

A Healthier Start for Victorians

A consensus statement on obesity prevention

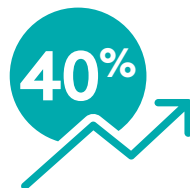
This consensus statement outlines **eight practical recommendations to the Victorian Government to turn the tide on obesity. The focus is on children and young people to give them the best chance for a healthier start to life.**

Recommendations should be included in a Victorian obesity prevention plan that is overseen by a ministerial taskforce. This will ensure a whole-of-government approach to address obesity prevention as a Victorian health priority.

Key facts



Almost one in four
(23 per cent)
Victorian children are
**above a healthy
weight range.**



Over the past two decades,
**adult obesity rates have
increased by 40 per cent**
and today two-thirds are
overweight or obese.



The combined impact
of poor diet and being
overweight or obese is **one
of Victoria's greatest
health challenges.**



Overweight and obesity, unhealthy
diets and physical inactivity are
avoidable risks for chronic health
conditions such as **heart disease,
type 2 diabetes and several cancers.**



Action to prevent obesity in Victoria



1. Engage and support local communities to develop and lead their own healthy eating and physical activity initiatives

These should be community-based and focus on local areas or population groups with the highest rates of overweight and obesity.



2. Protect children from unhealthy food and drink marketing

This includes prohibiting advertising, promotion and sponsorship in publicly owned and managed places. Priority should be given to areas around schools, children's sporting events and activities, and public transport.



3. Implement a statewide public education campaign to encourage healthy eating

This should focus on population groups with the highest rates of overweight and obesity.



4. Implement initiatives to improve family diets, particularly in children's early years

This should focus on increasing food literacy and prioritising specific population groups including Aboriginal and Torres Strait Islander people.



5. Support schools to increase students' physical activity and physical literacy

This should take a whole-of-school approach, be reflected in the curriculum and be supported by training and professional development.



6. Increase the scope of and strengthen compliance with the existing School Canteens and Other School Food Services Policy

This should take a whole-of-school approach, be reflected in the curriculum and be backed by a monitoring and enforcement framework.



7. Develop a whole-of-government policy that requires healthy food procurement

This should incorporate the *Healthy Choices* guidelines and apply to all publicly owned and managed facilities and settings.



8. Develop and implement a strategy to get Victorians walking more

This should emphasise the need for walking infrastructure and urban design to make it safer and easier for people to walk to local destinations like shops, public transport, and schools.

Healthy Eating
and Active Living
Roundtable

