

MEDIA RELEASE

JumpStart! teams up with community for a healthier future

A total of 123 organisations are set to each receive a share of \$3.75 million from VicHealth's JumpStart! program, with a common goal of building vibrant communities through food, art and play.

As part of VicHealth's [Future Healthy](#) initiative, organisations submitted their ideas on how they would support children, young people and families to:

- get physically active in welcoming and inclusive places
- learn about their own food culture and identity and share this with others
- connect through arts, cultural and play-based activities.

They will deliver community-led programs, such as tackling racism through safe and inclusive sport. Cooking classes designed to connect young people with their cultural heritage. And toy libraries to provide families with access to educational resources for their kids.

VicHealth will work with JumpStart! partners on capacity and resource building to make their initiative the best it can be. This includes skill-building exercises, connecting with like-minded leaders, and sharing insights from organisations across communities.

"JumpStart! is all about empowering community-led organisations across the state to create a healthier future, said Sarah Loh, VicHealth's Executive Manager of Future Healthy.

"There's something here for everyone. The programs may be different, but they all share the same goal. It's all about supporting young people to reach their full health potential."

The investment comes as findings from VicHealth research indicate that:

- 9 in 10 (90%) of young people agree or strongly agree that being physically active is good for their mental wellbeing
- 3 in 4 (75%) young people said the cost of healthy food had some or a strong impact on them enjoying good health.
- 3 in 4 (75%) young people feel happy when doing something creative with others, like listening to or playing music, drawing, painting or singing

Victorian Health Minister Mary-Anne Thomas congratulated the successful applicants and their community led programs.

“These 123 organisations are doing important work across Victoria and we look forward to our young people enjoying the benefits from these partnerships,” Minister Thomas said.

A second round of JumpStart! is just around the corner, with applications opening Wednesday 24 August. [Organisations can sign up here to stay up to date.](#)

[You can read more about our successful partners by clicking here.](#)

About Future Healthy

Future Healthy is an investment of \$45 million over 3 years. Partnering with local communities with locally led solutions right across the state, elevating the voices and experiences of Victoria’s young people to create a healthier future.

Future Healthy will:

- Create neighbourhoods and spaces where people feel safe, welcome and confident to be active
- Improve access to healthy, sustainable, affordable and culturally appropriate food
- Build meaningful social connections and inclusive environments

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