

Media Release

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DESTINATION WELLBEING: VICHEALTH'S UPDATED ACTION AGENDA FOR HEALTH PROMOTION RELEASED

VicHealth today released its updated Action Agenda for Health Promotion, detailing how it will achieve its goal of one million more Victorians with better health and wellbeing by 2023.

The update builds on the inaugural Action Agenda released in 2013, which for the first time set out a 10-year plan for VicHealth.

VicHealth CEO Jerril Rechter said while the foundations of the updated Action Agenda remain the same, the update reflects the changing environment within which VicHealth operates.

“With events like the Hazelwood Mine Fire and the subsequent Inquiry, and the outcomes of the Royal Commission into Family Violence, there are many opportunities to work with communities and our partners to improve the health and wellbeing of Victorians,” Ms Rechter said.

“Our updated Action Agenda outlines VicHealth’s five strategic areas - promoting healthy eating; encouraging regular physical activity; preventing tobacco use; preventing harm from alcohol and improving mental wellbeing.

“It also details the three themes that will frame all aspects of VicHealth’s work over the next three years - gender, youth and community.”

- **Gender** - The recommendations of the Royal Commission into Family Violence present a once-in-a-generation opportunity to progress the primary prevention approach. In 2016-19 VicHealth will work with key partners in a range of areas, particularly sporting organisations, to advance gender equality as a social determinant of health.
- **Youth** - Health and wellbeing is rooted in early experience of family, home, education and work. In 2016–19 VicHealth will work with young people and our partner organisations to create environments that help all young Victorians live happy, healthy lives.
- **Community** - Where people live and how they connect with others influences their health and wellbeing. The recommendations of the Hazelwood Mine Fire Inquiry provide a roadmap for health improvement for the Latrobe Valley, and in 2016–19, VicHealth will play a significant role in the response to the Inquiry, supporting action by local people and service providers.

The 2016-19 VicHealth Action Agenda for Health Promotion is available to download from www.vichealth.vic.gov.au/actionagenda

Media Contact

John Fulcher, Communications Manager, P 03 9667 1388 M 0412 978 263 E jfulcher@vichealth.vic.gov.au