

VICHEALTH RESEARCH UPDATE



NEWS

The 2015 VicHealth Indicators Survey

The third VicHealth Indicators Survey was in field from October to December 2015. First undertaken in 2007 and repeated in 2011, this Victorian population level survey collects information about health, lifestyles and wellbeing of Victorians. Findings from the previous surveys have provided important insights for the development of municipal public health and wellbeing plans by local government, and informed a range of other health promotion plans and strategies.

VicHealth Executive Manager, Programs, Bruce Bolam said “We know that 75% of Councils used the 2011 VicHealth Indicators Survey results in developing their 2013–2017 Municipal Public Health and Wellbeing Plans. We have worked with the Municipal Association of Victoria and local government to ensure that the 2015 survey will deliver relevant and accessible data when Councils need it.”

The findings will be released in 2016.



RECENT RESEARCH

Megatrends and Young People

In order to understand the trends and changes that increasingly affect the mental health and wellbeing of Victorian young people, and to identify pathways towards healthy and prosperous communities in the future, VicHealth commissioned the CSIRO to deliver a strategic foresight project. The resulting report ‘Bright Futures: Megatrends impacting the mental wellbeing of young people in Victoria over the coming 20 years’ was released in December 2015. The factors that make up the five megatrends identified through the project are those that Australia’s adult population did not face: the rising skills and education levels that together with technological advances are creating a competitive job market; increasing globalisation changing the way we operate; cultural diversification; online overexposure; and improved understanding of mental health and wellbeing.

vichealth.vic.gov.au/megatrends



Parental Fear

In 2012 VicHealth, La Trobe University and the Parenting Research Centre began a three year study into parental fear as a barrier to children’s independence, physical activity: the first of its kind in Australia. Surveying more than 2000 parents of children aged nine to fifteen from across Victoria, the study found that parental fears about child safety influence their decisions to allow their children to travel or play outside independently. The study found that children who are able to play and travel without an adult, and those who walk or cycle to school, are more likely to meet Australian Physical Activity Guidelines. Responding to the research, in October this year VicHealth published a practical guide to help parents support children to travel and play safely and independently outside. The guide has tips on how parents can help children get around safely on their own and how to help them transition safely from dependence to independence.

vichealth.vic.gov.au/parental-fear