

Reimagining Health: A VicHealth Partnership Grant

Priority population groups and focus areas

Note to applicants

To be considered for funding, your grant application will need to **both**:

1. target at least one of our focus areas; **AND**
2. support one or both of our priority populations

Hints for all applicants:

In assessing all applications, we will be prioritising ideas and solutions that:

- are community-led
- can be delivered no matter what stage of coronavirus restrictions apply
- have potential to continue to provide a positive community impact beyond the funding
- can have immediate impact for the community
- are brand new, or an expansion of existing work.

1. Our focus areas

All grant applications should focus on *at least one of the following*:

Social connection

Loneliness and lack of positive social connections can have a profound impact on mental and physical wellbeing.

Coronavirus has had a significant impact on our sense of connection. Our recent survey found that the proportion of Victorians who agreed they felt connected to others has decreased from three in five (57%) in February 2020 to just two in five (37%) during lockdown restrictions.

See our [VicHealth Coronavirus Victorian Wellbeing Impact Study report](#) for more information about the impact of coronavirus on our sense of connection.

Hints to applicants

We are looking for ideas and solutions that build meaningful and ongoing social connection in communities experiencing isolation or loneliness.

In assessing applications, we will be looking for ideas and solutions that create social connections between individuals or between the individuals and their local communities.

We anticipate that a wide range of organisations are in position to build social connection including (but not limited to) community sporting clubs, sport leagues/associations, peak sporting bodies, other recreation organisations and creative organisations.

Access to healthy and affordable food

All Victorians should have physical and economic access to adequate amounts of nutritious, safe and culturally appropriate foods, at all times and in a dignified manner - yet many in our community do not for a variety of reasons.

Coronavirus has had a significant impact on the ability for some in our community to access healthy and affordable food. Our recent survey found that:

- due to financial stress, about a quarter (23%) of Victorians reported they have relied on low-cost unhealthy food to get by since coronavirus restrictions began
- compared to 2014, the number of Victorians who ran out of food and couldn't afford to buy more almost doubled during lockdown - 7% in lockdown compared to 4% in 2014.

See our [VicHealth Coronavirus Victorian Wellbeing Impact Study](#) report for more information about the impact of coronavirus on our ability to access healthy and affordable food.

Hints to applicants

We are looking for ideas and solutions that will increase access to healthy, reliable and affordable food.

In assessing applications, priority will be given to applications that can demonstrate ways to connect communities with local food.

Physical activity (integrating our Active Club Grants)

Regular physical activity has major benefits for health and wellbeing. It reduces people's risk of conditions like heart disease, type 2 diabetes and cancer. It also helps reduce social isolation, strengthens social connection and improves mental wellbeing.

Coronavirus has impacted our ability to be physically active. Our recent survey found that two in five Victorians (37%) reported that they are doing less physical activity during coronavirus lockdown restrictions, compared with February 2020.

See our [VicHealth Coronavirus Victorian Wellbeing Impact Study report](#) for more information for more information about the impact of coronavirus on our ability to be physically active.

Hints to applicants

Given many typical avenues for physical activity have been disrupted by the impacts from coronavirus, we want organisations, including community sporting clubs, sport leagues/associations, sports peaks, other recreation organisations, or creative organisations to propose ideas and solutions that find ways to get people more physically active.

In assessing applications, priority will be given to:

- ideas that reach people that are traditionally less active/inactive (e.g. women and girls, young people) and/or people experiencing disadvantage
- existing successful approaches that can be adapted to new areas or groups (e.g. social sport).

2. Our priority populations

All grant applications should support *one of the following groups*:

Children and young people (aged 0-24)

We recognise the need support children and young people, from the early years through to the transition from study to work, to give them the best chance for a healthier start to life.

Our recent survey focused on people 18 years and over and found that young people have been significantly impacted by coronavirus. Victorians aged 18 to 24 were more likely to have lost their job during the first coronavirus restrictions (17%) compared to Victorians overall (10%). They were also more likely to report difficulties staying connected with others (39% compared to 30% of Victorians overall), experience psychological distress (35% vs. 26%) and rely on low-cost unhealthy food (44% vs. 23%).

See our [VicHealth Coronavirus Victorian Wellbeing Impact Study report](#) for more information about the impact coronavirus has had across different age groups.

Hints to applicants

We'd like you to propose ideas and solutions that support the health and wellbeing of children young Victorians.

We are interested in applications focusing on one or more of the following groups:

- **Early years (0-5 years)**
- **Primary school age**
- **Secondary school age**
- **Early adulthood (up to the age of 25 years)**

In assessing applications, priority will be given to ideas and solutions that are co-designed with children and young people and/or their carers.

People experiencing disadvantage - Victorians already fighting an uphill battle

Some people face greater barriers than others to enjoying a healthy life. That's why VicHealth has a focus on health equity throughout our work.

The events of 2020 have, in many cases, widened the health and wellbeing gap between people who were already fighting an uphill battle and the rest of the population.

Our recent survey on the impacts of coronavirus on our community found that population groups that were already facing the greatest barriers to good health prior to coronavirus were significantly more likely to be unable to access healthy and affordable food and as a result rely on low-cost unhealthy food. This was the case for people who reside in the interface suburbs, those who were already unemployed in February 2020, those from bushfire affected communities and those who speak a language other than English at home.

See our [VicHealth Coronavirus Victorian Wellbeing Impact Study report](#) for more information about the impact coronavirus has had across different population groups.

Hints to applicants

We'd like your grant application to support Victorian population groups fighting an uphill battle; those experiencing disadvantage or barriers to enjoying a healthy life, due to factors including income, cultural background, gender, ability or location. This includes (but not limited to):

- Low income earners (less than \$40,000/year)
- Single parents
- Aboriginal or Torres Strait Islander people
- People living in a 2019/2020 bushfire affected area
- People speaking a language other than English at home
- People living with disabilities
- People who are unemployed
- Women and girls

In assessing applications, priority will be given to ideas and solutions that are co-designed with the group you propose to work with.