



Healthy Together Victoria

Frequently Asked Questions (March 2013)

What is Healthy Together Victoria?

Healthy Together Victoria aims to improve people's health where they live, learn, work and play. It focuses on addressing the underlying causes of poor health in children's settings, workplaces and communities to strengthen Victoria's prevention system. Healthy Together Victoria is encouraging healthy eating and physical activity, and reducing smoking and harmful alcohol use.

Healthy Together Victoria incorporates policies and strategies to support good health across Victoria, as well as locally-led initiatives within Healthy Together Communities.

Healthy Together Victoria is jointly funded by the State Government of Victoria and the Australian Government through the National Partnership Agreement on Preventive Health (NPAPH).

What's happening across Victoria?

A range of initiatives are underway across Victoria, focusing on children, workplaces and workforces, and communities. These initiatives recognise that early childhood services, schools and workplaces do not exist in isolation, but are part of the fabric of our communities and our lifestyles.

Initiatives underway across Victoria include:

- the Healthy Together - Achievement Program supporting early childhood services, schools and workplaces and workforces to create healthier environments
- the Healthy Together - Healthy Eating Advisory Service to provide healthy eating advice for early childhood services, schools, workplaces and hospitals
- a range of strategies to support families, workplaces and communities to make healthier food choices through the Victorian Healthy Eating Enterprise
- public education and community engagement strategies

- the Victorian Health Promotion for Children and Young People Policy to guide the physical, social and emotional development of children and young people
- the Workplace Health and Wellbeing Partnership and workplace preventive health framework to guide Victoria's efforts in workplace health and wellbeing.
- a concentrated, coordinated prevention effort within twelve Healthy Together Communities.

Healthy Together Victoria also creates links to existing health promotion, prevention services and programs, such as the Premier's Active Families Challenge, Ride2School, Life! and WorkHealth.

What are Healthy Together Communities?

Healthy Together Communities are applying a concentrated, coordinated prevention effort within twelve local areas. Through investment in local partnerships and a skilled health promotion workforce, these areas are finding local solutions to local needs, supporting healthy living.

Healthy Together Communities are operating across the municipalities of Hume, Wyndham, Whittlesea, Knox, Greater Dandenong, Cardinia Shire, Mildura, Greater Bendigo, Wodonga, Latrobe, Greater Geelong, Ararat, Pyrenees and Central Goldfields and will reach approximately 1.3 million Victorians, 520 schools, 938 early childhood services and 4,409 medium to large workplaces.

In addition to the initiatives available across Victoria, Healthy Together Communities are also implementing:

- the Health Champions initiative
- Jamie's Ministry of Food Australia fixed and mobile kitchen
- healthy eating and food literacy in secondary schools
- Healthy Living Programs and Strategies to deliver local solutions to local issues.

For more information see www.healthytogether.vic.gov.au

