

# q health: YOUTH INITIATIVE

## Ground-breaking new investment empowers Victoria's young people to create a healthier future Survey reveals what young people need for good health

Health promotion foundation VicHealth has unveiled a first-of-its-kind initiative focused on creating a healthier future for Victoria's young people. As coronavirus continues to affect the health and wellbeing of young people, Future Healthy will invest \$45million in new programs over 3 years to support people aged 0-25 to begin to build back better: reconnect socially and safely, get active, and access and enjoy good food.

This month, VicHealth will work with thousands of young people in developing this healthier vision together. The projects delivered through Future Healthy will then be created in direct response to the ideas and needs that young people share.

The announcement comes as a new VicHealth survey<sup>[1]</sup> reveals 2 in 3 (68%) of Victoria's young people aged 18-25 believe they have a role to play in helping plan and create healthier local communities.

The survey also highlighted what Victoria's young people and kids need for good physical and mental wellbeing, during and after the pandemic.

### Young people aged 18-25 key findings:

- 9 in 10 (90%) young people believe that every young person deserves to enjoy good health as they grow up
  - For 7 in 10 (71%) young people, staying socially connected with others has become one of the most important issues during the pandemic
  - 3 in 4 (76%) young people said having access to healthy food near home is one of the most important things to them.
  - Almost 7 in 10 (69%) young people said having nowhere near home to do the sports or activities they enjoy has an impact on their physical activity.
- Victoria's parents and carers of kids aged 6-17 years key findings:
- 9 in 10 (90%) parents believe that social connection is important for their child's mental wellbeing
  - Almost 9 in 10 (89%) parents feel that being able to feed their kids healthy food is one of the most important things for their family
  - And almost 7 in 10 (68%) parents said having a limited number of physical activity spaces (eg playgrounds, parks and bike paths) near home has an impact on their kids' physical activity.

### Future Healthy Community Champions:

As part of Future Healthy, VicHealth is working with 14 Community Champions – a diverse group of young people and parents from right across the state who are passionate about creating healthier communities. Through their work with Future Healthy, the champions will empower more young people and parents to have their say and help shape the solutions needed for people to lead healthier, happier lives. The Community Champions' stories can be found at: [www.futurehealthy.vichealth.vic.gov.au/CommunityChampions](http://www.futurehealthy.vichealth.vic.gov.au/CommunityChampions)

*Get involved in Future Healthy: If you're a young person in Victoria aged 18-25, or a parent or carer in Victoria with kids aged 0-17, share your experiences, challenges and ideas about what a healthy future means to you and your community at [www.futurehealthy.vichealth.vic.gov.au](http://www.futurehealthy.vichealth.vic.gov.au)*

**GIVE YOUR WORD. PROMISE  
TO STAND UP AGAINST HOMOPHOBIA,  
TRANSPHOBIA & BIPHOBIA. ALWAYS.**