

Media Release

The Hon Martin Foley MP
Minister for Health
Minister for Ambulance Services
Minister for Equality



Friday, 29 October 2021

DELIVERING HEALTHY FUTURES FOR OUR KIDS

The Andrews Labor Government is making sure young Victorians have the physical and mental wellbeing support they need to thrive.

Minister for Health Martin Foley today launched *Healthy Kids, Healthy Futures* – the Government's five year plan to ensure Victorian children and young people are strong, healthy and well from their earliest years.

Healthy Kids, Healthy Futures will help tens of thousands of Victorian children and young people thrive as they grow through the promotion of healthy eating and active lifestyles.

Central to the plan is ensuring good health and wellbeing is available to all, regardless of postcode, gender or cultural background.

The plan focuses on keeping children and young people healthy from their earliest years, because we know that a healthy start is key to children reaching their potential and living happy and fulfilling lives.

This is more important now than ever before as we support our children and young people to recover from the turbulence of the coronavirus pandemic.

The plan will ensure children, young people and families are supported to be healthy and raise healthy children with increased access to healthy food, more opportunities to be active and focus on mental wellbeing.

Key initiatives include *Vic Kids Eat Well*, a new program supporting school and community settings to make simple changes to improve the health of kids. Healthy Kids Advisors will also provide hands-on support for healthy eating in select communities – with joint funding from the Commonwealth Government.

The action plan brings government departments and partners together to lay the foundations for better health and wellbeing.

Learn more about *Healthy Kids, Healthy Futures* at: <https://www.health.vic.gov.au/health-strategies/healthy-kids-healthy-futures>.

Quotes attributable to Minister for Health Martin Foley

"It's never been more important to put the health and happiness of our children and young people first as we open up and reset for the future."

"We're making good health for our kids, with healthy eating, active living and mental wellbeing, a focus so we can all work together to deliver a healthier future."

Quotes attributable to Minister for Education James Merlino

"As children and young people return to school, we're ensuring they receive all the support they need to grow, learn and thrive now and into the future."

"Our schools play an important role in supporting children to be healthy, active and resilient."

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