

## Announcing the winners of the 2021 Victorian Health Promotion Awards

**MEDIA RELEASE Tuesday 22 February 2022 (EMBARGOED until 3.30pm)**

They range from a market gardener on a good food crusade in the Upper Murray to the team at a community health centre providing support to public housing residents in North Richmond. But what they all have in common is perseverance and a commitment to going above and beyond to contribute to the health and wellbeing of their fellow Victorians in the toughest of times.

These incredible people and organisations are the winners of the 2021 Victorian Health Promotion Awards, announced today.

Victorian Health Minister Martin Foley praised the award winners for the work they are doing to help others lead happier, healthier and better-connected lives.

“These inspiring people and organisations have helped Victorians reconnect and rebuild from the ongoing impacts of the global pandemic and the 2020 bushfires. They have gone above and beyond to support the community’s health and wellbeing during what has been a challenging time, and I thank them for their fantastic work,” Minister Foley said.

VicHealth CEO Dr Sandro Demaio said the awards were a celebration of the best of humanity in times of need and an important reminder of the great work done across the state by everyone involved in health and wellbeing.

“We had more than 150 outstanding nominations for awards this year. The diversity and high calibre of projects happening across Victoria is incredible, and it’s fantastic to see so many health champions – from volunteers to grassroots groups to ground-breaking research leaders – working tirelessly to improve the health and wellbeing of everyone in Victoria,” Dr Demaio said.

The recipients of the 2021 Victorian Health Promotion Awards are:

**Outstanding Health Promotion:** Bendigo Community Health Services – 5 Ways to Wellbeing. This program works with community leaders to deliver mental health promotion and illness prevention in a range of places including schools, early learning centres, community organisations and workplaces.

**Driving Health Equity:** Zoe Support Australia. This organisation works to re-engage young mothers facing disadvantage in Mildura through social programs, education and employment, especially during periods of restrictions and isolation in Victoria.

**Building Back Better:** North Richmond Community Health – High Risk Accommodation Response. This initiative empowers residents in the local high rise public housing estates to develop their employment and leadership skills as well as build trust, positivity and collaboration while dealing with the coronavirus pandemic.

**Future Healthy:** Monash University – Healthy Eating, Active Living Matters (HEALing Matters) Program. This program aims to improve the eating, and physical activity habits, wellbeing and life skills of young people aged 12-18 living in out-of-home care.

**Community Legend:** Josh Collings – founder of the Acres & Acres Cooperative, a market garden initiative that aims to empower and build the capacity of people in the Upper Murray region to grow, sell and supply fresh produce for their community.

**Leading Health Promotion Research:** La Trobe University – FitSkills Partnership Project. This research aims to discover how the FitSkills physical activity program fosters positive attitudes for young people with disability.

**Outstanding Media Reporting:** ABC Radio Melbourne – Life and Other Catastrophes. This program covers aspects of health and wellbeing, looking at mental and physical health, relationships, habits as well as social pressures. It acts as a resource, a comfort and an outlet for listeners as they are encouraged to call in to share their experiences.

**Stephen Walter Excellence in Health Promotion Marketing:** Centre for Non-Violence – You Are Not Alone Campaign. This campaign provided information about how to seek help or support for someone experiencing abuse. It featured voices of women with lived experiences, enabling others to draw strength and hope.

For information about the Victorian Health Promotion Awards, please visit [www.vichealth.vic.gov.au/awards](http://www.vichealth.vic.gov.au/awards)

**MEDIA CONTACT:** Sean Munaweera, External Communications Coordinator, 0413 349 668 or [smunaweera@vichealth.vic.gov.au](mailto:smunaweera@vichealth.vic.gov.au)