agency Support

*Anti-Cancer Council of Victoria*

Sponsorship promoting Victoria's sun protection campaign through sporting organisations and to implement healthy environmental changes at sporting events.

\$161,000

#### Health Promoting Sponsorship Package

*Surfing Victoria*

Sponsorship to promote and support the SunSmart Women's Classic surfing event as well as other health promotion activities through Victorian surfing clubs and events.

\$100,000

#### Health Promoting Sponsorship Package

*Victorian Cricket Association*

Sponsorship to promote and support SunSmart environments, policies and behaviours as well as other health promotion activities through Victorian cricket clubs and events.

\$250,000

#### Health Promoting Sponsorship Package

*Surf Life Saving Association of Australia—Victoria*

Project to promote and support sun protection environments and behaviour, as well as other health promotion outcomes, through surf life saving clubs and patrolled beaches.

\$80,000

#### Health Promoting Sponsorship Package

*Victorian Women's Cricket Association*

Sponsorship to promote and support SunSmart environments, policies and behaviours as well as other health promotion activities through the Victorian Women's Cricket Association clubs and events.

\$20,000

#### Health Promoting Sponsorship Package

*Victorian Diving Association*

Sponsorship to promote and support SunSmart environments, policies and behaviours as well as other health promotion activities through Victorian diving clubs and events.

\$20,000

#### Health Promoting Sponsorship Package

*Skiing Australia*

Project to promote the adoption of sun protection practices, targeting children and adolescents through the 2000 SunSmart Inter-School Championships.

\$40,000

## TOBACCO CONTROL

## ARTS

**Summertime Rocks***Victorian Arts Centre*

Summertime Rocks is a high profile summer event that is accessible to the community and provides free quality entertainment for families and the public. Summertime Rocks takes place on the lawn stage outside the Victorian Arts Centre from November to March for a period of 17 weeks. The entertainment program will showcase renowned Rock and Roll artists and youth music through the Push.

\$50,000

**The Royal Melbourne Show 1999–2001***Royal Agricultural Society of Victoria*

Support to buy out the tobacco supply right of Philip Morris, to further improve the smoke-free areas on the grounds in indoor and outdoor facilities and to promote the SmokeFree message. Also to work on structural change, particularly around improving the variety of food available during the Show.

\$20,000

**Arts for Health Program—Major Partnerships Scheme***Heart Foundation of Australia*

Project to support implementation of the Major Partnerships Program.

\$80,000

**Major Partnerships Scheme—Evaluation***McLeod Nelson Associates*

Evaluation of the Major Partnership Program to assess its effectiveness in meeting the aims of the scheme and the aims of VicHealth.

\$50,000

**12-Month Exhibition Program***Koorie Heritage Trust*

A partnership with the Koorie Heritage Trust to promote health and access to the Koorie community through the range of exhibitions and events held by the Trust. The partnership will include an exhibition tour to regional Victoria.

\$50,000

**Arts—Major Partnerships***Footscray Community Arts Centre*

A partnership with the Footscray Community Arts Centre to promote health and access to a range of community arts activities, particularly through come-and-try days and projects targeting culturally diverse communities in the area.

\$50,000

**Community Access Program***HotHouse Theatre*

A partnership with Hothouse Theatre to promote health and access to the range of artistic activities and productions for people in the Albury/Wodonga area and in surrounding towns through the touring of the Small Towns Program.

\$50,000

**Federation Festival 2001 and 2002 Melbourne Festival***Melbourne Festival*

A partnership with the Melbourne Festival to promote health and support access through a range of free and accessible events and programs associated with both the Federation Festival and the Melbourne Festival.

\$50,000

**Mildura Wentworth Arts Festival***Mildura Arts Festival Ltd*

Partnership with the annual Mildura Wentworth Arts Festival and the year-round cultural activities in the Sunraysia area to promote health and access to the large and remote rural community in north-west Victoria.

\$50,000

**Playbox 2001–02***Playbox Theatre Company*

A partnership with Playbox Theatre to promote health and access to high quality Australian theatre to young audiences and regional communities through the education program and the touring program.

\$50,000

**Red—Theatre For Young People***Geelong Performing Arts Centre*

A partnership with Geelong Performing Arts Centre to promote health and access, particularly to young people, through a range of arts activities involving schools and professional development for teachers.

\$50,000

**VicHealth Cultural Connections 2001–02***Immigration Museum*

Partnership with the Immigration Museum to promote health and promote access to a calendar of events which are accessible and appealing to people from diverse cultural backgrounds and incomes.

\$50,000

**Where Good Health Meets Great Art***Regional Arts Victoria*

A partnership with Regional Arts Victoria to promote health and access to arts activities and productions across Victoria.

\$50,000

**COMMUNITY**

**Push 'N' Victoria**

*The Push*

Support for the Push to conduct alcohol and drug free music events targeting young people, including regional events.

\$50,000

**HEALTH AND EDUCATION**

**Quit Campaign Program (Health) 2002—04**

*Anti-Cancer Council of Victoria*

The Quit Program aims to reduce the prevalence of smoking in Victoria and to reduce the exposure of nonsmokers and smokers to the harmful substances in tobacco smoke. A broad range of policy and program initiatives is used to achieve objectives, adding up to a comprehensive program on tobacco which addresses cessation, prevention, exposure reduction and policy advancement.

\$2,340,000

**RESEARCH**

**VicHealth Centre for Tobacco Control**

*Anti-Cancer Council of Victoria*

Dr R Borland. The aim of the VicHealth Centre for Tobacco Control is to contribute 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 in Australia.

\$500,000

**Bans on Tobacco Advertising at Point-of-Sale**

*Anti-Cancer Council of Victoria*

Prof. D Hill. A research project that aims to describe and explain retailer and industry compliance with legislation banning point-of-sale tobacco advertising.

\$8,436

**Evaluation of Legislation to Reduce Sales of Tobacco to Minors**

*Anti-Cancer Council of Victoria*

Prof. D Hill. A project which aims to describe and explain young people's access to the purchase of tobacco products before and after the introduction of new laws aimed at reducing the sale of tobacco to minors.

\$11,560

**Legislated Smoking Restrictions in Public Dining Areas**

*Anti-Cancer Council of Victoria*

Prof. D Hill. This project aims to describe and explain the process of adaptation to mandated restrictions on smoking in dining areas, measure changes in dining behaviour, describe strategies adopted by smokers to adjust to the changes and investigate predictors of dining behaviours.

\$144,894

**Staff Exposure to Environmental Tobacco Smoke in Gaming and Hospitality Industries**

*Anti-Cancer Council of Victoria*

Prof. D Hill. A project which aims to describe and explain staff attitudes toward and experiences of exposure to environmental tobacco smoking in the workplace.

\$32,609

**SPORT AND RECREATION**

**Health Agency Support**

*International Diabetes Institute*

To provide sponsorship support and expert advice to a group of State Sporting Associations, promoting the SmokeFree message as part of their sport sponsorships.

\$99,000

**Health Agency Support**

*National Heart Foundation*

To provide sponsorship support and expert advice to the Professional Golfers Association promoting the SmokeFree message as part of their sport sponsorship.

\$126,350

**Quit Program Sponsorship**

*Anti-Cancer Council of Victoria*

Sponsorship to promote Victoria's tobacco control campaign through sporting organisations and to implement healthy environmental changes at sporting events.

\$200,000

**Colonial Stadium: Docklands**

*Boyer Sports Media*

Purchase of a signage package to promote the SmokeFree message at Docklands Stadium, Melbourne.

\$213,750

**Dandenong Rangers Sponsorship**

*Dandenong Basketball Association*

Project to promote smoke-free policies and behaviour via naming rights of an elite basketball team, signage, education at clinics and other health promotion strategies.

\$30,000

**Health Promoting Sponsorship Package**

*Victorian Football Development Foundation*

Sponsorship to promote and support smoke-free environments and behaviours as well as other health promotion activities through the Victorian Football Development Foundation clubs and events.

\$425,909

**Health Promoting Sponsorship Package**

*Netball Victoria*

Project to support and promote smoke-free environments and behaviour, as well as other health promotion outcomes, during the 2001 Association Championships and via the Healthy Association Grant Scheme.

\$60,000

**Health Promoting Sponsorship Package**

*Basketball Victoria*

Project to promote and support smoke-free environments and practices, as well as other health promotion outcomes, through basketball clubs and events, including those of the Victorian Country Commission.

\$50,000

**Health Promoting Sponsorship Package**

*Victorian Amateur Football Association*

Sponsorship to promote and support smoke-free environments and behaviours, as well as other health promotion activities, through the Victorian Amateur Football Association clubs and events.

\$45,000

**Health Promoting Sponsorship Package**

*Victorian Country Football League*

Sponsorship to promote and support smoke-free environments and behaviours as well as other health promotion activities, through country football clubs and events.  
\$200,000

**Health Promoting Sponsorship Package**

*Hockey Victoria*

Project to promote and support smoke-free environments and behaviour, as well as other health promotion outcomes, through hockey clubs and events.  
\$25,000

**Health Promoting Sponsorship Package**

*Victorian Golf Association*

Project to promote smoke-free policies and behaviour, as well as other health promotion outcomes, through golf clubs and events.  
\$25,000

**Health Promoting Sponsorship Package**

*Geelong Football Club*

Project to promote and support smoke-free environments and behaviours, as well as other health promotion outcomes, through the Geelong Football Club, which plans to be smoke-free by the end of the 2001 season.  
\$60,000

**Kangaroos Sponsorship Package**

*North Melbourne Football Club*

Project to promote smoke-free environments and behaviour, using an elite football team for prominent exposure of the SmokeFree message to reinforce the message during football clinics and to participate in a community partnership program with a Koori community.  
\$400,000

**SmokeFree Junior Country Golf Program**

*Women's Golf Victoria*

Project to support a series of free golf clinics for junior boys and girls at primary and early secondary school level, including the promotion of smoke-free environments and behaviour, as well as other health outcomes.  
\$35,000

**SmokeFree Pro-Am Series**

*Professional Golfers Association*

Project to support smoke-free environments and behaviours, as well as other health promotion outcomes, in golf clubs using the SmokeFree Pro-Am Tournaments to promote the SmokeFree message more widely.  
\$75,000

**SmokeFree Sponsorship**

*Indoor Sports Victoria Inc (InSportz)*

Project to promote and support smoke-free environments and behaviour at Indoor Cricket venues.  
\$47,000

**SmokeFree Sponsorship Package**

*South Melbourne Hellas Soccer Club*

Project to promote smoke-free environments and behaviour, as well as other health promotion outcomes, through the club and at their events.  
\$80,000

MULTIPLE FOCUS

**COMMUNITY**

**Koorie Health Unit: Capacity Development Program**

*University of Melbourne*

The Community Development Program provides a critical link between the research activities of the Koori Health Research and Community Development Unit and the Aboriginal community controlled health sector. It does this by supporting and resourcing community activities, providing advice and guidance to mainstream health researchers and services, developing and facilitating community forums and seminars, producing community publications on health issues and maintaining community links through regular visits to Koori communities across Victoria.  
\$50,149

**Training for Festivals and Events**

*Arts Management Advisory Group (AMAG)*

Support for a training conference on the successful management of festivals.  
\$10,000

**HEALTH AND EDUCATION**

**Koorie Health Unit: Capacity Development Program**

*University of Melbourne*

A/Prof. I Anderson. The Koori Health Research and Community Development Unit's key goal is to integrate high quality health services research with a community development program focusing on Koori issues throughout south-eastern Australia.  
\$50,148

**Masters of Public Health Consortium: Top Student Prizes**

*Deakin University*

Support for an award to be allocated to top health promotion students enrolled in the Masters of Public Health Consortium program, as an encouragement to students.  
\$2,000

**Social Determinants of Health and the Role of Local Government Project Phase 1**

*PDF Management Services*

This project will develop and trial a resource package directed to senior managers and councillors that will demonstrate opportunities for integrating responses to address the social determinants of health across local councils. Particular emphasis will be placed on strengthening the relationship between the social determinants of health, Municipal Public Health Plans and other core planning processes.  
\$80,000

**VACCHO Victorian Aboriginal Health Workers Awards 2000**

*Victorian Aboriginal Community Controlled Health Organisations (VACCHO)*

Presentation of awards to Victorian Aboriginal health workers recognising five, 10 and 15 years of service to the community and outstanding achievements.  
\$1,920

**Carole Bailey Scholarship**

*Australian Health Promotion Association*

The award is to be conferred on two students of health promotion—undergraduate and mature aged—for the purposes of professional development.  
\$1,869

**Public Health Research and Education Initiative**

*Victorian Public Health Research and Education Council*

Ms R James. A council providing promotion and advocacy services to strengthen public health education, training and research in Victoria and to manage selected collaborative projects.  
\$25,000

**Support for Health Promotion Planning in Primary Care Partnerships Project**

*Centre for Health Program Evaluation, University of Melbourne*

This project offers an integrated support program that not only delivers practical knowledge and skills to key players in Primary Care Partnerships health promotion, but also builds networks between health promotion practitioners and creates opportunities for ongoing learning, reflection and action around health improvement goals for communities and populations.  
\$100,000

**RESEARCH**

**Centre for Adolescent Health**

*Royal Children's Hospital, Women's and Children's Health*

Prof. G Patton. The Centre for Adolescent Health aims to promote the health and wellbeing of young people through integrated research, program development, advocacy, education and training and clinical services.  
\$300,000

**Koori Health Research and Community Development Unit**

*University of Melbourne*

A/Prof. I Anderson. The Koori Health Research and Community Development Unit's key goal is to integrate high quality health services research with a community development program focusing on Koori issues throughout south-east Australia.  
\$160,000

**Beyond the Hospital Doors: The Impact of Day Surgery on Women's Health**

*University of Melbourne*

Prof. L Manderson. An explorative study of the social, cultural and personal factors that assist/impede the attainment of optimal health status and wellbeing of women day surgery consumers and their immediate family members and carers.  
\$74,781

**How Research Methods Shape Public Health Knowledge and Practice**

*La Trobe University*

Dr A Kavanagh. This study describes the use of research methods across health issues and settings. Through interviews with opinion-shapers in public health research, the research team will identify ways to reorientate public health research to use a broader range of methods so that it can better contribute to public health practice.  
\$74,997

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

*La Trobe University*

Dr A Kavanagh. This study will investigate whether living in socioeconomically deprived areas is associated with poorer health status and will document variations in the social and physical environments of places (e.g. public transport and housing) in socially contrasting areas. Another study will explore how sexual practices vary in different contexts.  
\$165,000

**Conference Support Fund: Forging Our Future Conference**

*Council on the Ageing*

A gathering of policy makers and older people to reset agendas for the creation of social and economic environments to improve health and wellbeing. This interactive event will include a keynote interview of Professor Richard Wilkinson (Trafford Centre for Medical Research), panel debates and workshops using the DeBono Institute's 'Six Lateral Thinking Hats'. Dr Ian Anderson will lead discussion on issues of specific relevance to Indigenous people.  
\$5,000

**Conference Support Fund: 22nd Asian Medical Students Conference**

*Australian Medical Students Association*

ACMS is a vibrant, educational conference involving a large contingent of Victorian Medical students as well as students from interstate and the Asia-Pacific region. It is a annual regional meeting promoting cultural and intellectual exchange. The aim is to produce achievable recommendations that future doctors and decision-makers can implement. Special emphasis is on greater equality in health care throughout the region. In 2001 the theme is 'Health Priorities in the 21st Century'. Some of the areas for discussion include public health (including health promotion), medical education, research and training, economics, health care and development and communities in need.  
\$2,500

**Conference Support Fund: 42nd Australian Medical Students Conference**

*Australian Medical Students Association*

The AMSA convention is an opportunity for medical students from around Australia to be challenged by an innovative academic program. The convention will offer a series of lectures from speakers from different fields and viewpoints, workshops, a career information afternoon and a health ethics debating competition. It is a unique opportunity for students to broaden their understanding in all areas of health and medicine and to discuss AMSA policies on current issues. The convention will keep students up to date on current health issues and advances.  
\$4,000

**Conference Support Fund: New Urbanism—First Australian and New Zealand Congress**

*Ecologically Sustainable Design*

A group of new urbanist practitioners came together to host the first Australian and New Zealand congress from 26 to 29 April 2001 in Melbourne. It aimed to share knowledge and experience of new urbanism and to further its understanding, influence and practice amongst a broader audience. The first two days were an open conference where new urbanist principles, activities and projects were presented and discussed. The second two days were limited audience workshops for current practitioners, developers and regulators.  
\$5,000

**PHA Annual General Meeting and Oration**

*Public Health Association of Australia*

This involved the Public Health Association of Australia Victorian Branch's Annual General Meeting and Oration. The oration—Reconciliation and Public Health—was delivered by Lynn McInnes, Chair of the Victorian Aboriginal Community Controlled Health Organisations.  
\$2,000

# REPORT OF OPERATIONS

## 1. Establishment of the Victorian Health Promotion Foundation

The Victorian Health Promotion Foundation is established by the *Tobacco Act* 1987 No. 81.

The relevant Minister is the Minister for Health, Hon John Thwaites MP.

## 2. Objects

The objects of the Foundation, as set out in the *Tobacco Act*, are:

- (a) to fund activity related to the promotion of good health, safety or the prevention and early detection of disease; and
- (b) to increase awareness of programs for promoting good health in the community through the sponsorship of sports, the arts and popular culture; and
- (c) to encourage healthy lifestyles in the community and support activities involving participation in healthy pursuits; and
- (d) to fund research and development activities in support of these objects.

## 3. Functions

The functions of the Foundation, as set out in the *Tobacco Act*, are:

- (a) to promote its objects;
- (b) to make grants from the Health Promotion Fund for activities, facilities, projects or research programs in furtherance of the objects of the Foundation;
- (c) to provide sponsorships for sporting or cultural activities;
- (d) to keep statistics and other records relating to the achievement of the objects of the Foundation;
- (e) to provide advice to the Minister on matters related to its objects referred by the Minister to the Foundation and generally in relation to the achievement of its objects;
- (f) to make loans or otherwise provide financial accommodation for activities, facilities, projects or research programs in furtherance of the objects of the Foundation;
- (g) to consult regularly with relevant Government Departments and agencies and to liaise with persons and organisations affected by the operation of this Act;
- (h) to perform such other functions as are conferred on the Foundation by this or any other Act.

## REPORT OF OPERATIONS

The Foundation performs and manages these functions by:

- (a) developing a strategic plan, including concept, context and operations;
- (b) initiating, facilitating and organising the development of projects and programs to fulfil the strategic plan;
- (c) ensuring an excellent standard of project management for all project and program grants paid by the Foundation;
- (d) developing systems to evaluate the impacts and outcomes of grants;
- (e) ensuring that such knowledge is transferred to the wider community.

### 4. Powers

As set out in the Tobacco Act the Foundation has power to do all things necessary to be done in the performance of its functions or achievement of its objects.

In addition to its other powers the Foundation has power, following consultation with the Minister, to make grants from the Health Promotion Fund for the relief of loss suffered as a result of the application of this Act to anything existing at or before the date of enactment of this Act where special circumstances warrant assistance of that kind.

### 5. Nature and Range of Services

The Foundation provides health promotion services within Victoria in accordance with the objects set out in the *Tobacco Act*.

### 6. Members of Board of Governance

Professor John Funder  
*Chairman*

The Hon. Gerald Ashman MLC

The Hon. Ron Best MLC

Professor Robert Burton

Ms Elaine Canty

Ms Maxine Crouch (deceased 11 February 2001)

Ms Jane Fenton

Mr Lindsay Gaze (from 6 March 2001)

Mr Gerard Healy

Professor Helen Herrman

Ms Susan Holmes

Mr Tim Jacobs

Ms Jenny Lindell MLA

Professor Graeme Ryan

### 7. Chief Executive Officer

Dr Rob Moodie

### 8. Senior Officers as at 30 June 2001

Director: Research and Development,  
Dr Julia Shelley

Director: Policy Development and Information Dissemination,  
Ms Barbara Mouy

Director: Program Delivery Settings,  
Ms Yvonne Robinson

Director: Communications and Marketing,  
Ms Trish Cotter

Director: Finance and Administration,  
Mr Randall Kent

### 9. Workforce Data

	30.6.01		30.6.00	
	No.	EFT	No.	EFT
Staff establishment	40	35.9	35	31.2
Cost recovery and special projects	2	1.6	7	5.8
Total	42	37.5	42	37

Note: Workforce data represents actual numbers of staff employed.

### 10. Application of Merit and Equity Principles

The Foundation is an equal opportunity employer.

The Foundation complies with relevant Government guidelines and employment principles.

### 11. Freedom of Information

No requests for information under the Freedom of Information Act 1982 were received during the year.

## 12. Freedom of Information

## (c) Summary of Financial Results

	2000-01 \$000s	1999-00 \$000s	1998-99 \$000s	1997-98 \$000s	1996-97 \$000s
<b>INCOME</b>					
Health Promotion Grant	24 400	24 761	24 040	23 340	22 660
Interest	485	369	274	241	232
Other	715	1 413	760	1 206	862
<b>Total Income</b>	<b>26 600</b>	<b>26 543</b>	<b>25 074</b>	<b>24 787</b>	<b>23 754</b>
<b>EXPENDITURE</b>					
Grants and Associated Expenses	23 663	21 879	21 232	21 190	20 484
Operating	3 614	3 720	3 325	3 176	3 273
<b>Total Expenditure</b>	<b>27 277</b>	<b>25 599</b>	<b>24 577</b>	<b>24 366</b>	<b>23 757</b>
Surplus (Deficit)	(677)	944	517	421	(3)

## (b) Summary of significant changes in financial position

Balance Sheet as at:	30.6.01 \$000s	30.6.00 \$000s	Change \$000s
Current Assets	3 739	724	3 015
Non-Current Assets	1 496	3 837	(2 341)
<b>Total Assets</b>	<b>5 235</b>	<b>4 561</b>	<b>674</b>
Current Liabilities	1 908	741	1 167
Non-Current Liabilities	235	51	184
Total Liabilities	2 143	792	1 351
Equity	3 092	3 769	677
<b>Total Equity and Liabilities</b>	<b>5 235</b>	<b>4 561</b>	<b>674</b>

## REPORT OF OPERATIONS

### (c) Operational Objectives, Significant Activities and Achievements

The Foundation's primary operational objectives for 2000-01 were to contribute to:

- advancing knowledge and building evidence for interventions;
- supporting innovative contributions in a range of settings and sectors;
- systematically transferring health promotion knowledge to targeted spheres of influence; and
- advocacy for health promotion.

Research, development and implementation activity was primarily focussed in the health promotion action areas of:

- tobacco control
- mental health
- physical activity
- healthy eating
- substance use (alcohol and illicit drugs)

Other areas included injury prevention and sun protection.

The key delivery sectors and settings were:

- sport
- recreation
- education
- community
- health
- the arts

These were consistent with Victorian Government priorities and National Health Priority Areas.

Significant activities and achievements in relation to these objectives are set out elsewhere in the Foundation's 2000-01 Annual Report.

### (d) Summary of Major Changes

There were no major changes or factors which have affected the achievement of the Foundation's operational objectives for the year.

### (e) Events Subsequent to Balance Date

There have been no events subsequent to balance date that may have a significant effect on the operation of the Foundation in subsequent years.

### (f) Consultancies

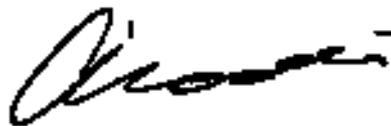
Six consultancies costing less than \$50,000 were engaged during the year. The total cost of consultancies was \$132,000 (1999-2000 \$75,000).

### (g) Compliance with Provisions of the Building Act 1993

To the best of my knowledge all relevant provisions of the *Building Act 1993* have been complied with.

### (h) Other Information

The information listed under section 9.1.3(iv) of the Directions of the Minister for Finance has been prepared and is available to the relevant Minister, Members of Parliament and the public on request.



**Dr Rob Moodie**  
Chief Executive Officer

Signed at Melbourne this 24th day of August 2001.

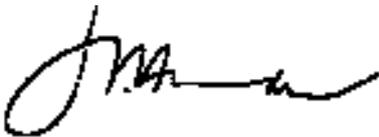
# FINANCIAL STATEMENTS

## Certification

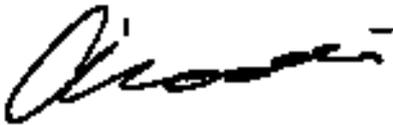
In our opinion, the financial statements of the Victorian Health Promotion Foundation, comprising a statement of financial performance, a statement of financial position, a statement of cash flows and notes to the accounts:

- have been prepared in accordance with Directions of the Minister of Finance under the *Financial Management Act 1994* and Australian Accounting Standards; and
- present fairly the results of the financial transactions of the Foundation for the year ended 30 June 2001 and the financial position as at that date.

At the date of signing these statements we are not aware of any circumstances which would render any particulars included in the statements to be misleading or inaccurate.



Professor John Funder  
Chairman



Dr Rob Moodie  
Chief Executive Officer



Mr Randall Kent  
Director: Finance and Administration

Signed at Melbourne this day of September 2001

## FINANCIAL STATEMENTS

### Auditor-General's Report

To the Members of the Parliament of Victoria, the responsible Ministers and the Members of the Victorian Health Promotion Foundation

#### Audit Scope

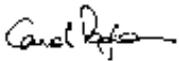
The accompanying financial report of the Victorian Health Promotion Foundation for the financial year ended 30 June 2001, comprising the statement of financial performance statement of financial position, statement of cash flows and notes to the financial statements, has been audited. The Members of the Board are responsible for the preparation and presentation of the financial report and the information it contains. An independent audit of the financial report has been carried out in order to express an opinion on it to the Members of the Parliament of Victoria, the responsible Ministers and the Members of the Board as required by the Audit Act 1994.

The audit has been conducted in accordance with Australian Auditing Standards to provide reasonable assurance as to whether the financial report is free of material misstatement. The audit procedures included an examination, on a test basis, of evidence supporting the amounts and other disclosures in the financial report, and the evaluation of accounting policies and significant accounting estimates. These procedures have been undertaken to form an opinion as to whether, in all material respects, the financial report is presented fairly in accordance with Australian Accounting Standards and other mandatory professional reporting requirements and complies with the requirements of the *Financial Management Act* 1994, so as to present a view which is consistent with my understanding of the Foundation's financial position, the results of its operations and its cash flows.

The audit opinion expressed in this report has been formed on the above basis.

#### Audit Opinion

In my opinion, the financial report presents fairly the financial position of the Victorian Health Promotion Foundation as at 30 June 2001 and the results of its operations and its cash flows for the year ended on that date in accordance with Australian Accounting Standards and other mandatory professional reporting requirements and complies with the requirements of the *Financial Management Act* 1994.



for **J. W. Cameron**  
Auditor-General

Melbourne September 2001

## FINANCIAL STATEMENTS

### Statement of Financial Position as at 30 June 2001

	Notes	2001 \$000s	2000 \$000s
<b>CURRENT ASSETS</b>			
Cash Assets	6	66	(1 100)
Receivables	7	558	266
Lease Incentive	14(b)	58	–
Prepayments		77	8
Other Financial Assets	1(h),8	2 980	1 550
<b>Total Current Assets</b>		<b>3 739</b>	<b>724</b>
<b>NON-CURRENT ASSETS</b>			
Other Financial Assets	1(h),8	500	3 481
Furniture, Fittings, Equipment and Motor Vehicles	11	996	356
<b>Total Non-Current Assets</b>		<b>1 496</b>	<b>3 837</b>
<b>Total Assets</b>		<b>5 235</b>	<b>4 561</b>
<b>CURRENT LIABILITES</b>			
Payables	1(f),9	1 629	514
Deferred Lease Benefit	14(b)	19	–
Provisions	1(d),10	260	227
<b>Total Current Liabilities</b>		<b>1 908</b>	<b>741</b>
<b>NON-CURRENT LIABILITES</b>			
Provisions	1(d),10	72	51
Deferred Lease Benefit	14(b)	163	–
<b>Total Non-Current Liabilities</b>		<b>235</b>	<b>51</b>
<b>Total Liabilities</b>		<b>2 143</b>	<b>792</b>
<b>Net Assets</b>		<b>3 092</b>	<b>3 769</b>
<b>EQUITY</b>			
Funds Held For Restricted Purposes	1(e),5	510	1 501
Retained Earnings		2 582	2 268
<b>Total Equity</b>		<b>3 092</b>	<b>3 769</b>

The accompanying notes form part of these financial statements.

## Statement of Financial Performance for the Year Ended 30 June 2001

	Notes	2000-01 \$000s	1999-00 \$000s
<b>REVENUE FROM ORDINARY ACTIVITIES</b>			
Health Promotion Grant	1(k)	25 400	24 761
Interest		485	369
Other	2	715	1 413
		<b>26 600</b>	<b>26 543</b>
<b>EXPENSES FROM ORDINARY ACTIVITIES</b>			
Grants and Associated Expenses	4	23 663	21 879
Operating Expenses	3	3 614	3 720
		27 277	25 599
Surplus (Deficit) for the Year	5	(677)	944
<b>Total changes in equity other than those resulting from transactions with the Victorian State Government in its capacity as owner</b>		<b>(677)</b>	<b>944</b>

The accompanying notes form part of these financial statements.

## Statement of Cash Flows for the Year Ended 30 June 2000

	Notes	2000–01 \$000s Inflows (Outflows)	1999–00 \$000s Inflows (Outflows)
<b>CASH FLOWS FROM OPERATING ACTIVITIES</b>			
Receipts from Health Promotion Grant		27 940	24 761
Interest Received		525	304
Other Receipts		610	1 278
		29 075	26 343
Payments of Grants and associated expenses		(26 261)	(21 631)
Payments to Suppliers and Employees		(1 881)	(4 063)
GST remitted		(495)	–
Net Cash Provided By Operating Activities	15(b)	438	649
<b>CASH FLOWS FROM INVESTING ACTIVITIES</b>			
Proceeds from Sale of Assets		43	47
Proceeds from Redemption of Investments (Investment Outlays)		1 551	(1 981)
Payments for Purchase of Fixed Assets		(866)	(145)
Net Cash Provided By (Used in) Investing Activities		728	(2 079)
Net Increase (Decrease) in Cash Held		1 166	(1 430)
Cash at 1 July		(1 100)	330
<b>Cash at 30 June</b>	<b>15(a)</b>	<b>66</b>	<b>(1 100)</b>

The accompanying notes form part of these financial statements.

**Notes to the Accounts for the Year Ended 30 June 2001**

**1. Statement of Accounting Policies**

A summary of the significant accounting policies adopted by the Foundation is set out in this note. The policies adopted are in accordance with accounting standards generally accepted in Australia. The general purpose financial statements have been prepared in accordance with the Directions of the Minister of Finance under the Financial Management Act 1994, Australian Accounting Standards, Statements of Accounting Concepts and other authoritative pronouncements of the Australian Accounting Standards Board, and Urgent Issues Group Consensus Views.

**(a) Accrual Basis of the Preparation of the Accounts**

Except where otherwise stated these financial statements have been prepared on the accrual basis whereby revenues and expenses are recognised when they are earned or incurred, and are brought to account in the period to which they relate.

**(b) Historical Cost Basis of the Preparation of the Accounts**

The financial statements have been prepared on the historical cost basis whereby assets are recorded at purchase price plus costs incidental to their acquisition and do not take into account changing money values nor the current cost of non-current assets (unless specifically stated).

**(c) Fittings, Equipment and Motor Vehicles**

The Foundation has adopted a capitalisation policy for fixed assets for capital purchases in excess of \$1,000.

Furniture, fittings, equipment and motor vehicles are carried at cost. Assets are depreciated at rates based upon their expected useful economic lives to the Foundation, using the straight-line method. The Foundation reviews the remaining useful lives of assets each year. There has been no change in estimated useful lives of assets since 1999–00.

Fixed asset category	Depreciation rate (%)
Office Furniture	10.0
Fixtures and Fittings	10.0
Computer Equipment	33.3
Other Office Equipment	20.0
Motor Vehicles	17.5

**(d) Employee Benefits**

Calculations of provisions for annual leave and long service leave are based on pay rates current at balance date and include on-costs such as Workcover and superannuation in accordance with Australian Accounting Standard 30, Accounting for Employee Entitlements.

**(i) Annual Leave**

Annual leave which is estimated to be payable to employees on the basis of statutory and contractual requirements is classified as a current liability at balance date.

**(ii) Superannuation**

The Foundation has, in its staffing profile, a number of employees who are members of the following superannuation schemes:

- State Superannuation Fund New Scheme
- Victorian Superannuation Fund VicSuper Scheme

In the case of employees who are members of the State Superannuation Fund New Scheme the notional share of unfunded liabilities attributable to the Foundation, as assessed by the State Superannuation Fund as at 30 June 2001, was nil.

The State Superannuation Fund VicSuper Scheme is fully funded and there are no unfunded liabilities with this scheme.

During 2000–01 the Foundation’s contributions to the above schemes totalled \$173,000 (1999–00, \$134,000). Contributions outstanding at 30 June 2001 were \$19,000 (1999–00: \$31,000).

The policy adopted for calculating employer contributions is based on the advice of the Scheme's actuary. The employer contribution rates for 2000–01 varied from 8% to 14% depending on the scheme and the rate contributed by each employee.

(iii) Long Service Leave

Provision for long service leave has been calculated in accordance with Australian Accounting Standard 30, Accounting for Employee Entitlements. The provision has been measured at the present value of the estimated future cash outflows arising from employees' service to date.

Entitlements classified as current liabilities are expected to be paid within 12 months. Entitlements in respect of other employees have been classified as non-current liabilities.

(e) Equity

Funds Held for Restricted Purposes represent funds to be devoted to specific health promotion activities according to the Tobacco Act, 1987 and in accordance with the policies of the Foundation.

The proportion on which the health promotion grant is to be paid is as follows:

In accordance with the Tobacco Act

Sporting Bodies	Not less than 30%
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Health Promotion	Not less than 30%
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In accordance with Foundation policy

Public Health Research	18%
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**(f) Trade and Other Creditors**

(i) Creditors and accrued expenses

Creditors and accrued expenses represent liabilities for goods and services provided to the Foundation prior to balance date and which are unpaid. The amounts are unsecured and are usually paid within 30 days of recognition.

All creditors are payable within one year.

(ii) Grants payable

Grants payable represent grant instalments which have been approved for payment during 2000–01. These instalments were unpaid as at 30 June 2001 and have been disclosed as a current liability. The accrued grants are expected to be paid within 12 months.

Grants approved for funding in 2001–02 and subsequent years have been recognised in the notes to these financial statements as commitments (see note 13).

**(g) Receivables**

Trade debtors are carried at amounts receivable. The collectability of debts is assessed on an ongoing basis. Debts which are known to be uncollectable are written off. Normal credit terms are 30 days.

**(h) Investments**

Investments are brought to account at cost. Interest revenue is recognised as the interest accrues.

Investments consist of five commercial bank bills. Maturity dates range from 16 days to 9 years.

**(i) Leases**

Expenditure relating to leases deemed to be operating leases is expensed as incurred.

**(j) Goods and Services Tax**

The Foundation has paid goods and services tax in respect of the purchase of certain supplies of goods and services and in respect of certain grant payments, for which the supply period spanned 1 July 2001.

The Foundation has collected goods and services tax in respect of the supply by the Foundation of certain services which spanned 1 July 2001.

## FINANCIAL STATEMENTS

The net amount, which is to be claimed from the Australian Taxation Office, is carried as a sundry debtor at 30 June 2001.

From its inception in 1987 until June 1992, the Foundation was funded by a hypothecated percentage of Victorian ad valorem tobacco franchise fees. Since July 1992, the annual amount allocated to the Foundation from tobacco franchise fees has been determined by the Treasurer.

### **(k) Health Promotion Grant**

On 5 August 1997, the High Court of Australia invalidated State and Territory business franchise and licence fees, including tobacco fees. In order to maintain the Foundation's funding the Victorian Treasurer arranged for funds to be transferred from the Consolidated Fund for the remainder of the 1997–98 year.

Since 1 July 1998, annual funding for the Foundation has been decided by the Treasurer, appropriated as part of Victoria's annual budget within the appropriation for the Department of Human Services and transferred electronically in equal monthly instalments to the Foundation.

### **(l) Comparatives**

Where necessary the figures for the previous year have been reclassified to facilitate comparison.

**2. Other Revenue**

	2000-01 \$000s	1999-00 \$000s
Government Project Grants	570	710
Consulting and Training Fees	20	347
International Projects	42	221
Proceeds of Sale of Assets	43	47
Other	40	88
<b>Total</b>	<b>715</b>	<b>1 413</b>

**3. Operating Expenses**

	2000-01 \$000s	1999-00 \$000s
General Administration	147	192
Occupancy Costs	316	244
Office Costs	238	236
Personnel Costs	2 472	2 538
Transport Costs	116	74
Members Fees	71	69
International Projects	-	203
Depreciation	116	125
Provision of Long Service Leave	28	(9)
Written Down Value of Assets Sold	110	48
<b>Total</b>	<b>3 614</b>	<b>3 720</b>

#### 4. Grants and Associated Expenses

	2000-01 \$000s	1999-00 \$000s
<b>Sport Settings</b>		
Payments to Sporting Bodies		
Sponsorships	5 404	6 704
Safety and Training Equipment Grants	1 006	467
Active for Life Grants	449	294
Recreation Grants	601	405
<b>Total Payments to Sporting Bodies</b>	<b>7 460</b>	<b>7 870</b>
<b>Schools, Community, Arts and Health Settings</b>		
Payments to Bodies for Purposes of Health Promotion		
Grants	7 773	7 778
Sponsorship Support	920	1 057
<b>Total Payments to Bodies for Purposes of Health Promotion</b>	<b>8 693</b>	<b>8 845</b>
<b>Public Health Research</b>		
Grants to External Bodies		
Clinical Research Grants	334	550
Public Health Research Project Grants	2 170	1 497
Centres for Research and Practice	1 665	1 565
Data Surveillance Grants	555	450
Fellowships and Scholarships	832	330
Total Public Health Research Expenses	5 556	4 392
Research Dissemination Expenses	106	36
Evaluation Expenses	47	-
Total Public Health Research Expenses	5 709	4 428
<b>Associated Expenses</b>		
Developmental Activities	542	202
Program Support, Communications and Marketing	1 259	534
<b>Total Developmental Expenses</b>	<b>1 801</b>	<b>736</b>
<b>Total Grants and Associated Expenses</b>	<b>23 663</b>	<b>21 879</b>

## 5. Equity and Movements in Equity

	2000–01 \$000s	1999–00 \$000s
<b>RETAINED EARNINGS</b>		
Balance at 1 July	2 268	1 385
Surplus (Deficit) for the Year	(677)	944
Transfer (to) from Funds Held for Restricted Purposes	991	(61)
Balance at 30 June	2 582	2 268
<b>FUNDS HELD FOR RESTRICTED PURPOSES</b>		
<b>Sporting Bodies Commitments Fund</b>		
Balance at 1 July	382	825
Transfer (to) from Retained Earnings	(272)	(443)
Balance at 30 June	110	382
<b>Public Health Research Commitments Fund</b>		
Balance at 1 July	1 119	547
Transfer (to) from Retained Earnings	(719)	572
Balance at 30 June	400	1 119
<b>Health Promotion Commitments Fund</b>		
Balance at 1 July	–	68
Transfer (to) from Retained Earnings	–	(68)
Balance at 30 June	–	–
<b>Total Equity</b>	<b>3 092</b>	<b>3 769</b>

The Sporting Bodies Commitments Fund represents the difference between 30% of the health promotion grant and payments to sporting bodies, on a cumulative basis.

The transfer of \$272,000 from the Sporting Bodies Commitments Fund represents the amount by which payments to sporting bodies, and associated sport expenses, for 2000–01 exceeded 30% of the health promotion grant for 2000–01.

The Public Health Research Commitments Fund represents the difference between the percentage of the health promotion grant allocated to public health research and public health research expenditure, on a cumulative basis.

The transfer of \$719,000 from the Public Health Research Commitments Fund represents the amount by which public health research expenditure, and associated research expenses, for 2000–01 exceeded the amount allocated to public health research for 2000–01.

## FINANCIAL STATEMENTS

### 6. Cash Assets

	2000-01 \$000s	1990-00 \$000s
Bank Balance	(308)	(1 837)
At Call Deposits	374	737
<b>Total</b>	<b>66</b>	<b>(1 100)</b>

### 7. Receivables

Sundry Debtors	471	137
Accrued Income	87	129
<b>Total</b>	<b>558</b>	<b>266</b>

### 8. Other Financial Assets

#### CURRENT INVESTMENTS

Commercial Bank Bills	2 980	1 500
Term Deposit	-	50
<b>Total</b>	<b>2 980</b>	<b>1 550</b>

#### NON-CURRENT INVESTMENTS

Commercial Bank Bills	500	3 481
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### 9. Payables

Trade Creditors	1 443	98
Grants Payments Accrued	45	255
Accrued Salaries	33	11
Other Accrued Expenses	108	150
<b>Total</b>	<b>1 629</b>	<b>514</b>

**10. Provisions**

	2000-01 \$000s	1990-00 \$000s
CURRENT		
Employee entitlements		
Annual Leave	163	137
Long Service Leave	97	90
<b>Total</b>	<b>260</b>	<b>227</b>
NON-CURRENT		
Employee entitlements		
Long Service Leave	72	51
AGGREGATE CARRYING AMOUNT OF PROVISIONS		
Current	260	227
Non-Current	72	51
<b>Total</b>	<b>332</b>	<b>278</b>

**11. Furniture, Fittings, Equipment and Motor Vehicles****(a) Written Down Value**

	At Cost \$000s	Accumulated Depreciation 30.06.01 \$000s	Written Down Value 30.06.01 \$000s	Written Down Value 30.06.00 \$000s
Office Furniture	107	26	81	20
Fixtures and Fittings	717	8	709	87
Office Equipment	321	258	63	99
Motor Vehicles	192	49	143	150
<b>Total</b>	<b>1 337</b>	<b>341</b>	<b>996</b>	<b>356</b>

## FINANCIAL STATEMENTS

### (b) Reconciliations

	Balance 1 July \$000s	Additions \$000s	Disposals \$000s	Depreciation \$000s	Balance 30.06.00 \$000s
<b>2001</b>					
Office Furniture	20	68	2	5	81
Fixtures and Fittings	87	708	65	21	709
Office Equipment	99	22	–	58	63
Motor Vehicles	150	68	43	32	143
<b>Total</b>	<b>356</b>	<b>866</b>	<b>110</b>	<b>116</b>	<b>996</b>
<b>2000</b>					
Office Furniture	25	1	–	6	20
Fixtures and Fittings	56	45	–	14	87
Office Equipment	128	40	–	69	99
Motor Vehicles	175	59	48	36	150
<b>Total</b>	<b>384</b>	<b>145</b>	<b>48</b>	<b>125</b>	<b>356</b>

## 12. Financial Instruments

### (a) Interest Rate Risk Exposures

The Foundation's exposure to interest rate risk and the effective weighted average for each class of financial assets and financial liabilities are set out below. Exposures arise predominantly from assets and liabilities bearing variable interest rates as the Foundation intends to hold fixed rate assets and liabilities to maturity.

	Floating interest rate \$000s	Fixed interest maturing in 1 year or less \$000s	Fixed interest maturing in more than 1 year \$000s	Non-interest bearing \$000s	Total 30.06.01 \$000s	Total 30.06.00 \$000s
<b>Financial Assets</b>						
At-call deposits (refer note 6)	374				374	737
Receivables				558	558	266
Investments		2 980	500		3 480	5 031
<b>Total</b>	<b>374</b>	<b>2 980</b>	<b>500</b>	<b>558</b>	<b>4 412</b>	<b>6 034</b>
Weighted Average Interest Rate %	4.75	6.11	7.01			
<b>Financial Liabilities</b>						
Bank Balance (refer note 6)				308*	308*	1 837*
Payables				1 629	1 629	514
<b>Total</b>				<b>1 937</b>	<b>1 937</b>	<b>2 351</b>

\* Amount relates to unpresented cheques. The Foundation has not operated on overdraft during the year. Accordingly, no interest has been charged.

### (b) Credit Risk Exposures

The credit risk on financial assets of the Foundation, which have been recognised in the statement of financial position, is the carrying amount, net of any provision for doubtful debts. The Foundation minimises concentrations of credit risk by undertaking transactions with unrelated debtors. The Foundation is not materially exposed to any individual debtor.

### (c) Net Fair Values of Financial Assets and Liabilities

The net fair value of financial assets and liabilities are not materially different to the carrying value of the financial assets and liabilities recognised in the statement of financial position.

**13. Future Grant Commitments**

(a) The Foundation has entered into certain agreements for funding of grants for multiple years. The payment of future years' instalments of these grants is dependent on the funded organisations meeting specified accountability requirements.

Instalments of grants to be paid in future years subject to the funded organisations meeting accountability requirements are:

	2000-01 \$000s	1999-00 \$000s
Payable within one year	10 452	9 774
Payable later than one year but not later than five years	7 227	9 166
Payable later than five years	-	-
	<b>17 679</b>	<b>18 940</b>
Grants approved for funding in 2001-02 or later years, but where funding agreements are yet to be executed, are:		
Payable within one year	3 240	3 900
Payable later than one year but not later than five years	3 176	4 164
Payable later than five years	-	-
	<b>6 416</b>	<b>8 064</b>

**14. Leases**

The Foundation has an operating lease of its premises. Lease commitments are as follows:

	2000-01 \$000s	1999-00 \$000s
Payable within one year	175	105
Payable later than one year but not later than five years	932	-
Payable later than five years	1 106	-
	<b>2 213</b>	<b>105</b>

(b) The Foundation relocated its offices to 15 Pelham Street, Carlton in April 2001 and has executed a 10-year tenancy lease commencing 1 April 2001. In respect of this lease the Foundation received certain incentives. In accordance with Australian Accounting Standards and Urgent Issues Group Abstract 3 *Lessee Accounting for Lease Incentives Under a Non-Cancellable Operating Lease* a rent-free period and a lessor contribution towards fit-out costs will be amortised over the 10-year term of the lease.

## 15. Cash Flow Information

### (a) Reconciliation of cash

For the purpose of the Statement of Cash Flows, the Foundation considers cash to include cash on hand and 'at call' deposits with financial institutions. Cash at the end of the year as shown in the Statement of Cash Flows is reconciled to the relevant items in the Statement of Financial Position:

	2000-01 \$000s	1999-00 \$000s
Bank Balance	(308)	(1 837)
At Call Deposits	374	737
<b>Cash at 30 June</b>	<b>66</b>	<b>1 100</b>

### (b) Reconciliation of Surplus (Deficit) from Ordinary Activities with Net Cash Flows from Operating Activities

Surplus (Deficit) for the year	(677)	944
Adjustments for non-cash income and expense items		
Depreciation	116	125
Increase (decrease) in provisions	54	(9)
Net loss (profit) on sale of assets	67	1
Increase (decrease) in grants payable	(210)	248
Decrease (increase) in prepayments	(69)	109
Net decrease (increase) in accrued income	42	(66)
Increase (decrease) in trade creditors and accruals	1 325	(620)
Increase in deferred lease benefit	182	-
Net decrease (increase) in trade debtors	(334)	(83)
Increase in lease incentive	(58)	-
Net Cash Provided By Operating Activities	438	649

## 16. Contingent Liabilities

As at 30 June 2001 the Foundation had no legal matters outstanding and is not aware of any other contingent liabilities. (Nil 1999-00).

**17. Responsible Persons and Related Party Disclosures**

**(a) Responsible Minister**

The Hon. John Thwaites MLA, Minister for Health, is the responsible Minister.

**(b) Members of Board of Governance**

The following persons held positions as Members of the Foundation during the year:

Professor John Funder *Chairman*

The Hon. Gerald Ashman MLC

The Hon. Ron Best MLC

Professor Robert Burton

Ms Elaine Canty

Ms Maxine Crouch (deceased 11 February 2001)

Ms Jane Fenton

Mr Lindsay Gaze (from 6 March 2001)

Mr Gerard Healy

Professor Helen Herrman

Mr Tim Jacobs

Professor Graeme Ryan

Ms Susan Holmes

Ms Jenny Lindell MLA

**(c) Remuneration of Members of Board of Governance**

The total remuneration paid by the Foundation to Members of the Board of Governance was \$65,000 (1999/00 \$64,000). No payment was made to Parliamentary Members.

	2000-01 No.	1999-00 No.
REMUNERATION \$		
0-9 999	10	10
10 000- 19 999	41	1

**(d) Related Party Transactions**

The Foundation paid certain grants to organisations which employ certain Members of the Board of Governance. All such grants were at arm's length from the relevant Members and were made in accordance with the Foundation's normal procedures and policy on declarations of interests.

The total amount of such transactions was \$4,566,000 (1999-00 \$4,938,000).

**(e) Executive Officers**

One Executive Officer received remuneration in the \$150,000—\$160,000 band. In 1999-00 one Executive Officer received remuneration in the \$150,000—\$160,000 band.

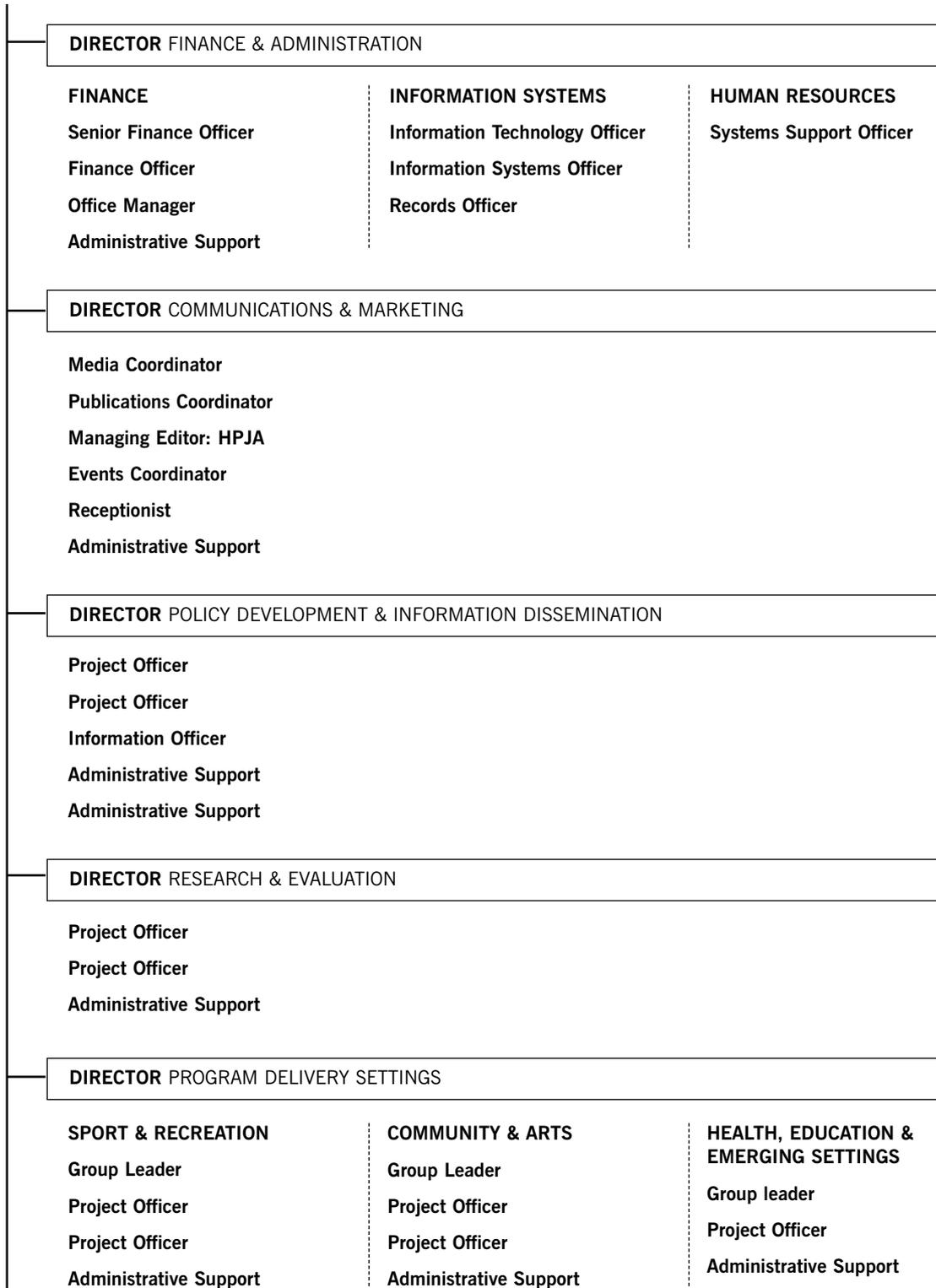
**18. Auditor's Remuneration**

	<b>2000-01 \$000s</b>	1999-00 \$000s
Audit fees paid or payable to the Victorian Auditor-General's Office for the audit of the Foundation's financial statements	9	9

# VICHEALTH ORGANISATIONAL CHART

**CHIEF EXECUTIVE OFFICER**

Executive Assistant



## **Executive**

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Chief Executive Officer Dr Rob Moodie  
Executive Assistant Jenny Williams  
Director Policy Development and Information Barbara Mouy  
Director Research and Development Julia Shelley  
Director Finance, Human Resources and Admin. Randall Kent  
Director Communications and Marketing Jackie Van Vugt  
Director of Programs Yvonne Robinson

## **Communications and Marketing**

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Administration Assistant Kim Hutchinson  
Corporate Events Co-ordinator Sharon Osman  
Managing Editor - AHPA Journal Chris Borthwick  
Media Co-ordinator Melissa Corkum  
Publications Co-ordinator Peter Ryan  
Receptionist Helene Finnie

## **Finance, Human Resources and Administration**

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Administration. Assistant Robyn Flett  
Administration Assistant (Records Officer) Chris Davis  
Finance Administration Assistant Sandra Burston,  
Finance and Administration Iromi Kodikara  
HR Administration Officer Lisa Pittard  
Information Systems Officer Jodee Cook  
Information Technology Administrator Xa Dinh  
Office Manager Chris Huggins  
Records Officer Norma Bradley

## **Programs**

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*Health, Education and Emerging Settings*  
Group Leader Kellie Ann Jolly  
Senior Project Officer Lee Choon Siau  
Senior Project Officer Sharrin Murphy  
Administration Assistant Maggie McNamee

## *Promoting Health through Sport and Recreation*

Group Leader Trish Mundy  
Administration Assistant Co-ordinator Jo Poxon  
Senior Project Officer Caroline Sheehan  
Senior Project Officer John Strachan  
Senior Project Officer Shelley Maher

## *Community and Arts, Settings Program*

Group Leader Lyn Walker  
Mental Health Project Irene Verins  
Project Officer - Common Problems/Solutions Alana Hulme  
Senior Project Officer Dot Campbell  
Senior Project Officer Sue Ball  
Senior Project Officer Donna Swan  
Administration Assistant Betty Bougas  
Public Health Trainee Bernadette Pound

## **Research, Policy Development and Information**

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Admin Officer International Program Jo Hillas  
Commonwealth Health Promotion Policy Theonie Tacticos  
Library Edith Fry  
Research Project Officer Jacqui Randall  
Research Admin Assist Michele Agustin  
Research and Evaluation Support Officer Nita Eng  
Senior Project Officer Ali Barr  
Senior Project Officer Evaluation Irina Ross  
Senior Project Officer - Policy & Information Sue Murray  
Senior Project Officer - Policy & Information Tess Pryor

## **Cochrane Collaboration and Public Health Field**

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Jodie Doyle

## **VPHREC**

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Director Rebecca James  
Personal Assistant June Ford  
Research Assistants Luke Atkin/Geraldine McDonald

