

Victorian Submission to the House of Representatives Standing Committee on Health and Ageing inquiry into obesity in Australia

The Victorian Government is committed to tackling the increasing rates of obesity and associated prevalence of chronic diseases, such as type 2 diabetes. Data recently compiled and released by the Department of Human Services on the future prevalence of overweight and obesity in Australian children and adults suggests that by extrapolating trends to 2025, one third of five to 19 year olds will be overweight and/or obese and as many as 83% of males and 75% of females aged 20 years and over will be overweight and/or obese if nothing is done to address this issue. For Australia this represents 16.9 million people and for Victoria 4.2 million. Data on the increasing prevalence of type 2 diabetes is just as alarming, with estimates indicating that, if left unchecked, 3.3 million Australians will be diagnosed with type 2 diabetes by 2031¹. This figure could be much higher, with up to 50% of people who have type 2 diabetes remaining undiagnosed².

These increasing rates of obesity and potentially preventable chronic disease place a heavy burden on the Victorian community. The personal costs are significant, including lost employment, higher levels of stress, depression and diminished quality of life. The increased demand on the health care system is unsustainable and compounded, for example, by some cases of obese patients staying up to four days longer in hospitals than non-obese patients³. The magnitude of the costs to the Australian community of chronic disease can be illustrated by the estimated health expenditure attributed to specific conditions in 2001:

- Cardiovascular disease: \$1.47 billion, equivalent to 2.9% of total health expenditure.
- Diabetes: \$812 million, equivalent to 1.6% of total health expenditure.
- Depression: \$1 billion, equivalent to 2% of total health expenditure⁴.

Indicative of this continued growth is the projected increase in government health expenditure on type 2 diabetes, estimated to be over 600 per cent between 2000-01 and 2030-31⁵. This growth dwarfs the expected cost increase of other health conditions, such as cancer and cardiovascular disease.

Poor health and chronic disease impose significant burdens on workplaces through absenteeism and presenteeism. In 2001, it was estimated that over 4 million days per year were lost from Australian workplaces because of conditions caused by obesity⁶. In 2005, the financial burden from obesity was estimated to be \$3.8 billion per year, including \$1.7 billion per year in lost productivity⁷. Extrapolating these figures, the costs to the Victorian workplaces from lost productivity are likely to be about \$442 million per year.

¹ Victorian Government Department of Human Services, March 2008, "Future prevalence of overweight and obesity in Australian children and adolescents, 2005-2025".

² Shaw, J. E. and Chisholm, D. J. "Epidemiology and prevention of type 2 diabetes and the metabolic syndrome", Medical Journal of Australia, Volume 179, 6 October 2003.

³ Hauck, K and Hollingsworth, B. "Do obese patients stay longer in hospital? Estimating the health care costs of obesity", Monash University Centre for Health Economics, Research Paper 2008 (28).

⁴ Australian Institute of Health and Welfare (2006). "Chronic diseases and associated risk factors in Australia". Cat. No. PHE 81. Canberra.

⁵ Victorian Government, "Victoria's plan to address the growing impact of obesity and type 2 diabetes", April 2007

⁶ Australian Institute of Health and Welfare (2005). "Obesity and workplace absenteeism among older Australians". Bulletin No.31. AIHW Cat. No. AUS 67.

⁷ Access Economics Pty Ltd 2006. "The economic costs of obesity. Report for Diabetes Australia".

With the increasing incidence of obesity placing Victorians at elevated risk of chronic diseases, the Victorian Government has made considerable investments in a range of initiatives to promote healthy lifestyles, encourage physical activity and healthy eating, and prevent chronic diseases. These initiatives have been informed by the success of Victoria's smoking and road accident prevention activities over the last decade, emulating the approach used of a number of mutually reinforcing initiatives working together to reduce the likelihood of high risk behaviour and negative consequences. Tackling the epidemic of preventable chronic diseases is a priority area of the Victorian Government.

Changing people's behaviour is a complex and long term challenge with consistent effort required over a sustained period of time. The Victoria Government is committed to working with the community, the non-government sector, industry, within Government and with the Commonwealth Government to effect life long behaviour change amongst Victorians and develop communities and environments that support this behaviour change.

The Victorian Government congratulates all Australian Health Ministers on their commitment to making obesity a National Health Priority Area, as a mechanism to drive collaborative effort across the Commonwealth, State, Territory and Local Governments, public and private sectors and in local communities. The Victorian Government has also welcomed the focus on preventative health in the current discussions around the Australian Health Care Agreements and the work towards a National Preventive Health Strategy and of the National Preventive Health Taskforce. The Victorian Government continues to work with the Commonwealth and other State and Territory Governments on collaborative efforts for the prevention, early intervention and the management of chronic disease under the Australian Better Health Initiative, the National Reform Agenda and the current preventative health further work of the Council of Australian Governments.

On 24 June 2008 the Premier, the Hon John Brumby outlined a comprehensive reform proposal for the national health system, with the release of the Victorian Government's proposal "Next Steps in Australian Health Reform"⁸. This proposal details a ten-point plan focussing on patients and their needs, preventative health and more flexible, sustainable resourcing. In Victoria's proposal for "Next Steps in Australian Health Reform", reforms to support Australians to be fit and healthy are identified including:

- rolling out Victoria's WorkHealth model to partner with employers to offer workplace-based health and wellbeing programs to workers;
- strengthening and coordinating local efforts to keep people fit and healthy through sub-regional "Healthy Living Partnerships" involving collaboration between Commonwealth, State and local governments and other key stakeholders;
- establishing a new national governance and funding arrangement for Australia's primary prevention effort, the "Healthy Living Accord", as part of the new national health care agreement which sets out roles and responsibilities and establishes a

⁸ Department of Premier and Cabinet, Victoria, June 2008, "Next steps in Australian Health Reform. The Proposals of the Victorian Premier"

cross-portfolio approach, shared priorities and incentives for performance against agreed outcomes.

Substantial improvement is not achievable without a collaborative partnership and shared commitment from both tiers of government. As evidenced by the earlier collaboration on the National Reform Agenda, through governments working together, the potential benefits for the economy and the community are far greater than fragmented piecemeal reform efforts.

Victoria's major initiatives to address the increasing burden of obesity and associated chronic disease are summarised below. Victoria's approach is characterised by:

- a recognition that chronic diseases, such as type 2 diabetes, are having a debilitating effect on an increasing number of individuals, families and communities in Victoria and are placing an increasing burden on the health care system and the economy;
- a recognition that the structural determinants, causes and risk factors for obesity are complex, as is behaviour change, and this will require community wide action over a significant period of time, including strong partnerships between all levels of government, community groups and industry organisations;
- a commitment to build evidence based prevention and early intervention initiatives;
- an investment in a whole of government approach that aims to embed the premise of healthy lifestyles in every aspect of government business, with interventions drawn from planning and infrastructure, community development, sport and recreation, primary health, public health, environment and sustainability and education and early childhood development; and
- a focus on the promotion of increased levels of physical activity and healthy eating and the empowerment of individuals and communities to adopt healthier lifestyles for life.

'Go for your life'

'Go for your life' was launched in 2003 to provide a cooperative framework across government for activities that help Victoria to become a more healthy and active community, with significant reductions in preventable chronic diseases in the long term. Through 'Go for your life', the Victorian Government is seeking to reduce the prevalence and incidence of preventable chronic disease associated with poor nutrition and lack of physical exercise; a reduction in the economic cost to the community and the health care system of these chronic diseases; and the achievement of significant gains in the health and wellbeing of disadvantaged population groups.

The *'Go for your life' Strategic Plan 2006-2010* (refer [Attachment A](#)) provides a vision and framework to guide the Victorian Government's investment and action in obesity prevention over the coming years. The long term vision for Victoria, as articulated in the Strategic Plan, is for Victoria to become a world leader in the development of healthy and active communities. In the medium term, the primary aim is to improve the health and wellbeing of Victorians through healthy eating and increased physical

activity. The Strategic Plan recognises that structural changes to support healthy eating and increased physical activity are required, including improvements in the food supply, development of the built and natural environment to encourage physical activity and addressing the underlying health inequality impacts on eating and activity patterns.

Reflecting the whole of government nature of 'Go for your life', it is governed by a Ministers Forum comprising the Minister for Health, the Minister for Sport, Recreation and Youth Affairs, the Minister for Planning, the Minister for Education and the Minister for Senior Victorians. Supporting Ministers is a Leadership Group of senior public servants who work with an advisory group of experts across a number of non-government and industry sectors to provide comprehensive advice on strategic directions, gaps and priorities to inform policy and investment decisions.

At present there are over 40 interventions funded directly by 'Go for your life', that are managed by a number of departments across the Victorian Government. These programs are often delivered through partnership arrangements with, for example, primary schools and Primary Care Partnerships⁹. These projects focus on the target populations of children, young people, adults, senior Victorians and high risk population groups. The settings of home and residential, early childhood, educational, workplace, neighbourhood and community and primary care are a focus under 'Go for your life'. A sample of current 'Go for your life' projects across a range of population groups and settings are at Attachment B for your reference.

The Victorian Government notes the Commonwealth has recently committed to the national roll out and funding of a number of obesity interventions that Victoria was instrumental in developing. Most notably this includes a national roll out of the successful Stephanie Alexander Kitchen Gardens program which was first funded by the Victorian Government in 2006.

Under 'Go for your life', Victoria is committed to the implementation of evidence based interventions and has contributed to the national and international evidence base of effective interventions in obesity prevention through a number of our programs. There is a strong case for the expansion of many of the current 'Go for your life' programs and the Victorian Government urges the Commonwealth to invest in adopting these programs and approaches as national initiatives. Few obesity interventions in Australia are undertaken at a scale that will make a difference. By scaling up existing interventions that are proven to work within the Australian population, the positive outcomes already being achieved in Victoria could be delivered across Australia.

In addition to interventions that are programmatic, action that has a community wide focus is also undertaken under 'Go for your life' to support the objective of achieving structural changes to support healthy eating and physical activity. These actions include:

- Regulation: A Victorian Government submission to the Australian Communications Media Authority's review of the Children's Television

⁹ The Primary Care Partnership Strategy was initiated by the Victorian Government in April 2000 as a vehicle to strengthen, improve and unite primary health care through a partnership approach. Over 800 service providers have formed voluntary alliances called Primary Care Partnerships (PCPs or Partnerships). Source: Department of Human Services – July 2005.

Standards, which focused on the advertising of junk food to children. In this submission, Victoria advocated for a collaborative approach to extending the existing regulatory regime to reduce the overall amount of junk food advertising to children in line with recent international approaches (specifically the United Kingdom). To inform this submission, a 'Go for your life' Think Tank was convened in July 2007 on the topic of 'Healthy food and beverage choices for children – the influence of advertising and marketing'. This Think Tank provided an opportunity for approximately 70 representatives from the food, advertising, government, regulation, academic and public health sectors to meet and discuss priority actions for government and industry in relation to advertising and marketing which influences children's healthy food and beverage choices.

- Monitoring: Under 'Go for your life' a new chronic disease surveillance tool, which will include a cardiovascular risk factor survey, a dietary habits questionnaire and the collection of physical and biomedical measurements, is being developed. This new tool will form part of a monitoring and surveillance system for 'Go for your life', providing comprehensive data to track changes in diet, physical activity, obesity, diabetes and other related issues in the Victoria population. This new tool will assist the Victorian Government to monitor the overall effectiveness of obesity interventions and will provide valuable information to inform planning;
- Policy: Under 'Go for your life', the Victorian Government is committed to assisting public hospitals increase healthy food and beverage choices available to staff and visitors. To provide this assistance, 'Go for your life' is currently developing healthy food and beverage guidelines for public hospitals. 'Go for your life' is encouraging public hospitals to lead the way in creating healthy environments that both reinforce nutrition messages provided by clinical staff and other health professionals and assist in preventing chronic disease. Healthy choices in Victoria's public hospitals will ultimately improve the health of staff and visitors and reduce the burden of chronic disease within Victoria;
- Planning: The Victorian Government has developed Neighbourhood Principles that describe the characteristics of liveable and sustainable neighbourhoods. These support compact neighbourhoods that are oriented around walkable distances between activities and where neighbourhood centres provide access to services and facilities to meet day-to-day needs. These principles have been implemented in both the State Planning Policy and residential subdivision provisions of all municipal planning schemes in the State.

WorkHealth

WorkHealth is a new chronic disease prevention initiative of the Victorian Government, which was announced by the Premier, the Hon John Brumby on 18 March 2008. WorkHealth builds on existing Victorian chronic disease prevention efforts, including 'Go for your life', harnessing workplaces to foster health and wellbeing. WorkHealth represents a major commitment to Victoria's plan to address the growing impact of obesity and type 2 diabetes under the National Reform Agenda and to the whole of government efforts under 'Go for your life'.

WorkHealth partners government with employers and workers in a sustainable plan to secure healthy workers and workplaces. WorkHealth will commence with a five year plan to provide financial incentives for employers to establish workplace-based

health and wellbeing programs. These programs will offer education and information, including on-site health screening and advice, and support for workers requiring assistance to reduce their risk of chronic disease or manage a previously undiagnosed chronic disease. WorkHealth will be implemented by the Victorian WorkCover Authority with \$218 million in new monies, generated from a WorkHealth fund of \$600 million. WorkHealth broadly comprises three components:

- \$60 million to enable WorkHealth to visit regional centres and Victoria's small and medium sized businesses to deliver advice and facilitate free on-site screening services;
- \$28 million in dollar-for-dollar grants for larger employers to cover the cost of screening and to provide advisory services and lifestyle programs at their worksite; and
- \$130 million for prevention programs for those workers most at risk, including lifestyle change programs to encourage workers to lose weight, increase their physical activity and adopt healthier eating habits, as well as an education campaign.

It is estimated that over the first five years of the initiative as many as 1.2 million workers will complete a self-assessment test of their risk of type 2 diabetes and that support for those at high risk of chronic disease will be available for over 90,000 workers, with a further 36,000 workers provided with access to education programs to better manage their newly diagnosed chronic disease.

The benefits of WorkHealth will accrue to the worker, the employer and, more broadly, to the health system and the Victorian economy. Action under WorkHealth will deliver improved worker health and safety outcomes, reduced health expenditure associated with preventable chronic disease and increased economy-wide workforce participation and productivity. WorkHealth is due to commence in July 2008.

National Reform Agenda and Victoria's plan to address the growing impact of obesity and type 2 diabetes

With chronic, lifestyle-related illness having an increasing impact on the lives of Australians and the economy, the Council of Australian Governments (COAG) has recognised that type 2 diabetes presents an ideal opportunity to increase the focus of health policy on more cost-effective prevention, early detection and intervention and disease management.

Under COAG's National Reform Agenda, Victoria was the first Government in Australia to develop a plan to address the growing impact of obesity and type 2 diabetes. This plan (refer Attachment C) sets out the Victorian Government's initial commitment to the ten year National Reform Agenda and commits \$110 million to implementing actions under Victoria's plan in 2007-08 to 2010-11. The plan has three policy directions:

- Primary prevention to target modifiable lifestyle risk factors for type 2 diabetes, such as obesity, poor nutrition and physical inactivity;
- Early detection and intervention for those at risk of, or already have, undiagnosed type 2 diabetes; and

- Integrated health care for people with type 2 diabetes.

Under each of these policy directions, the Victorian Government has outlined a range of measures it is committed to undertaking to address the increasing prevalence of type 2 diabetes. A centrepiece intervention under the National Reform Agenda and originally announced in 2006 is the Life! initiative.

Under the Life! initiative, Victoria has committed \$20.55 million over the next four years to a suite of programs to improve support for people at risk of developing type 2 diabetes. This initiative targets adults at high risk of type 2 diabetes, overweight children and their families, as well as the broader population wishing to improve their health through lifestyle changes. It will be implemented through three interconnected programs:

- *Life!- Taking Action on Diabetes*: an intensive community based lifestyle behaviour change program for Victorians 50 years and over and Aboriginal Victorians of all ages who are identified as at high risk of developing type 2 diabetes. This program will support participants to work towards a weight loss of at least 5% of their body weight and 30 minutes of moderate intensity physical activity per day. This support is being delivered through a group-based program, modelled on similar successful programs trialled both in Australia and other countries.
- *Kids - Life! Supporting a healthy lifestyle for families*: a community based weight management support program for overweight or obese children, their parents and/or carers.
- *Life! Online Personal Trainer*: facilitating access for individuals at risk of type 2 diabetes to general health information and to support and monitor their progress.

After an intensive development period, *Life!- Taking Action on Diabetes* is available to eligible members of the public, with evidence already emerging of public and private enterprise interest in the program. The program has also been cross accredited as suitable to deliver the Commonwealth lifestyle modification program in Victoria. *Kids Life!* and the *Life! Online Personal Trainer* are due to be operational by late 2008. All components have a robust evaluation framework in place and it is expected that these programs will considerably build the evidence base of effective lifestyle behaviour modification interventions.

Australian Better Health Initiative

Since the Australian Better Health Initiative (ABHI) was launched by COAG in July 2006, the Victorian Government has worked with the Commonwealth and other State and Territory Governments to implement a series of programs under ABHI. The aim of ABHI is to refocus the health system to promote good health and reduce the burden of chronic disease. The initiative supports activities to improve health outcomes along the care continuum, from the well population to those with advanced chronic conditions

Victoria has invested a total of \$61.8m over four years in a number of programs under ABHI including:

- Whole of community obesity prevention projects: the rollout of a community obesity project model previously piloted in Victoria to five additional sites. The model involves community groups taking responsibility for developing and implementing range of interventions that targets whole communities to improve physical, social and cultural environments to support and strengthen healthy living attitudes and behaviours.
- Capacity building grants in schools: Healthy Start School Grants is a staged program of grants to government schools to assist them to promote healthy lifestyles and physical activity within the school setting.
- Increasing physical activity amongst seniors: Targets physical activity for senior Victorians (50 years and over) provided through grants to local networks to support community projects that promote opportunities for participation by seniors. Also includes specifically targeted initiatives that focus on CALD and Indigenous communities;
- Chronic Disease Management Teams with a focus on self management: the rollout of multidisciplinary chronic disease management teams that focus on self management services including those that target people with chronic disease at risk of hospitalisation; and
- Integration of primary care services: the development and adoption of practices, processes, protocols and systems to support care planning for people with chronic conditions includes e-referrals. **VicHealth**

VicHealth is an independent statutory body established under the *Tobacco Act 1987* (the Act). Under Section 17 of the Act the objects of the Foundation are:

- a) To fund activity related to the promotion of good health, safety and the prevention or early detection of disease; and
- b) To increase awareness of programs for promoting good health in the community through the sponsorship of sports, the arts and popular culture; and
- c) To encourage healthy lifestyles in the community and support activities involving participation in healthy pursuits; and
- d) To fund research and development activities in support of these objects.

Action by the Victorian Government in this area is strengthened by the contribution of VicHealth, which has a number of programs in the following streams that work to collectively reduce levels of obesity and chronic disease within the Victorian community:

- Creating active communities: A requirement of the Tobacco Act is for VicHealth to promote good health in the community through encouraging healthy lifestyles and the sponsorship of sports. A focus for VicHealth is advocating for and supporting change to make everyday living of Victorians more active. VicHealth employs a number of strategies to increase physical activity including assisting sporting clubs to make their environments more welcoming and healthy through funding the purchase of sporting equipment and workforce development within sporting clubs, supporting initiatives to get children to be more active by walking to school and playing during out of school hours and promoting the importance of good urban planning to encourage walking and cycling, reduce car dependency and improve safety;

- Healthy Eating: VicHealth promotes and invests in increasing healthy eating amongst Victorians largely through a health promotion, education and an advocacy role. In July 2007 VicHealth hosted a Government funded Future Foods Conference which brought together international and national leaders from public health, environment, research, urban planning, farming, agri-food production, food processing, retailers and marketing sectors to examine the critical drivers and opportunities between health, food and sustainability;
- Planning Healthy Environments: VicHealth collaborates with a range of organisations, government departments and individuals to ensure that health is built into the planning of our future environments. This includes a 'Food for All' Program that encourages local government authorities to improve integrated planning of those things that influence access to food such as transport, housing, economic development and land use and a partnership with the Planning Institute of Australia – Victoria to build the capacity of planners to influence local urban design so that health is 'planned in' rather than 'planned out'; and
- Investment in research: VicHealth has significant investment in research through fellows and scholars and program grants to identify determinants and/or effective interventions to address overweight and obesity. The breadth of study and investigation includes: preventing obesity in children and families; supporting parents to promote children's healthy eating; understanding transitions in children's and adolescent's eating, physical activity and risk of obesity; long term implications of the increasing prevalence and duration of obesity for health in Australia; and the impact of regulatory and policy frameworks on obesity.

Obesity prevalence in Victoria and Victorian Government initiatives**Obesity in Victoria: a growing problem**

1. The Victorian Government is committed to tackling the increasing rates of obesity and associated prevalence of chronic diseases, such as Type 2 Diabetes. Increasing rates of obesity and other preventable chronic diseases place a burden on the Victorian community. This includes:
 - a. an impact on both personal life through stress, depression, loss of quality of life;
 - b. increased demand on the healthcare system including longer stays in hospitals for obese patients; and
 - c. increased costs (approx \$442 million per year to Victorian workplaces) due to higher levels of absenteeism and loss of productivity.
2. Data compiled by DHS demonstrates that:
 - a. by 2025, increased prevalence of obesity will result in 16.9 million overweight or obese Australians, 4.2 million of which will be Victorians; and
 - b. that those diagnosed with Type 2 diabetes will increase to 3.3 million by 2031, leaving a possible 50% of those who have Type 2 diabetes undiagnosed.

Victorian Government Initiatives: detail

3. The 'Go For Your Life' Campaign was launched in 2003 to provide a framework across government for activities that promote a more healthy and active community. The campaign includes:
 - 40 separate interventions, including Stephanie Alexander's Kitchen Gardens program, delivered through primary care partnership arrangements and primary schools;
 - the development of a new chronic disease surveillance tool, a dietary habits questionnaire and physical and biomedical measurements data; and
 - the development of healthy food and beverage guidelines for public hospitals.
4. You also recently launched *WorkHealth*, a program with a dedicated \$218 million over 5 years to provide financial incentives for employers to establish workplace-based health and wellbeing programs. In addition, VicHealth runs a range of programs designed to collectively reduce levels of obesity and chronic disease within the Victorian community.
5. Under COAG's National Reform Agenda (NRA), Victoria was the first state to develop a plan to address the growing impact of obesity and Type 2 diabetes. The Victorian Government has made an initial commitment of \$110 million (2007/08 to 2010/11) to combat obesity and Type 2 diabetes under the NRA.
6. A centrepiece intervention of the NRA is the Life! Initiative, to which Victoria has committed \$20.55 million over 4 years. This will go towards programs such as community-based behaviour change, support for overweight and obese children and their families, and access to an online 'personal trainer'.
7. Under Life!, Victoria has committed \$18M to a suite of lifestyle behaviour change programs to improve support for people at risk of developing Type 2 diabetes, including:
 - a 'Type 2 Risk Assessment Test' to assess people's risk of diabetes and direct them to visit their GP if they are at intermediate or high risk;
 - a Life!Change website and phone hotline for further information;
 - a statewide campaign to increase awareness of Type 2 diabetes; and

- a Life!Change lifestyle modification program.
8. Victoria has invested a further \$61.8 million over four years in programs under the Australian Better Health Initiative (ABHI). Initiatives include: whole of community obesity prevention projects; capacity building grants in schools; increasing physical activity amongst seniors; diabetes self-management programs; chronic Disease Management Teams; and the integration of primary care services.

Sample of current projects across the 'Go for your life' population groups and settings

Population groups

Population group	Project Title	Description	Government area
Children	Kids - 'Go for your life'	Kids - 'Go for your life' is a state-wide program designed to reduce risk of overweight and obesity in children aged 0-12. The focus is on children in early childcare services and primary schools settings and families. Schools and services can register as a member of Kids - 'Go for your life' and work progressively towards achieving an award, which seeks to encourage the development of supportive environments for increasing healthy eating and physical activity.	Public Health, Department of Human Services
Young people	'Go for your life' – Positive Body Image Strategy Community Grants	The 'Go for your life' Positive Body Image Grants fund community based activities to build self esteem and promote positive body image and healthy lifestyle choices. Applications targeting diverse groups of young people, particularly aged 12 - 16, are encouraged.	Office of Youth, Department of Planning and Community Development

<p>Adults</p>	<p>Life!- Taking Action on Diabetes</p>	<p>Life!- Taking Action on Diabetes supports people at high risk of type 2 diabetes to lose weight, increase physical activity and improve their diet to significantly reduce their risk of progressing to the disease. The program is based on an internationally proven model, and is delivered through Community Health Services, Divisions of General Practice and other suitable organisations utilising trained Life! facilitators.</p> <p>Life! – Taking Action on Diabetes is being progressively rolled implemented across Victoria, with the target of reaching 25,000 Victorians at high risk.</p>	<p>Public Health, Department of Human Services</p>
<p>Senior Victorians</p>	<p>Seniors 'Go for your life' Community Projects</p>	<p>Annual rounds of <i>Active Living Grants</i> are provided to Primary Care Partnerships and local communities to increase the capacity of community groups to provide programs to keep older Victorians involved in healthy lifestyles. Approximately 25 agencies have been funded with grants of up to \$40K for two years.</p> <p>Under this program funding is also contributed towards Seniors physical activity programs at (up to 6) collaborative place-based investment sites across</p>	<p>Office of Senior Victorians, Department of Planning and Community</p>

		Government. These sites target areas identified through other Victorian Government policies such as Neighbourhood Renewal, and are underpinned by systematic evaluation and communications support.	
High risk populations	'Go for your life' Green Gym	The 'Go for your life' Green Gym, which has been developed in conjunction with Conservation Volunteers Australia, recruits participants to undertake voluntary conservation activities with a focus on increasing levels of physical activity (eg. gardening, tree planting, weeding, track and trail maintenance and flora and fauna surveys) and health and well being, as well as making improvements to the built and natural environments on selected public land sites. Special attention is given to recruiting participants not currently engaging in regular physical activity.	Department of Sustainability and Environment

Settings

Setting	Project Title	Description	Government area
Home and residential	Well for Life	Well for Life aims to improve the health and wellbeing of frail older people in aged care settings by improving nutrition and increasing levels of physical activity.	Primary Care, Department of Human Services

Early childhood	Free Fruit Friday	Program to boost fruit and vegetable consumption by young Victorians, and establish a lifetime of healthier eating. Schools receive grants to purchase fresh fruit and vegetables for Prep -Year 2 students for each school week.	Public Health, Department of Human Services
Educational	'Go for your life' Healthy Canteens Kit	<p>The Healthy Canteens Kit assists schools to develop healthy canteens and other food services. Resources within the Kit include:</p> <ul style="list-style-type: none"> • The Department of Education's policy on School Canteens and Other School Food Services • Food Planner • Getting Started • Canteen manual • Curriculum material 	Department of Education and Early Childhood Development
Workplaces	'Go for your life' Active Men's Challenge	<p>The <i>Get Active Challenge</i> is designed to encourage men to start to take responsibility for their own health and wellbeing by adopting healthier and more active lifestyles. The Challenge uses workplaces as the 'conduit' through which to roll out the Challenge.</p> <p>Participants are drawn from six different companies (of varying size and levels of commitment to employee health), over the two male-dominated sectors of Manufacturing and Building & Construction.</p>	Sport and Recreation Victoria, Department of Planning and Community Development

Neighbourhood and community	'Go for your life' Health Promoting Communities: Being Active and Eating Well Community Demonstration Projects	<p>Six communities have been funded to build on local partnerships, priorities, policies and plans, using the Victorian Primary Care Partnership (PCP) platform and Integrated Health Promotion framework.</p> <p>The aim of these projects is to strengthen local social, physical, economic and cultural environments to support healthy eating and physical activity resulting in an increase in the proportion of the community adopting healthier eating and activity behaviours.</p>	Public Health, Department of Human Services
Primary Care	Diabetes Self Management program	<p>The Diabetes Self-Management program aims to provide people newly diagnosed with type 2 diabetes with early intervention packages. The self management packages provide support to people to become good self-managers of their health, so as to maintain good health and to prevent future complications.</p> <p>This program will target 3,500 Victorians located in rural areas of Victoria.</p>	Primary Health, Department of Human Services