

Creating active communities and promoting healthy eating

\$8,719,380

invested in sports and recreation

322

primary schools participated in the Walktober Walk to School event

581

sports clubs received Active Clubs grants

\$1,747,679

invested to improve healthy eating

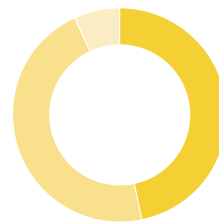
\$1,174,971

invested in active transport

\$1,492,681

dedicated to research

Research breakdown



- Healthy eating \$698,851
- Sports \$693,830
- Active transport \$100,000



Promoting healthy eating: a case study

Busting the myths in the name of good health

As levels of overweight and obesity in Australian children increase, concerns about preventing the epidemic, together with the associated health risks, have prompted public health agencies to take action. In 2006, such concerns inspired the formation of the Obesity Policy Coalition (OPC) – a partnership between the Cancer Council Victoria, Diabetes Australia (Victoria), VicHealth and the WHO Collaborating Centre for Obesity Prevention at Deakin University. Part of the funding to ensure the successful running of the OPC comes from VicHealth, and the OPC also works closely with the Parents' Jury, also funded by VicHealth.

As a body tasked with ensuring that current law and regulation is enforced, including ways to reduce the volume of unhealthy marketing, particularly to children, the OPC – a 2008 finalist for a VicHealth Award – aims to expose the flaws with self-regulation of advertising. (Advertising to children on television is complex: it is governed by the Children's Television standards, enforced by ACMA – the self-governing Commercial Television Industry Code of Practice. Food marketing to children is governed by the advertising industry's Food and Beverages Advertising and Marketing Communications Code.) The OPC calls for an end to the self-regulation of unhealthy food and beverage advertising to children in Australia – something that would have a very positive impact on the health of children.

Our children are exposed to a huge amount of advertising for unhealthy food. Research has found that children who watch two hours of television per day see around 2200 unhealthy food advertisements over a year – this represents a total of 18 hours' television time alone. This does not include exposure to junk-food advertising through the Internet, billboards, magazines and packaging. The majority of foods marketed to children are unhealthy (with high levels of sugar, fat and salt) and reviews of the research show that this advertising affects what children eat, what they prefer to eat and what they pester their parents to buy.

"Self-regulation and the current co-regulatory scheme are not adequate to protect children from commercial exploitation, which preys on their vulnerabilities," says Jane Martin, Senior Policy Advisor for the OPC.

"Self-regulation is complex, relies on complaints by the public, has no sanctions and does not stop the common methods used to market products to children – such as coupling toys with kids' fast-food meals and the use of celebrities and cartoon characters".

Most recently, the work of the OPC was highlighted when it drew attention to potentially misleading claims featured in Coca-Cola's 'myth-busting' campaign. The advertisement featured actor Kerry Armstrong speaking to other mothers as 'Mum the Mythbuster', soothing their valid health concerns by stating that it was a myth that Coke made you fat, rots your teeth or is packed with caffeine.

First, a complaint that the advertisement was misleading and deceptive was made by the Australian Dental Association to the self-regulatory body, the Advertising Standards Board (ASB), which that body dismissed. However, when the OPC, Parents' Jury and Australian Dental Association lodged a complaint with the Australian Competition and Consumer Commission (ACCC) in the same vein, the peak consumer protection body found that the ad was potentially misleading and deceptive. Coke was forced to undertake certain orders, including full-page corrective advertising – a significant victory in what will no doubt be a long-running battle.

"Children are particularly vulnerable as they are not able to determine the intent of marketing and cannot separate marketing from entertainment," says Martin. "Companies selling unhealthy food should not market these products to children or use celebrities in advertising or imply that their products are not unhealthy."

"Until they do this, they cannot expect the public to trust them to act responsibly."

Creating active communities

Physical inactivity is ranked second only to smoking as the most important factor affecting our health. That's why VicHealth advocates and supports change that makes everyday living more active. We do this by working with a range of organisations and different sectors at state, regional and local levels.

Program investments

In the pursuit of our goal to increase Victorians' physical activity levels, we invest in sport, active recreation, and walking and active transport programs, as well as planning initiatives, to create environments that are conducive to physical activity.

Investments in sport and active recreation

Participation in Community Sport and Active Recreation (PICSAR) Grants Program

The PICSAR program aims to increase participation in community sport and active recreation, particularly for people with a disability and those from low socioeconomic, Indigenous and new arrival communities. It comprises three levels of activity – state, regional and local. It aims to demonstrate the social, physical and mental health benefits of physical activity, and helps prioritise interventions aimed at getting inactive or partially inactive people to do sufficient physical activity to gain better health.

PICSAR – State and Regional Grants

Access for anyone, anywhere at anytime
Tennis Victoria
\$360,060

Accessible sailing
Yachting Victoria Inc
\$76,500

Active health in Gippsland
GippSport
\$224,400

All communities project
Football Federation Victoria
\$61,200

An active and healthy mallee
Mallee Sports Assembly
\$100,980

Aquathlon – how to guide
Triathlon Victoria
\$15,000

Asian and new arrivals project
Badminton Victoria
\$56,100

Baseball for all
Baseball Victoria
\$15,000

Basketball plus
Basketball Victoria
\$127,500

Beep & Jeep
Pool Victoria Inc
\$36,170

Bowls – taking the lead in healthy partnerships
Royal Victorian Bowls Association
\$132,600

Boxing for H.O.P.E.
Boxing Victoria Inc
\$15,000

Building active Aboriginal centres programs
Victorian Aboriginal Youth Sport and Recreation Cooperative (VAYSAR) Ltd
\$234,600

Building communities through swimming
Swimming Victoria Inc
\$76,500

Building knowledge & capacity
Action for Community Living – VICNORD
\$147,900

Central Highlands (PICSAR) program phase 2
Central Highlands Sports Assembly Inc
\$129,880

Cricket 4 Me
Cricket Victoria
\$204,000

Dig in
Volleyball Victoria Inc
\$15,000

Dive into health and safety
Diving Victoria Inc
\$35,700

Embracing all through AFL
AFL Victoria
\$250,000

FlippaBall POD for all
Victorian Water Polo Inc
\$40,800

Friends for fitness
Blind Sports Victoria
\$15,000

G21 – Get Active
Leisure Networks
\$102,000

Getting the Goulburn Valley active
Goulburn Valley Sports Assembly
\$107,100

Getting women on board
VicSport
\$45,900

Go with the flow
Canoeing Victoria
\$15,000

Handball for all abilities
Handball Federation of Victoria Inc.
\$15,000

Hockey by the sea
Hockey Victoria Inc
\$30,600

Inclusive pony club – riders and coaches
Pony Club Association of Victoria
\$15,000

Inclusive squash
Victorian Squash Federation
\$56,100

It's about the opportunity
Rowing Victoria Inc
\$30,600

Koori kids come and try
Victorian Snowsports Association
\$15,000

Lacrosse Victoria
Lacrosse Victoria
\$15,000

Learning for life
Life Saving Victoria
\$71,400

Lord taverners players pathway
Indoor Sports Victoria
\$15,000

More accessible cycling
CycleSport Victoria
\$89,240

Motorcycling Victoria
Motorcycling Victoria
\$15,000

Multicultural and Indigenous Development
Victorian Rugby League Inc
\$61,200

Multicultural sport and recreation project – phase 4
Centre for Multicultural Youth
\$179,520

New generation bocce
Bocce Federation of Victoria
\$15,000

New gym faces in new gym places
Gymnastics Victoria
\$71,400

OnSide life skills through sport
OnSide Victoria
\$15,000

Participation advocate
VICSRAPID Inc
\$30,600

PICSAR – South West program
South West Sports Assembly
\$110,160

Regional development program
Women's Golf Victoria Inc
\$81,600

Safer sporting communities project
Sports Medicine Australia (Vic)
\$112,200

SafetyNet program
Netball Victoria
\$183,600

Shooting for all
Sporting Shooters Association
of Australia (Victoria)
\$56,100

**SPAR (Sport, Physical Activity
& Recreation) – where are U?**
Wimmera Regional Sports
Assembly
\$100,980

Sport for life
The Council on the Ageing
(Victoria)
\$122,400

Sports Focus (PICSAR) program
Sports Focus
\$121,850

Sports for all
Reclink Australia Inc
\$137,700

**Stimulating community
activity and wellbeing**
Calisthenics Victoria Inc
\$58,000

**Surfing for under-
represented groups**
Surfing Victoria
\$81,600

Taking it to the streets
The Centre for Continuing
Education Inc
\$117,300

The LINKING project
Orienteering Victoria
\$40,800

Victorian street soccer
The Big Issue in Australia
\$122,400

**Western suburbs
participation program
(Developmental)**
Victorian Weightlifting
Association
\$15,000

Wheelies for all
Wheelchair Sports Victoria
\$71,400

PICSAR – Active Participation Grants (rural and regional)

**Across the land to the alps
– the active road show**
The Centre for Continuing
Education Inc
\$60,000

Active Craigieburn
Hume City Council
\$50,000

Activity Supermarket
Community Centre Swifts
Creek Inc
\$60,000

**Building active Indigenous
communities in Whittlesea**
City of Whittlesea
\$50,000

Bums off seats
Wimmera Regional Sports
Assembly
\$100,000

**Connecting disengaged rural
young people with physical
activity – GCONNECT**
GippSport
\$61,733

**Crossenvale community
active recreation program**
Shire of Campaspe
\$60,000

Darebin social sport for all
City of Darebin
\$50,000

East end adventure
Mallee Sports Assembly
\$50,500

**Establishment of an inclusive
partnership with the
Cranbourne FC**
Football Integration
Development Association
\$29,400

Get active Dandenong
City of Greater Dandenong
\$50,000

**Healthy active
Brimbank project**
Brimbank City Council
\$50,000

Kicking goals
Frankston City Council
\$50,000

Kids onsite
VICSRAPID Inc
\$47,200

Moreland active sport
Moreland City Council
\$50,000

No quick fix
Ballarat and District Aboriginal
Cooperative
\$59,720

**Out of africa, into soccer –
club integration project**
Leisure Networks
\$60,000

**Physical fitness & self
defence program**
Sports Focus
\$29,500

**Physically active Koori kids
(Pre-School)**
Gippsland Lakes
Community Health
\$59,650

**Sailability @ the boatshed
– sailing for everyone**
Sailability Victoria Inc.
\$50,000

Settle well through sport
Wyndham City Council
\$50,000

**Structured active play
in early childhood**
Leisure Networks
\$60,000

UP and OUT there
The Centre for Continuing
Education Inc
\$60,000

Vision change
Interchange Loddon Mallee
Region Inc.
\$66,800

PICSAR program support

**Yarra Ranges active
Indigenous youth project**
YMCA Victoria Youth and
Community Services
\$50,000

**Youth leadership in health
& wellbeing**
Valley Sport
\$60,000

Disability Support Program

These grants support active collaboration between statewide disability sport and recreation agencies. They also provide a consistent form of advocacy for disability equality and guide the development of research into the participation barriers and enablers for people with a disability.

*Action for Community Living
– VICNORD*
\$7,000

Blind Sports Victoria
\$7,000

Deaf Sports Recreation Victoria
\$7,000

Key highlights

59

grants provided to state
and regional sporting
organisations under
our PICSAR program

\$1.22m

invested through rural and regional Active
Participation grants

5

Local Governments
funded through our
Streets Ahead program

VICSRAPID Inc
\$7,000

Victorian Institute of Sport
– SportEd Victoria
\$7,000

Wheelchair Sports Victoria
\$7,000

Establishment Grant
Deaf Sports Recreation Victoria
\$10,000

Smartplay Program
Sports Medicine Australia
\$130,000

This is a program building on previous success to support the sports sector in undertaking health promotion principles in addressing sports injury prevention.

VicSport – PICSAR support
VicSport
\$135,000

This program supports the PICSAR implementation of Participation in Community Sport and Active Recreation program, including: state and regional grants, Active Participation grants, and Active Club grants.

PICSAR Active Club Grants Program

Active Club Grants 2009
Awarded to 581 sporting clubs/
organisations
\$1,133,734

These grants are for equipment and safety training to encourage participation opportunities in physical activity for those who are currently inactive or traditionally encounter barriers to participation.

Sport – Communication Activities

Rumbalara Football & Netball Club publication
Rumbalara Football
& Netball Club
\$10,000

This project aims to document the achievements of the Rumbalara Football & Netball Club.

Sport and active recreation developmental/innovation programs

Challenging Homophobia in Sport Initiative
Victoria University
\$10,000

This is a research project designed to understand and promote/facilitate safe, welcoming and inclusive sports environments for lesbian/gay/bisexual/transgender/intersexed/questioning (LGBTIQ) peoples of all ages within Victoria.

Consolidation project
Fitzroy Stars Football Club
\$50,000

This is a consolidation of work following initial support to the Fitzroy Stars Football Club to produce a business plan to secure the resources required to revitalise the club as a metropolitan Indigenous community hub. This project aims at replicating the positive achievements of the Rumbalara Football & Netball Club of Shepparton to increase sport and recreation participation while creating a safe and supportive environment for community members to develop new skills and connect with one another.

Maribyrnong Dance Project
Department for Planning &
Community Development,
Sport and Recreation Victoria
\$15,000

The project aims to provide increased opportunities for physical activity participation, particularly by young people and high-risk population groups, including those experiencing disadvantage and those from culturally and linguistically diverse (CALD) backgrounds.

Masters Games – ongoing participation
Confederation of Australian Sport
\$15,000

This project aims to measure the effectiveness of 'Masters' sport to encourage and facilitate mature-age people in the Geelong regional area to maintain a healthy, active lifestyle by participating in sport and active recreation.

Respect and Responsibility: creating quality environments in community football clubs

AFL Victoria
\$250,000

A project to support development and implementation of education and training material, policies and procedures, and organisational resources to reduce violence against women. Local-level football clubs are the sites for implementation.

Spectator behaviour in community sport
Sport and Recreation Victoria,
Department for Planning
& Community Development
\$50,000

This project supports the expansion of the Spectator Behaviour in Community Sport Campaign to achieve comprehensive coverage of four sports: AFL football, basketball, football (soccer) and netball. This project facilitates the production of sport-specific materials, as well as the development and delivery of a consistent, single message across all sports.

Sport and active recreation program evaluation activities

PICSAR State and regional grants evaluation
Monash University/ARTD
\$89,150

The PICSAR evaluation will identify the types of participation opportunities offered and who participated in the PICSAR State and Regional and Active Participation grants. The evaluation will determine whether there has been an increase in the capacity of funded organisations to improve access and opportunities for participation. The evaluation will investigate outcomes at individual, community and organisational levels.

Investments promoting active transport

Walking School Bus Program

VicHealth's Walking School Bus program is a partnership between local government and community agencies that work with local primary schools to establish Walking School Buses in their municipalities. The purpose of the program is to create change in the school travel patterns of Victorian primary school children. The program delivers health, environmental and safety benefits.

Walking School Bus grants – Phase 4

Bass Coast Shire Council
\$9,000

Baw Baw Shire Council
\$9,000

Bayside City Council
\$5,000

Beechworth Health Service
– Indigo Shire
\$9,000

Boroondara City Council
\$9,000

Brimbank City Council
\$9,000

Caulfield General Medical
Centre
\$9,000

Central Goldfields Shire Council
\$9,000

East Gippsland Shire Council
\$9,000

Greater Bendigo City Council
\$9,000

Hume City Council
\$9,000

ISIS Primary Care
\$9,000

Lower Hume Primary Care
Partnerships – Murrindindi Shire
\$9,000

Macedon Ranges Shire Council
\$9,000

Moira Shire Council
\$9,000

Swan Hill Rural City Council
\$9,000

Shire of Melton
\$9,000

Yarra City Council
\$9,000

Walking School Bus case study grants

Mooney Valley City Council
\$5,000

Moreland City Council
\$5,000

Nillumbik Shire Council
\$5,000

Surf Coast Shire Council
\$5,000

The Centre for Continuing Education Inc
\$5,000

Warrnambool City Council
\$5,000

Wellington Shire Council
\$5,000

Streets Ahead Program

Streets Ahead is a program to increase physical activity in children aged 4–12 years. Working with local communities, the program aims to create a supportive culture and environment for children's independent mobility around their neighbourhood. Increasing the number of children who walk and cycle to school is a primary aim but the focus is also on supporting children to engage more freely with their local community.

Brimbank City Council
\$75,000

Cardinia Shire Council
\$80,000

City of Darebin
\$80,000

City of Greater Geelong
\$78,202

City of Wodonga
\$80,000

Streets Ahead Evaluation

Australian Council for Educational Research
\$100,000
Evaluation of the effectiveness of the Streets Ahead demonstration projects in increasing activity in children aged 4–12 years.

Victoria Walks

Victoria Walks Inc
\$320,000

This project will establish Victoria Walks Inc as a walking-for-transport, health promotion body. It aims to increase the number of people who walk as a means of transport. Victoria Walks will work to create vibrant, supportive and strong neighbourhoods and communities where people can and do choose to walk wherever possible.

Individual projects promoting active transport

Promotion of Walking foundation research

YMCA Victoria Youth and Community Services
\$80,000

This project is primarily a qualitative research project that explores in depth some of the known barriers and motivators for walking as a transport option within targeted groups.

Walktober 2008

Kinect Australia
\$9,800
Walktober is an umbrella campaign to increase individual and community awareness of the importance and benefits of walking and to link walking initiatives promoting greater collaboration and momentum for walking in Victoria.

Investments in creating liveable communities

Space to play: knowledge transfer

National Heart Foundation of Australia (Victoria Division)
\$5,000
This project aimed to increase opportunities for children aged 8–12 years to be more physically active by creating interactive, natural open play spaces that are relevant and accessible to the target group. Additional funds have been allocated to facilitate knowledge transfer of the project findings.

Research to increase physical activity

ARC Linkage Grant: sport and recreation and its impact on community wellbeing

La Trobe University
\$25,000
The aim of this research project is to identify the impact of participation in community sport and active recreation on social inclusion and connectedness in communities.

Exercise Recreation and Sport Survey (ERASS): victorian oversample

Sport and Recreation Victoria, Department for Planning and Community Development
\$13,510
The Victorian oversample of the Exercise, Recreation and Sport Survey is a joint initiative between VicHealth and Sport and Recreation Victoria and the Department for Planning and Community Development to address the issues of collecting adequate data to plan, evaluate and monitor interventions to increase community participation in physical activity.

Factors affecting participation in physical activity for men of low SES position

University of Ballarat
\$30,000
This project targets men of low social and economic status (SES) position and aims to develop recommendations for the enhancement of men's participation in sport and physical activity and reduce the drop-out of men from sport and physical activity.

Discovery Grants

Vertical Living: examining the physical, social and environmental determinants of the independent mobility of children living in high-rise buildings
University of Melbourne
\$72,043

This project flows from an existing grant from the Volvo Education and Research Foundation and aims to elicit the physical and social environmental determinants of child-friendly, high-rise housing communities. This study draws out the views of children and their parents presently living in high-rise housing about their surrounding communities.

The project also aims to uncover international good policy and practice in promoting physical activity and independent mobility for these children.

Research fellowships

Understanding and influencing sedentary behaviour and physical activity in older adults

International Diabetes Institute
\$105,000
Dr David Dunstan. This research program examines the relationships between sedentary behaviour and the development of lifestyle-related health conditions in older adults. It also examines the effectiveness of targeted prevention strategies designed to reduce sedentary behaviour and increase physical activity in older adults.

Research scholarships

The social, economic and environmental barriers and facilitators to participation in community sport and physical activity

La Trobe University
\$92,210
This project aims to investigate the level of participation in activity among children with disabilities living in Victoria. The project will also investigate those factors that act as barriers to and facilitators of participation in sports and physical activity for this group of children.

Young women's participation in physical activity in rural and regional Victoria

University of Ballarat
\$22,000
This project seeks to determine the relative influence of social, psychological and environmental factors on the participation of young women in sport and physical activity; the differences in participation levels relative to geographic isolation; and to develop recommendations for enhancing participation of young women from rural and regional Victoria in physical activity.

Promoting healthy eating

It's common knowledge that good eating habits play a central role in maintaining health. Nutrition-related ill health accounts for the largest burden of disease, including obesity and high cholesterol. VicHealth knows that poor nutrition rarely results from a lack of knowledge; it's more likely to do with the social, environmental, cultural and economic factors influencing people's food choices.

Program investments

Our investments in healthy eating are primarily focused on improving regular access to healthy food among Victoria's most disadvantaged. In addition, we work in partnership with researchers and non-government organisations to advocate for and support policies and legislation that encourage nutritious food choices in the areas of food retail, marketing, advertising and supply.

Food for All grants program – phase 2

A key strategy in our efforts to improve healthy eating is the Food for All program, established in 2005. This program is designed to encourage local government authorities to improve integrated planning of those things that influence access to food, such as transport, housing, economic development and land use.

Six local government grants were funded this year in phase 2 of the program.

Brimbank City Council
\$280,000

City of Wodonga
\$294,000

Dandenong City Council
\$280,000

Maribyrnong City Council
\$140,000

Melton Shire Council
\$280,000

Swan Hill Rural City Council
\$294,000

Evaluation of the Food for All program – phase 2

Social Policy, Research and Evaluation Services
\$35,000
Dr Meg Montague

This evaluation project continues to identify and report on the outputs and impacts achieved with the Food for All program, focusing on phase 2.

Other healthy eating/obesity related projects

Building on Healthy by design: creating a built environment supportive of healthy food provision

National Heart Foundation of Australia
\$10,000

This project identifies how the built environment can provide access to healthy food and the guidance required by planners to address the provision of food as a core consideration of urban planning.

Food Policy Coalition

Deakin University
130,000

This project supports the establishment of a Food Policy Coalition, which will provide an independent voice in advocating for food system reform and food security.

Food Security Coalition Scoping Project

Monash University
\$25,000

This project involves the undertaking of preliminary scoping work needed for the establishment of a Statewide Food Policy/Food Security Alliance.

Obesity Prevention Policy Coalition

Cancer Council Victoria
\$116,000

This project funds a coalition to identify, analyse and advocate for improved policy and regulatory environments for healthy eating with a specific focus on food marketing aimed at children.

Official Supporter campaign Phase 4 – Healthy canteens

The Big Picture Strategic Services
\$50,000

This project assists sports clubs to provide a range of healthy food options in their canteens (food outlets) at affordable prices. It will research food options currently offered at club canteens, assess the capacity of clubs to make a shift, identify healthy options and test the options via a pilot in a selected number of metropolitan and regional clubs.

Parents Jury Phase 2 – Diabetes Australia (Vic)

Diabetes Australia – Victoria
\$30,000

A web-based network of parents which aims to provide a platform for parents to have a voice and contribute to improving the food and physical activity environments for children.

Research initiatives in access to healthy food and obesity prevention

ARC: understanding the impact of income and poverty on the purchase of healthy and unhealthy foods

Deakin University
\$24,658

The aim is to show how low income and relative poverty impact on individual and household ability to purchase healthy foods, and explain unhealthy food purchases.

Healthy Eating and Physical Activity: data analysis and community liaison

Deakin University – (CPAN)
\$100,000

The aim of this project is to examine the large amount of data generated by public/population health research projects to improve the promotion of healthy eating and physical activity, and widely disseminate the findings of this work.

Measuring, Evaluation & Report on Collins Community Stage 2

Planning Institute of Australia
\$75,000

The aim of this project is to integrate existing best-practice frameworks for building healthy, sustainable and liveable communities and apply this integrated model to one of Melbourne's growth areas.

The Impacts of a Localised Food Supply: What is the Evidence?

La Trobe University
\$87,500

This project seeks to document and evaluate to what extent localised food supplies deliver environmental, social and economic gains and benefits.

Discovery grants

Obesity and its risk factors among African migrant adolescents: assessing the role of intergenerational acculturation gap

Deakin University
\$37,290

This project examines elements of the family environment and family dynamic that predispose African migrant adolescents to obesity and obesity-related chronic diseases. This pilot study will also explore African migrants' perspectives on barriers and inhibiting factors for adopting and maintaining healthy lifestyles.

Research fellowships

Environmental and cultural determinants of obesity in populations at risk of food insecurity

Deakin University
\$105,000

Dr Cate Burns. Obesity is linked with poverty and food insecurity – limited or uncertain access to healthy food. This fellowship studies the socio-cultural and environmental determinants of obesity in populations at risk of food insecurity, particularly in relation to eating habits.

Long-term implications of the increasing prevalence and duration of obesity for health in Australia: an aid to more effective and targeted prevention

Monash University
\$100,000

Dr Anna Peeters. This fellowship aims to comprehensively describe the burden of obesity through the lifetime experience of disease and disability as a basis for prioritisation for interventions.

Preventing obesity in children and their families

Deakin University
\$130,000

Prof. David Crawford. This research aims to understand the underlying drivers of the obesity epidemic and seeks to identify strategies to promote healthy eating, increase physical activity and prevent obesity in children and their families.

Supporting parents to promote children's healthy eating

Deakin University
\$105,000

Dr Karen Campbell. This research program explores the relationship between home environment and children's eating. The research will develop, implement, monitor and evaluate an intervention to support parents in encouraging children's healthy eating.

Research scholarships

Relationship between built environment, SES, physical activity and obesity

University of Melbourne
\$22,677

Tania King. This study seeks to understand how the built environment in areas of social and economic status (SES) is associated with obesity and low levels of physical activity. Ultimately, the study aims to ascertain whether the way our suburbs are planned and built could explain some of the area differences in overweight and obesity levels.

Key highlights

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Local government areas implemented programs through phase 2 of the Food for All program

\$360,000

invested in other projects targeting obesity and healthy eating

4

research fellowships supported in the areas of healthy eating and obesity