



HEALTHY TASMANIA FIVE-YEAR STRATEGIC PLAN 2022–2026

healthy
Tasmania 
A Tasmanian Government
and Community Partnership



**Healthy Tasmania Five-Year Strategic Plan
2022–2026**

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Image: Buttongrass plains, Tasmanian Wilderness World Heritage Area. Photographer Jillian Mundy

Acknowledgement of Country

The Department of Health Tasmania respectfully acknowledges Tasmanian Aboriginal people as the traditional custodians of the land on which we live, work and play and pays respect to Aboriginal Elders past and present.

Recognition statement

Tasmanian Aboriginal peoples' traditional lifestyle promoted physical and emotional health and wellbeing, centred around Country, Kin, Community and Spirituality. Aboriginal people continue to value the importance of culture, community connection and being on Country as vital components of health and wellness.

Through colonisation, Aboriginal people experienced displacement and disconnection, which has significantly affected their health and wellbeing.

We recognise that Aboriginal people are the knowledge holders and provide best practice in promoting health and wellbeing for Aboriginal people. We acknowledge and learn from the ongoing work of Aboriginal organisations in ensuring continued health and wellness. We commit to working in partnership with Tasmanian Aboriginal communities and health leaders now and into the future to improve health and wellbeing.



About the Plan

The Department of Health wrote this document.

When you see the words 'we', 'us' or 'our', it can mean the State of Tasmania, Tasmanian Government, Tasmanian Department of Health or Healthy Tasmania.

Healthy Tasmania refers to the many government agencies working together, in partnership with the Tasmanian community, to develop, support and invest in key areas of action under the Healthy Tasmania Five-Year Strategic Plan.

Data used in this Plan

The data used in this Plan come from trusted sources and is the most current at the time of writing.

These include:

- *Tasmanian Population Health Survey (TPHS) 2019*
- Australian Bureau of Statistics (ABS) data, including the *National Health Survey 2017–18*
- Australian Institute of Health and Welfare publications and other reports.

Please contact ahealthytasmania@health.tas.gov.au if you would like more information about the data used in the Plan.



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Minister's message



Our Tasmanian Government is committed to safeguarding and improving the health and wellbeing of all Tasmanians.

To ensure health and wellbeing, we need to go

beyond investment in health services and infrastructure. Preventive health is crucial for Tasmanians to live their best lives for as long as possible. Prevention of disease promotes physical and mental health and wellbeing, increases participation in the community, and safeguards our economy.

In 2016, preventive health became an integral part of our health reform agenda with the launch of the *Healthy Tasmania Five-Year Strategic Plan*. This aimed to bring communities, services and government together to work in partnership for better health. Under the Plan, we invested over \$5.6 million in community-led action that delivered more than 100 projects across Tasmania to improve health and wellbeing.

Five years on, it is great to see that we have made strong progress, as described in the *Healthy Tasmania Five Year Report*. I am thrilled to see positive trends, including more people becoming smoke free, increases in physical activity rates and fruit and vegetable intake, and a greater emphasis on mental health and wellbeing.

However, more action is needed to build on these foundations and address the risk factors for disease, such as poor nutrition, physical inactivity, harmful alcohol consumption and tobacco use.

We consulted widely with the community to inform our next steps. We know that working in partnership with communities is necessary to drive action, and to ensure that our government policies achieve outcomes that matter most to Tasmanians.

We learned that we need to take an holistic approach to health in our communities, including mental health and wellbeing. We also need to acknowledge that the factors influencing health are often beyond individuals' control. These factors include where people live, the natural and built environment, transport, food, housing, work, poverty, social inclusion, cultural respect and climate change.

Based on this evidence and our recent targeted consultation with key stakeholders and the community, we have developed a plan for creating environments, settings and services that will support Tasmanians to live longer and healthier lives.

I am pleased to present to you the next *Healthy Tasmania Five-Year Strategic Plan 2022–2026*, which will build on the strengths and successes of the first.

Over the next five years, we will focus on actions to support Tasmanians to be more connected in their communities, have positive mental health and wellbeing, limit harmful alcohol use, be smoke free, eat well, and live more active lives.

We will make sure no person is left behind in this Plan, with a focus on priority populations and on health literacy. Our actions will include a focus on children and young people as we aim for intergenerational change to secure the health and wellbeing of Tasmanians into the future.

We have added climate change and health as a focus area to acknowledge the impacts of climate change on health and wellbeing and to ensure our strategies will positively contribute to the climate change goals of this Government.

Healthy Tasmania will help us to deliver the Tasmania Statement, *Working Together for the Health and Wellbeing of Tasmanians* (Appendix 1). The Tasmania Statement commits us to working together across government and with communities on shared priorities, for the best outcome for us all. This Plan also aligns with a range of strategic priorities of the Tasmanian Government, including recommendations from the Premier's Economic and Social Recovery Advisory Council; *Closing the Gap Implementation Plan*; *Child and Youth Wellbeing Strategy*; *Our Healthcare Future* and *Rethink Mental Health 2020*.

We have committed \$10 million over five years to implement this Plan and an additional \$8 million over four years for the Healthy Tasmania Fund. We have also committed funding for other preventive health initiatives such as community health and wellbeing networks, youth smoking prevention programs, and school lunch pilot and education programs.

We have also identified some early actions in our ways of working, with the community's voice at front and centre of everything we do.

We will set up a governance structure that ensures continued community input, clear accountability and monitoring, and coordination across tiers of government. We are working with the University of Tasmania to develop a research and evaluation framework to measure Healthy Tasmania's success and help us improve into the future.

I would like to acknowledge and thank the many organisations and individuals who contributed to the development of the *Healthy Tasmania Five-Year Strategic Plan 2022–2026*, and especially to the many communities who have informed our thinking over the past five years.

I commend this Plan to you and look forward to the continued development of a prevention system for this state that delivers long-lasting, sustainable health benefits to Tasmanians now and for future generations.



Jeremy Rockliff

Minister for Mental Health and Wellbeing



Healthy Tasmania at a glance

This is a strategic plan to guide preventive health activity across the whole of government and with communities.



Committed funding

- **\$10 million** implementation fund
- **\$8 million** Healthy Tasmania Fund
- Additional funding for a **range of preventive health initiatives**

New governance model

- **Yearly action plans**, shaped together with communities and agency partners
- **Flexibility** to respond to new issues and opportunities
- **Communities partner in decision-making**
- Clear **accountability** and **coordination** across tiers of government

Evaluation

- **Research and evaluation framework**
- **Ongoing monitoring** of population health and how we are working together
- **Listening to communities** and learning about what is working and what is not to adjust the action plans accordingly



Context

Prevention as wellness

Our Healthcare Future is Stage Two of the Tasmanian Government's long-term reform agenda to consult, design and build a highly integrated and sustainable health service. Preventive health is an important component of this reform.

Healthy Tasmania is a strategic plan for preventive health in Tasmania. Preventive health is the term for activities that help protect, promote and maintain health and wellbeing.

Healthy Tasmania supports wellness. Wellness is the best possible state of health and wellbeing for people and communities. Focusing on wellness allows people to do what they want to do and to reach their potential.

It means the whole person is considered in the context of their daily life and their community.

Healthy Tasmania will guide our actions across government and with the community to improve the health and wellbeing of Tasmanians. It will enable community-based action for health and wellbeing and encourage joined-up approaches across all layers of government, civil society and the private sector to address the determinants of health and wellbeing.

The figure below shows where the *Healthy Tasmania Plan* sits within the health system, crossing both prevention and intervention activities.

Prevent

Keep people healthy through preventing illness and protection from harm.

Target the determinants of health and wellbeing – these factors include where people live, the natural and built environment, transport, food, housing, work, poverty, social inclusion, cultural respect and climate change.

Intervene early

Identify and support people at risk of developing disease. This includes screening, early detection and self management.

Treat

Manage and care for people when they are ill. This includes treatment, rehabilitation and palliative care.

Scope of Healthy Tasmania



State of health in Tasmania

The health and wellbeing of all Tasmanians is enhanced by natural open spaces, fresh food, and clean air and water. Tasmania's economy, culture and communities are strong and diverse. We work together to build connected and supportive local communities and harness a wide variety of resources.

However, there are challenges to our health and wellbeing. The number of Tasmanians with chronic (long-term) conditions, such as mental ill health, cancer, diabetes and heart disease, is steadily increasing. Compared to other states and territories, Tasmania has an older population, higher rates of disability, more people living in rural and regional areas, and lower socioeconomic levels. People who experience greater disadvantage have the greatest burden of disease.

Chronic conditions can often be prevented through improving key risk factors including unhealthy diet, physical inactivity, high-risk alcohol use and tobacco use. Tasmanians also have higher rates of exposure to these risk factors compared to people elsewhere in Australia.

If action is not taken, this growing burden of disease will reduce people's health outcomes, quality of life and participation in all aspects of life. It will also reduce workforce productivity and economic growth.

The COVID-19 pandemic has shown how our communities can mobilise and collaborate to respond to a major health and social challenge.

Although COVID-19 has challenged our physical and mental health and wellbeing and added another level of complexity in our health system, society and economy, it has also provided a unique opportunity for positive change. Across Tasmania, people have come together to support each other through stressful times. Our own health and the health of our families, workplaces and communities is more important than ever. We can see how isolation, digital connectivity and being engaged through work, volunteering and our social networks impact on our health and wellbeing. For example, older people have been more unsure about participating in social activities, which has impacted their health and wellbeing. Tasmanians are taking steps to stay well and want to avoid becoming unwell and having to seek treatment.

The Premier's Economic and Social Recovery Advisory Council (PESRAC) was formed to make recommendations on actions to soften the impacts from COVID-19, help us recover more quickly and to build a better future. Healthy Tasmania will contribute to achieving PESRAC's recommendations (see Appendix 2).



Tasmania's Report Card



Nearly
8 out of 10
Tasmanian adults rate
their health as good
or very good



Around
1 in 4
Tasmanians will be aged
65 or older by 2050



Half
of Tasmanian adults have
one or more chronic
conditions



Nearly
1 in 5
Tasmanian adults smoke



95 in 100
secondary school students
are smoke free



Nearly
1 in 5
Tasmanian adults risk
lifetime harm by drinking
more alcohol than
recommended



Fewer than
1 in 10
Tasmanian adults
eat enough fruit and
vegetables



Over
one-third
of Tasmanians' daily
kilojoule intake comes
from foods high in fat,
sugar and salt



Close to
1 in 5
Tasmanian adults have run
out of food because they
could not afford to buy
more (food insecurity)



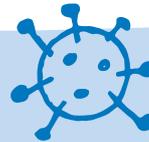
Most women
start breastfeeding, but
many stop earlier than
they had planned



3 out of 10
Tasmanian children
(aged 2–17 years) do
enough physical activity
for good health



Fewer than
2 in 10
Tasmanian adults meet
the physical activity
guidelines



Nearly
half
of Tasmanian adults said
the COVID-19 pandemic
impacted their mental health.



1 in 5
Tasmanians have a mental
or behavioural condition



1 in 10
Tasmanians have difficulty
understanding health
information



Close to half
of all Tasmanian adults
report difficulties with
accessing the healthcare
providers they need



Socioeconomic
disadvantage is
**greater in
Tasmania**
than in Australia overall



Nearly
1 in 8
Tasmanians cannot find
money in an emergency
(raise \$2 000 within
a couple of days)



Ambulance dispatches
go up 34%
in extreme heatwaves
in Tasmania



Each extreme bushfire
season costs Tasmania
an additional
\$34 million
from smoke related deaths
and healthcare costs



An estimated
65 Tasmanians
die each year from wood
heater smoke

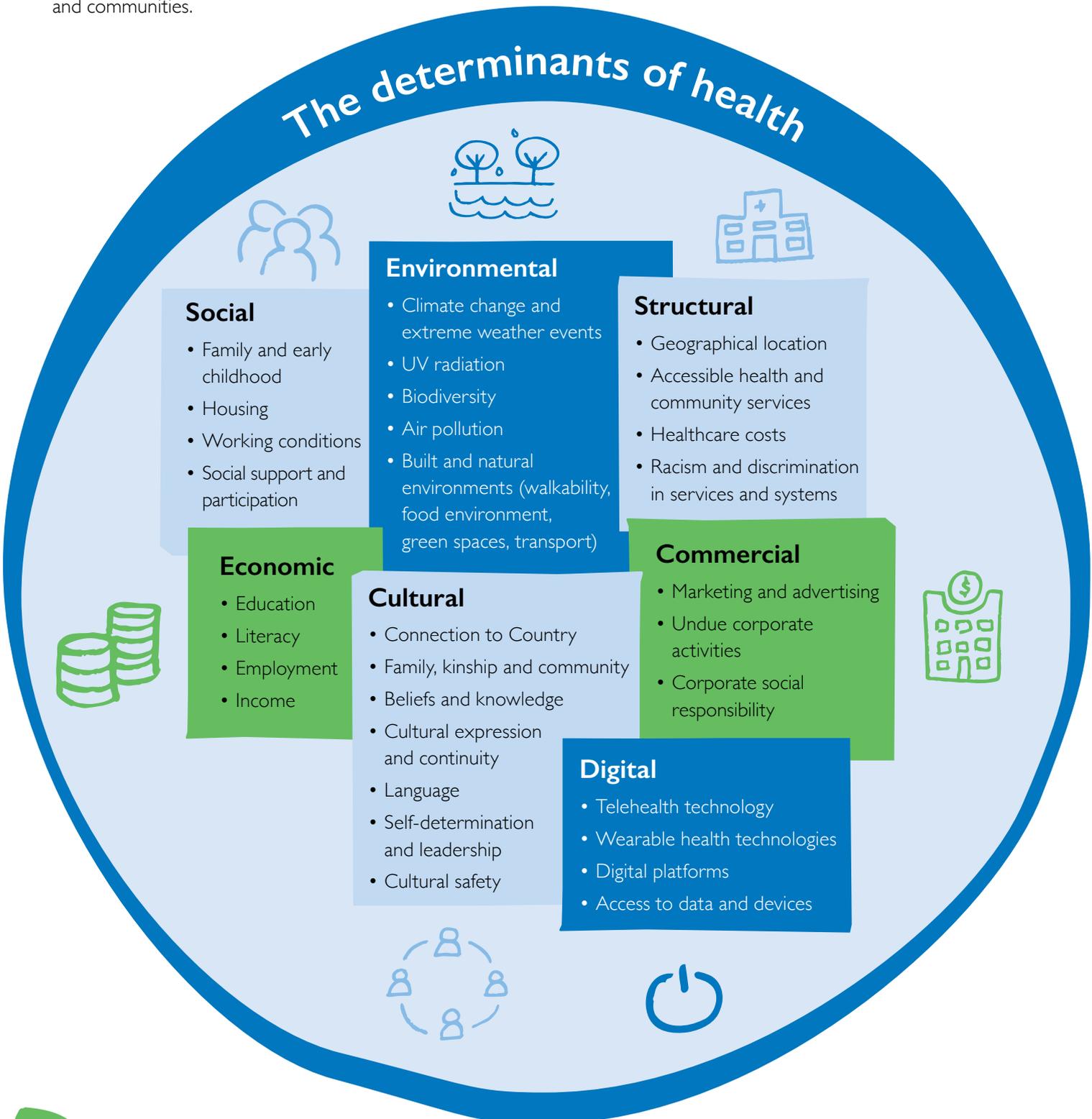


Determinants of health

Better health and wellbeing is not just about individual behaviour or genetic make-up.

There is a close relationship between people's health and the circumstances in which they live, work, play, grow and age, known as the wider 'determinants of health'. These social, environmental, structural, economic, cultural, commercial and digital factors can lead to unfair and unequal health outcomes for some people and communities.

Many of these factors lie outside of the health sector, so addressing them requires a systems approach, collaboration and action across sectors. A systems approach recognises and addresses the root causes of a problem, looking at all interconnected issues.





Economics of prevention

Australia has greatly improved health through prevention. There is general support in the Australian community for government intervention to safeguard health and wellbeing. High rates of immunisation and vaccination, laws requiring seat belts and random breath testing, and changes in sleeping positions to prevent sudden infant deaths have all saved lives.

We are also making progress in preventing people from developing chronic conditions. Deaths from heart disease and stroke have halved in the past 40 years in Australia due to measures such as reducing tobacco use and treating high blood pressure. But there are still many people who are at risk and have poor health outcomes that could be prevented. This is where we need to focus our efforts in Tasmania.

Prevention not only saves lives and reduces illness and disability, it is good value for money. There is a growing body of evidence that prevention is effective and saves money in the healthcare system and society.

Investment in prevention is not just about saving money. If people are healthier, they are able to work and participate in daily life, which is good for both health and wellbeing and the economy.

Investing in the future of children and young people

It Takes a Tasmanian Village is Tasmania's Child and Youth Wellbeing Strategy. Its vision is that children and young people in Tasmania have what they need to grow and thrive.

The strategy domains are:

- Being loved, safe and valued
- Having material basics
- Being healthy
- Learning
- Participating
- Having a positive sense of culture and identity.

We will work to achieve this vision, particularly through action in the 'being healthy' domain and by creating healthy places where children and young people live, learn and play. We will contribute to the other domains through our ways of working and the focus on priority populations where identity and culture is recognised as a determinant of health.

We recognise the importance of the first 1 000 days (from conception until the end of a child's second year) and will deliver community-based programs to support communities, families parents and carers to provide healthy settings for children to grow up in.

What we heard

A broad cross-section of Tasmanians contributed to this strategy through consultations and evaluations as part of our ongoing learning about what works and what can be improved.



Vision

All Tasmanians have the opportunity to live healthy, active lives in communities that support connections to people, place and culture.



Outcomes

To achieve our vision, we are working towards the following outcomes.

A healthier population

Everyone in Tasmania has access to affordable, nutritious food and eats well. Tasmanians are more physically active. More communities are smoke free and fewer Tasmanians smoke.

Everyone has improved mental wellness and less psychological distress. There is reduced harm in the community from alcohol.

Greater equity of health outcomes across the Tasmanian community

Everyone in Tasmania has the knowledge, skills and resources they need to achieve and maintain good health and wellbeing and to live their best life.

People experiencing the greatest inequities are prioritised and can access the services they need in a culturally safe and timely way. Our services, environments, transport, information and communication are accessible, safe, respectful and inclusive.

As a result, when health outcomes are measured at a population level, the gap in health outcomes between population groups is reduced.

Liveable, vibrant and healthy places

All Tasmanians live, learn, work and play in places that are safe, socially cohesive, inclusive and environmentally sustainable. The air is clean and safe to breathe all year round. Tasmania's neighbourhoods, towns and cities are supportive environments where healthy choices are easy and straightforward.

Public transport, walking and cycling infrastructure connect people to their employment, education, shops, services, public open space and social, cultural and recreational opportunities. Communities have access to local, seasonal nutritious food.

Healthy lifestyles are promoted through the built and natural environment. Liveability is improved through a strategic focus on urban planning, transport, housing, employment, smoke-free areas and the food industry, and through reducing the health impacts of climate change.

Greater social connectedness

Tasmanian communities are diverse and inclusive, where everyone is treated with respect and dignity, and everyone has opportunities to achieve meaningful connections with others.

Tasmanians are supported to connect with others and participate in all aspects of community life throughout their lives.

People are able to maintain or improve their health and fewer people experience social isolation and loneliness. There is trust and people are resilient.



Principles

Healthy Tasmania has three central organising principles that will guide the decisions and actions of governments and partners.

Equity

Tasmanians have a diverse range of lived experiences and abilities. We acknowledge that our systems and culture create social and economic disadvantage and that this impacts Tasmanians' health and wellbeing.

Tasmanians have a right to a standard of living that supports health and wellbeing. This includes access to good food, housing, care, employment and healthy environments.

We will be inclusive. We will include many different types of people in all aspects of our work and treat them all fairly, equally and with compassion.

We will work across government and communities to reduce health inequities for all Tasmanians.

Empowerment

Tasmanians are experts in their own lives and communities. People and communities have many strengths and assets that can be built on to create healthy lives.

Many people do not have the power or resources they need to participate in decisions that affect them. We will create a system that enables all individuals and communities to drive and shape decision-making. We can and will share power. We will create solutions together.

When individuals and communities are empowered, they can take responsibility for their own health, the health of their families and contribute to healthy communities.

Sustainability

We need a healthy planet in order to stay healthy and well. Investing in health and wellbeing creates a sustainable environment, economy and society.

We will build a sustainable health system and we will plan and act for future generations. This requires a long-term view and strong relationships, to embrace diversity and different perspectives, and to learn from the past.

Ways of working

Our ways of working will support actions to ensure Tasmanians live healthy, active lives in communities that support connections to people, place and culture.

The people of Tasmania are at the centre of each of these ways of working. A stronger community voice is vital to raise awareness of general health and wellbeing and achieve changes in behaviour at the individual and community level.

For health and wellbeing, people-centred approaches are integrated and holistic, and place individuals at the centre surrounded by relationships with family, organisations and community.

In our work, we will:

Lead to enable change

Inclusive leadership encourages innovation and agility to achieve better health outcomes for Tasmanians and to build strong partnerships between communities and governments.

We will create an environment that enables shared decision-making and collective responsibility. Community leadership is vital to design and implement solutions that make a positive difference to health.

We will look at the whole system to see where we need to act and how we can work together with communities to make sustainable and long-term changes to improve health and wellbeing.

We will progress a health-in-all-policies approach so that all government actions contribute to the health and wellbeing of Tasmanians. This will occur through the leadership of the Premier's Health and Wellbeing Advisory Council.

We will explore legislative and policy options to better recognise and support preventive health.

We will explore ways to coordinate our grants across government and the potential to include criteria for health-promoting events.

Work across government and communities

Many complex and interconnected factors shape health and wellbeing – employment, environment, poverty, housing, food security, social isolation and the way we build and plan our communities.

The *Tasmania Statement* (Appendix 1) commits us to working together across government and with communities on shared priorities and to bring together people with different perspectives, experiences and knowledge to identify and work on shared priorities.

We will work with community organisations, all layers of government and business to deliver joined-up approaches for sustainable and positive health outcomes in Tasmania.

We will develop a communications and engagement strategy to engage and inform diverse groups of people and stakeholders.



Build capacity

We will build capacity to create a sustainable preventive health system and achieve better health outcomes.

Capacity building is not just about supporting skills, training and resourcing. It also means supporting the 'right time' or readiness of a community to act. Local people and organisations need access to data about the issues that matter to them, and to encourage more active engagement and connection.

We will share evidence-based advice, resources, training and support.

We will build the capacity of the public health workforce to strengthen all parts of the system.

We will improve access to local level health and wellbeing data to support communities to better understand their health needs and to drive action to improve health outcomes.

Promote community decision-making

Community-led approaches are important ways to deliver long-term health and wellbeing outcomes for individuals and communities.

In community-led approaches, decision-making power and resourcing is transferred to local communities where people take collective responsibility for outcomes.

Communities may be defined by place or population. We acknowledge that every community is unique and has its own strengths and challenges.

We will set up inclusive structures to oversee the implementation of Healthy Tasmania. We want genuine community engagement and to hear the voices of people with lived experience.

Decision-making will be shared between government and communities.

We will collectively develop policies that build capacity, including funding models that promote cooperation rather than competition.

Through the consultative mechanisms established in the *Child and Youth Wellbeing Strategy*, we will consult with

children and young people about the things that support their health and wellbeing.

We will support and empower community members to make decisions about their own health.

Build, use and share evidence

If we want to make a difference to the lives of Tasmanians, we need to find out what is working well and what is not working so well and needs changing.

We will build and share evidence that incorporates the lived experience and knowledge of our community members as well as formal data and social science research.

We will build this evidence through action research, in which participants 'learn as they go' to find new and different solutions.

We will use the knowledge and lived experience of community members in this action research.

Through transparent and timely reporting and sharing of information, we will monitor and understand barriers to health and wellbeing and evaluate progress of different actions and interventions.

We will bring people together to learn from one another and share their stories. One of the ways we will do this is by holding the Healthy Tasmania Community Forum.

Revising the Healthy Tasmania Fund

We will promote community decision making by implementing the Healthy Tasmania Fund in a different way. The new Healthy Tasmania Fund will create a grant funding model that addresses state wide topics while focusing on individual communities with diverse abilities, resources and capacity.

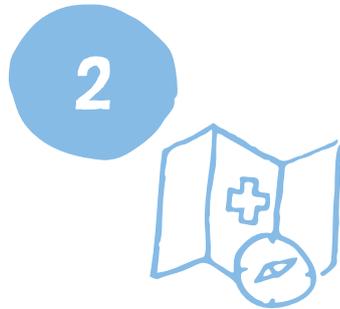
These community centred grants will aim to encourage activities and services that improve communities' wellbeing, and to build local capacity according to community need.

Focus areas

We will focus on eight key areas to improve health and wellbeing:



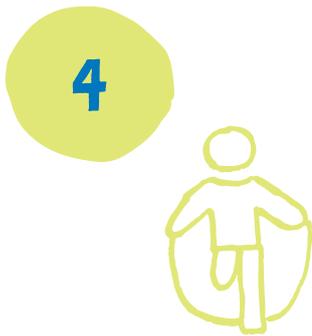
Priority populations



Health literacy



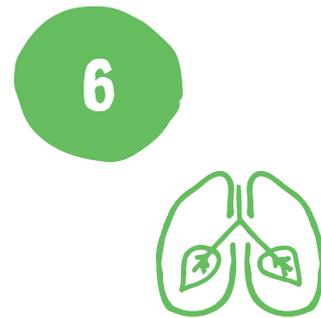
Mental health and wellbeing



Active living



Eating well



Smoke-free communities



Reducing alcohol harm



Climate change and health

I. Priority populations

A healthy Tasmania requires every Tasmanian to have equal opportunities for good health and wellbeing, and equal access to health information and health care. Evidence shows that addressing the needs of populations who are most at risk of ill health can achieve significant health improvements and benefits the entire community.

Some population groups in Tasmania experience poorer health than the general population. These include people from lower socioeconomic groups, Aboriginal people, people from the LGBTIQ+ community, people from culturally and linguistically diverse backgrounds, and people living with disability. There are many reasons for these inequalities, including socioeconomic and historic disadvantage, stigma and discrimination, and language and access barriers.

We have worked to address the needs of priority populations through Healthy Tasmania grant funding, developing learning resources for health staff to make our health system inclusive and accessible, and committing to improving cultural respect.

We will build on this work with the Aboriginal community by implementing the *Improving Aboriginal Cultural Respect Across Tasmania's Health System Action Plan 2020–2026* and contributing to meeting the outcomes of the *National Agreement on Closing the Gap*.

Our action will align with the Closing the Gap Priority Reforms:

- Partnership and shared decision-making
- Building the community-controlled sector
- Transforming government organisations
- Shared access to data and information at a regional level.

Improving Aboriginal cultural respect across Tasmania's health system

Providing culturally respectful health care is a fundamental step towards improving health outcomes for Aboriginal people. The *Improving Aboriginal Cultural Respect Across Tasmania's Health System Action Plan 2020–2026* outlines how the Tasmanian health sector will improve cultural respect for Aboriginal people across six focus areas: whole of organisation approach and commitment; communication and cultural visibility; workforce development and Aboriginal employment; consumer participation and engagement; partnerships with Aboriginal Community Controlled Organisations (ACCOs); and data and evaluation.





What is an equity lens?

Equity is about all people having fair opportunity to attain their full health potential, and no one being disadvantaged in achieving this potential if it can be avoided.

Applying an equity lens means we will study how the design and implementation of our policies and programs will impact population groups in different ways. This means examining policies and services from the perspective of people of different genders, people from lower socioeconomic groups, Aboriginal people, people living with a disability, older people, people who are culturally and linguistically diverse, and people from the LGBTIQ+ community.



We will:

- provide leadership, resources, training and support to ensure that our health and community services are delivered in ways that are culturally safe and inclusive for priority population groups
- apply an equity lens across all Healthy Tasmania policies and services to ensure we consider the specific needs of priority populations and that our actions have no adverse impacts
- support efforts of other government departments aiming to address and eliminate racism by sharing cultural competency training, tools and resources
- work in partnership with Aboriginal Community Controlled Organisations to deliver Healthy Tasmania initiatives that address their needs and priorities and are in line with Closing the Gap Priority Reform areas.



We will know we've been successful when:

- there are equal health outcomes for priority populations
- an equity lens is applied to all Healthy Tasmania policies and services
- health and community services are more inclusive and responsive.



2. Health literacy

Health literacy plays a critical role in improving health outcomes for all Tasmanians. Other types of literacy, such as reading and writing, numerical, financial, digital, media, environmental, physical, food and mental health literacy are also important for health and wellbeing.

What is health literacy?

Health literacy means people have the knowledge, skills and confidence to access, understand, remember and use information and services to make everyday decisions about their own health and wellbeing.

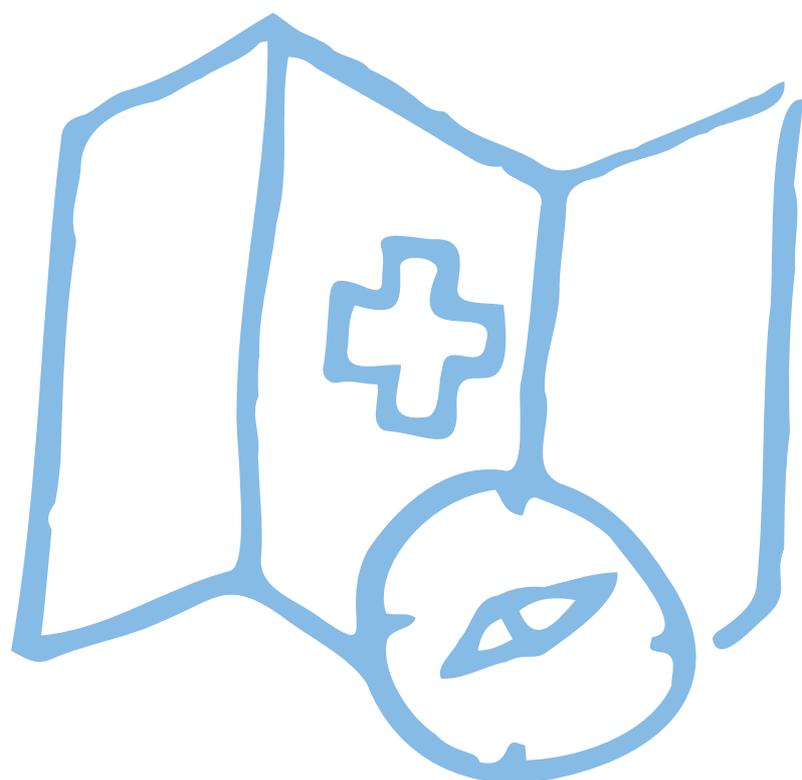
Health literacy is affected by people's individual circumstances and social setting. Factors that may challenge a person's health literacy include experiencing grief, receiving a new diagnosis, limited literacy, or negative past experiences with the health system. Factors that may strengthen health literacy include having access to social support, having at least one healthcare provider to talk to about health problems, and knowing how to find the right health care.

In 2006, the Australian Bureau of Statistics reported that about 6 out of 10 Tasmanians did not have adequate health literacy levels. The survey now uses the Health Literacy Questionnaire, which reports on a broader range of health literacy characteristics (domains) and can therefore be used to improve service delivery. In 2018, the survey found that most Tasmanians scored favourably for each domain. However, older people, people with multiple chronic conditions, those living in low income households and priority populations tended to score a lot lower.

To develop health literacy for all, we need good organisational health literacy practices that make it easier for people to find, understand and use the information and services they need for better health and wellbeing. Examples of such practices include providing easy-to-read written materials, engaging with consumers in a friendly and welcoming way, checking people's understanding of health information, and involving consumers in decision-making.

Action to date includes developing and implementing the *Health Literacy Action Plan 2019–2024* and establishing a Health Literacy Network in partnership with 26TEN, a network of organisations and individuals working together to improve adult literacy and numeracy in Tasmania. Health promotion coordinators and educators across sectors have supported skills development, networking and capacity building in health literacy.

Resources and tools such as *HelloTas* have been developed to support organisations to become health literate organisations. The *26TEN Tasmania* strategy continues to deliver a whole-of-community approach to raising basic literacy and numeracy, which are the foundational building blocks for other literacies. We have worked with Libraries Tasmania to improve access to information to promote health through the *Health on the Shelf* campaign. A Literacy Advisory Panel has been established to develop a community-wide framework to achieve the aspirational goal of 100% functional literacy.





We will:

- work with the Literacy Advisory Panel to review the *Health Literacy Action Plan* and act on any recommendations
- continue to work with 26TEN to support the Health Literacy Network and Working Group
- build organisational health literacy across sectors, including general practice and primary care, local government, health care, education and community services
- develop the health literacy skills of health, education and community workers
- develop health literacy in children, particularly in schools
- use tools such as the Health Literacy Questionnaire to identify barriers to health literacy in priority populations and communities, and use this information to drive service improvements
- implement community-driven solutions to connect people to the information and services they need.



Creating networks for health and wellbeing

A key part of health literacy is being able to navigate the health and community system and to involve consumers in how services meet their needs.

We have funded Health Consumers Tasmania to trial Tasmanian Community Health and Wellbeing Networks in Ulverstone, Huonville and Scottsdale. The networks aim to build the capacity of regional communities to identify and respond to local healthcare needs.

The Health and Wellbeing Networks will be managed by local communities and supported by a Local Health Connector, who will bring together health consumer representatives, community advocates, health and community services, community and sporting groups, and supportive businesses.

We will know we've been successful when:

- more health and community services demonstrate health literacy best practice
- more services use plain language in everything they do, including their resources and consent procedures
- more Tasmanians can find and understand health information
- more Tasmanians find it easy to navigate the health system
- more Tasmanians find it easy to engage with providers and feel empowered to discuss their health and wellbeing concerns.

3. Mental health and wellbeing

Positive mental health and wellbeing is important for the overall health of Tasmanians. Better mental health and wellbeing has personal, social, financial and economic benefits for individuals, families and the wider community. It means people are able to contribute to their community, work and study productively, connect with others, and cope with stress and challenges.

A person can achieve good mental health and wellbeing while living with a diagnosed mental illness. In the same way, a person may have significant problems with their mental health and wellbeing but not meet the criteria for a mental illness.

Factors that help people to reach optimal levels of mental health and wellbeing include:

- social support and meaningful connections with others
- purpose through a job, education or volunteering

- stable housing, access to open green spaces and affordable, nutritious food
- freedom from discrimination and stigma
- physical activity.

Rethink 2020 is the state plan for mental health in Tasmania. Its vision is that Tasmania is a community where all people have the best possible mental health and wellbeing. Annual *Rethink 2020* implementation plans outline the focus for action including prevention and early intervention.

Healthy Tasmania has included a focus on mental health and wellbeing in the Healthy Tasmania Fund grants program. Our actions will focus on how we can further contribute to *Rethink 2020*.



What is mental health literacy?

Mental health literacy supports mental health and wellbeing. It involves the knowledge, understanding and skills that individuals, communities and health and community workers need to maintain mental health and wellbeing and reduce the impact of mental illness. Mental health literacy includes:

- skills to maintain positive mental health
- understanding mental illness and treatments
- challenging stigma related to mental illness
- the ability to recognise mental health problems
- understanding when and where to seek help
- skills to self manage mental ill health.



We will:

- support community action that promotes mental health and wellbeing in communities, across all life stages, especially through opportunities for lifelong learning, volunteering, social connection, positive relationship building and reducing loneliness
- promote the importance of eating well, being active and reducing smoking and alcohol use for improved mental health and wellbeing
- promote and support mental health literacy in communities and where people live, learn and work
- work with the Arts sector to deliver innovative arts and health approaches to promote mental health and wellbeing
- increase community understanding of mental ill health and reduce stigma and discrimination for people experiencing a mental illness
- promote mental health and wellbeing in Tasmanian workplaces.

We will know we've been successful when there is:

- increased sense of social connection and reduced loneliness
- reduced stigma and discrimination against people living with mental illness
- greater awareness of mental health literacy in communities and workplaces
- better mental health and wellbeing.



4. Active living

The health benefits of being physically active are well known. Active living has benefits beyond physical and mental health, including social, economic and environmental benefits. However, almost half of all Tasmanian adults do not do the recommended amount and type of physical activity for good health. Like most Australians, Tasmanian children and adults spend too much time on phones, computers and TV and our everyday activity is less because we use our cars a lot.

To increase physical activity in Tasmania, we need to go beyond encouraging people to meet the guidelines and create environments that support people to naturally be more physically active.

For example, well-designed streets, public open spaces and green areas, public transport and other facilities and infrastructure all encourage people to be active on the

way to work and school and to enjoy sport and active recreation in their leisure time. Neighbourhoods designed for young families with prams will also suit older Tasmanians and people living with a disability. Participation in sport and active recreation not only encourages physical activity, it is also good for mental health and the development of communities.

Much work has already been done to support communities with physical activity programs and resources. There have also been some exciting partnerships and successes for active living, including the Tasmanian Active Living Coalition, which was established to work in partnership to create accessible, inclusive environments to support all Tasmanians to lead healthy, active lifestyles at every stage of life and for all forms of ability. The Department of Communities will soon release a *Tasmanian Sport and Active Recreation Strategy* to help ensure all Tasmanians have the opportunity to benefit from sport and active recreation activities and infrastructure.





We will:

- plan and build places that support health and wellbeing and physical activity
- build infrastructure that makes walking, cycling, accessibility and public transport a safe and viable alternative to driving
- strengthen the participation of Tasmanians in sport and active recreation by providing community infrastructure and programs and by minimising cost and access barriers
- further develop early childhood and school environments that support and encourage physical activity
- support evidence-based, community-driven action to improve physical activity.

We will know we've been successful when:

- more Tasmanians are physically active
- fewer Tasmanians are sedentary
- more Tasmanians use public and active transport
- more Tasmanians use our green spaces
- more Tasmanians regularly participate in sport and active recreation.

Transform-Us! pilot project

The classroom can be a place where children do not move around very much. *Transform Us!* provides primary schools and teachers with online training and resources to help students move more and sit less in the classroom. This program has been used in Victorian schools with great success for more than 12 years. A Tasmanian pilot of the program in up to 30 Move Well Eat Well primary schools started in November 2021. The University of Tasmania will evaluate the pilot to test its success in a Tasmanian setting. If the pilot proves successful, we will offer it to all Tasmanian primary schools.



5. Eating well

Eating well reduces the risk of chronic diseases such as diabetes, heart disease and some cancers. It also improves overall physical, mental and social wellbeing, and supports healthy ageing.

Eating well is more than just what people eat, it is about having a positive relationship with food and enjoying food, having the time to eat, and enjoying eating with others.

To eat well, people need access to a variety of affordable, nutritious foods. If this food is locally produced, there will also be benefits for our environment, society and economy.

Even though Tasmania is known for growing an abundance of premium produce, fewer than 1 in 10 Tasmanians eat enough fruit and vegetables. In addition, 1 in 5 Tasmanians experience food insecurity, which is not having reliable access to nutritious, affordable food, making it harder to eat well. As well as not eating enough fruit and vegetables, Tasmanians eat too many foods and drinks that are high in sugar, fat, and salt. These are heavily marketed and may be eaten instead of more nutritious foods.

We have taken a range of actions to help Tasmanians eat well. Our focus has been on creating healthy environments where children live, learn and play, and supporting families and children to have access to nutritious food. We have promoted local seasonal food through Eat Well Tasmania and funded community-driven actions to promote healthy eating. The Breastfeeding Coalition of Tasmania has implemented a range of strategies to promote and protect breastfeeding.

To implement recommendations from the Premier's Economic and Social Recovery Council, the Department of Communities Tasmania has coordinated the development of the *Food Relief to Food Resilience – Tasmanian Food Security Strategy* (Food Relief Strategy). Its goal is to support an integrated food relief sector that supports Tasmanians in need to access sufficient, safe, nutritious, quality food, and access services that support long-term food resilience. This work is supported by a Food Relief Community Reference Group and ongoing work to map emergency food relief providers across the state.





We will:

- deliver the Food Relief Strategy to support an integrated food relief sector and actions for long-term food resilience
- build on the Food Relief Strategy to form a Tasmanian food policy coalition, involving stakeholders from across the food system, including agriculture and hospitality, to help shift to a healthier food culture in Tasmania
- promote the supply of local, affordable, nutritious food and reduce exposure to unhealthy food and drink
- support Tasmanian organisations to buy and promote healthy local food to support local farmers and producers wherever possible
- support community-based food programs
- implement social marketing and community programs that encourage Tasmanians to enjoy local, seasonal foods
- create partnerships, policies and practices to support and protect breastfeeding.



We will know we've been successful when:

- more Tasmanians eat according to the Australian Dietary Guidelines, with increased fruit and vegetable consumption and decreased consumption of food and drinks high in sugar, fat and salt
- all Tasmanians have access to affordable nutritious food
- Tasmanian organisations buy and serve more nutritious food, preferably from local food growers and producers
- more Tasmanian babies are breastfed for longer.



Extending the school lunch program

The school lunch program was a pilot program that gave Tasmanian schools financial and practical support to provide healthy, cooked lunches for their students.

The Tasmanian Government has committed more funding to extend this pilot program to 15 schools in 2022 and a further 15 schools in 2023. School Food Matters (formerly the Tasmanian School Canteen Association) will support the 30 schools to develop food plans and implement a free healthy lunch program.

Positive feedback from the initial pilot includes better concentration, increased school attendance and a reduction in behavioural issues.

6. Smoke-free communities

'Smoking' in this report refers to the use of cigarettes, e-cigarettes and other tobacco industry products. Smoke-free communities are places where the access and use of cigarettes, e-cigarettes and other tobacco industry products is rarely seen.

Smoking remains the single greatest preventable cause of death and disease. Australian research suggests that up to two-thirds of people who smoke will die from their smoking. On average, 559 Tasmanians die each year from tobacco use.

Tobacco control action aims to improve the health, social and economic wellbeing of Tasmanians by creating smoke-free communities, preventing young people from taking up smoking, and supporting those who smoke to quit.

Our actions to date have made considerable progress. More Tasmanians are becoming smoke free. Fewer retailers are selling tobacco and more local councils are establishing smoke-free areas.

Our evidence base is growing, as we are trialling new and innovative community-based projects that aim to improve access to smoking cessation support for people in priority populations. New laws have been introduced to further regulate the sale of smoking products.

There is more work to do. Tasmania has the second highest smoking rate in Australia, while the growing use of e-cigarettes has the potential to reverse gains made in reducing smoking in Tasmania.

The Tasmanian Tobacco Control Coalition is developing the next *Tobacco Action Plan*, which will guide our action.





We will:

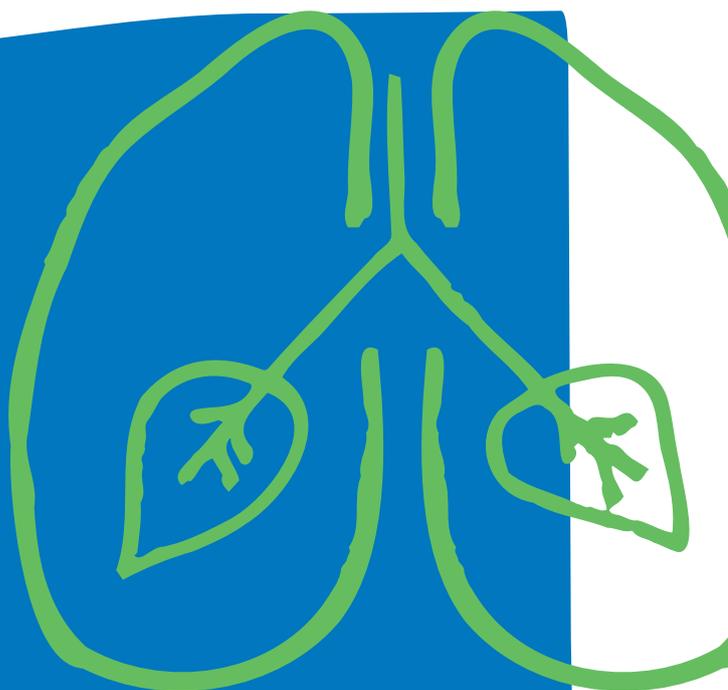
- strengthen tobacco control laws to reduce the visibility and availability of smoking products, and regulate new and emerging tobacco industry products
- deliver a *Smoking Prevention Package for Young People* to encourage young people to be smoke free
- deliver media campaigns to increase public awareness of the health risks of smoking, prompt quit attempts and address relapse
- strengthen efforts to support Tasmanians from priority populations to quit smoking through community-led, culturally appropriate approaches that are tailored to families, social networks, workplaces and local communities
- implement initiatives within our health systems to support both staff and patients to be smoke free, including antenatal interventions, enhanced brief intervention practices, and support for sites to become smoke free.

We will know we've been successful when:

- fewer Tasmanians take up smoking
- more Tasmanians quit smoking
- fewer pregnant women in Tasmania smoke.

Preventing smoking in young people

The Government has committed to fund a *Smoking Prevention Package for Young People*, which aims to reduce smoking prevalence among young people in Tasmania. It will focus on preventing students' uptake of smoking through school based peer led initiatives, encouraging smoke free environments, further developing and promoting the *Smoke Free Generation ... be a part of it!* website, and supporting young people who smoke to quit. There will also be a strong focus on educating young people, parents and schools on the harms of e cigarettes and action to discourage their use.



7. Reducing alcohol harm

Reducing harmful alcohol consumption will benefit individuals, families and communities. Drinking alcohol at risky levels is a major cause of preventable disease and illness and impacts communities by contributing to issues such as road accidents and community and family violence.

The Tasmanian Government is committed to raising awareness of Foetal Alcohol Spectrum Disorder (FASD) caused by alcohol consumption during pregnancy. The Government supported the Australia New Zealand Food Ministers' Meeting decision in 2020 to mandate red, black and white pregnancy warning labels on alcoholic beverage bottles, from mid-2023.

Factors that protect against alcohol-related harms include social connection, education, safe and secure housing, and a sense of belonging to community. Factors that increase the risk of alcohol-related harms include high availability of alcohol, social disconnection, unstable housing and socioeconomic disadvantage.

A range of responses is needed to reduce and minimise harms from alcohol. These include health promotion, prevention, early intervention, treatment and recovery-focused approaches.

Healthy Tasmania will support communities to prevent and respond to alcohol harms. This will complement other actions in the *Tasmanian Drug Strategy*.





We will:

- promote the national guidelines to reduce the health risks of drinking alcohol, to support informed decisions about alcohol consumption and promote better public understanding of alcohol-related harms
- support the implementation of the Tasmanian FASD Action Plan in response to, and aligned with, the National FASD Strategic Action Plan
- build the capacity of communities to prevent, identify and respond to alcohol-related harm, and promote healthy alternatives to alcohol, especially in priority populations
- reduce children's exposure to alcohol advertising
- promote healthy events guidelines to ensure alcohol-free alternatives are widely available.

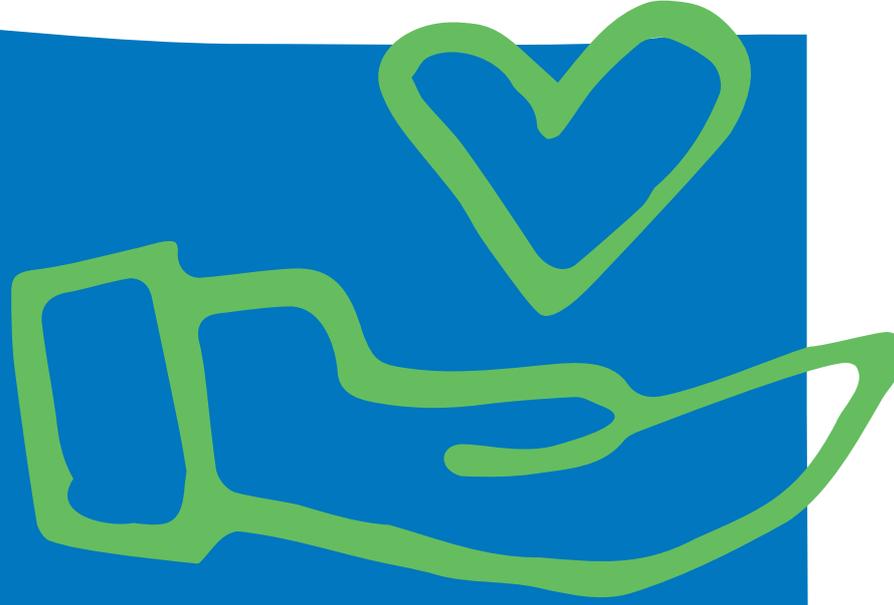
We will know we've been successful when:

- more Tasmanians are aware of the national alcohol guidelines
- fewer Tasmanians drink alcohol at risky levels
- Tasmanian children have less exposure to alcohol advertising.

Supporting Good Sports

The Good Sports program is funded in Tasmania to change the drinking culture that can sometimes accompany sport and to support community efforts to reduce risky drinking. There are around 500 Good Sports clubs in Tasmania, which are using the program's free tools and resources to build a policy around alcohol management, smoking regulations, mental health, illegal drugs and safe transport.

Tasmania's Redpa Football Club was awarded 2019 Good Sports Club of the Year. The club has been working towards shifting its culture from one where alcohol was a key part of events to a proud family friendly environment. The club is happy, healthy, and connected – on and off the field.



8. Climate change and health

Climate change and health are closely linked. Tasmania is forecast to experience rising temperatures, changes in rainfall patterns, more storms, longer fire seasons, more hot days and more heat waves. These all have implications for the health of Tasmanians. For example, there is a clear link between heat and illness, with more emergency department presentations, especially for children and older people during heatwaves.

A changing climate can affect access to nutritious food, clean air and water, and the liveability of communities. It can also affect mental health and wellbeing by causing worry and anxiety about the future.

According to the World Health Organization, the most vulnerable and disadvantaged people will disproportionately feel the health impacts of climate change. We need to anticipate adverse events and intervene early to protect those who are most susceptible.

Lifestyles that continue to rely on car use and the consumption of highly processed foods not only increase the risk of developing chronic diseases, they also contribute to climate change through increased greenhouse gas emissions.

We will work together to prevent and mitigate against the potential impacts of climate change on our health. We can do this by reducing emissions from food and energy production, reducing air and waste pollution and

increasing active transport such as more cycling and walking. These actions can improve our health and our planet.

Better access to Tasmania's natural environments and the creation of more liveable, connected spaces can also improve mental health, increase physical activity and contribute to a sense of belonging.

Work is already well under way to reduce emissions through the *Climate Change (State Action) Act 2008* and Tasmania's next *Climate Change Action Plan*.

In 2019, a Climate Change and Health Roundtable identified priorities and areas for action for Tasmania. There is ongoing research and action on air quality, active transport, improving the walkability and liveability of local communities, and ways to realise the wider benefits of a healthy and sustainable food supply.

There are opportunities for different sectors to work together across government and with communities to protect Tasmanians from the impacts of climate change, including enhancing Tasmania's natural open spaces and the built environment, improving access to fresh food, encouraging people to be more active and keeping the air and water clean.

Acting on climate change will result in immediate and direct benefits for the health of Tasmanians now as well as for future generations. These actions will reduce the risk factors for chronic disease and improve the liveability of our communities.

The health benefits of taking action on climate change



Adapted from BMJ 2016, *Health and climate benefits: co-benefits*.

What is liveability?

Liveability means living in communities that are safe, inclusive and environmentally sustainable, with affordable housing and easy access to places of work, schools, public open spaces, shops, health and community services and recreation. A liveable community also has convenient public transport and infrastructure to support walking and cycling.

As Tasmania grows, we have an opportunity to plan our communities in a way that creates healthy, sustainable, liveable and connected spaces.



We will:

- raise awareness about the links between climate change and health, and ways communities can take action and respond to climate change
- create more liveable communities that improve health and wellbeing and tackle climate change. This includes active living strategies and supporting local food production, as well as actions to support good water and air quality
- support actions that protect priority populations from the impacts of climate change, such as bushfires, extreme heat and cold weather events.

We will know we've been successful when:

- liveability rankings for Tasmanian communities improve
- there is increased awareness about the links between climate change and health
- public policy recognises that action on climate change has co-benefits for health and wellbeing
- there are fewer emergency department visits and hospitalisations due to extreme weather events.

Governance

To achieve our vision, we need genuine community engagement and shared decision-making at the heart of our governance.

We listened to the community and heard the need for Healthy Tasmania to develop a more inclusive governance model.

The principles of our governance will include:

- community representation and input into planning
- clear accountability and monitoring of progress
- coordination of effort across tiers of government and across agencies
- a responsibility to ensure communities are left stronger and better after engaging in our funding processes and program development.

State Government

The Minister for Mental Health and Wellbeing has overall responsibility for the *Healthy Tasmania Five-Year Strategic Plan*. The Minister sits on the Premier's Health and Wellbeing Advisory Council, alongside the Premier. One of the major roles of the Premier's Health and Wellbeing Advisory Council is to provide advice on cross-sector and collaborative approaches to improving the health and wellbeing of Tasmanians.

The Department of Health will work with other agencies and with the community to develop and monitor yearly action plans under Healthy Tasmania.

Our governance model will have the following components:

- The Heads of Agencies Deputy Secretaries Group will provide high-level oversight and sponsorship.
- A Planning and Implementation Group will provide community and government representation in developing and monitoring yearly action plans.
- Working Groups, such as the Research and Evaluation Working Group and the Communications Working Group, will be responsible for specific priorities or actions.
- Healthy Tasmania will provide the opportunity for genuine community engagement and shared decision-making through Community Forums, the Healthy Tasmania Fund, our partnership with Health Consumers Tasmania, and the use of citizen science approaches in our action research.

What is citizen science?

Citizen science is when members of the public participate and collaborate in scientific research. It offers diverse perspectives on problems and solutions, allows researchers to monitor policy and program implementation, provides new data sources, and increases communities' support for action to improve health.

Through citizen science, the community can clearly see how health scientists generate evidence about problems and solutions.



Healthy Tasmania Governance Model



Local government

The involvement of local government is critical to support future preventive health efforts at the community level. Local government has a high level of engagement with communities, knows their needs, and has responsibility for many factors that can impact on health and wellbeing.

Local government is already playing a key role in supporting community health and wellbeing. We will formally recognise the role of local government as a part of the preventive health system, and provide an authorising environment, strategic direction and resources to support local government to contribute to preventive health actions.

We will strengthen the partnership between the Department of Health and local government, including clarifying our respective roles and responsibilities for health and wellbeing.

As part of the *Future of Local Government* reform, we will consider resourcing local government for local health and wellbeing action plans.

Australian Government

The Australian Government shares a significant responsibility for preventive health. It has worked with states and territories to develop important strategies, including the *National Preventive Health Strategy*. The Australian Government also funds Primary Health Networks, which assess the healthcare needs of communities and fund health services to meet those needs. We will work closely with the Australian Government to align with the *National Preventive Health Strategy* so Tasmania can benefit from any investment.

Primary Health Tasmania

Primary Health Tasmania is a non-government, not-for-profit organisation focused on connecting care and keeping Tasmanians well and out of hospital. It is one of 31 similar organisations under the Australian Government's Primary Health Networks Program. Primary Health Tasmania works with communities to understand health needs, supports primary healthcare providers to deliver care, and funds services to address gaps. We will partner with Primary Health Tasmania to ensure we act in a coordinated way to help communities access local data and to join up our funding and actions where we can.

Health Consumers Tasmania

Health Consumers Tasmania aims to empower the community to have meaningful input into Tasmania's health system, so it better meets their needs.

It does this by:

- facilitating community conversations to identify what health and wellbeing services people need and working with them so they can have their voices heard
- supporting the health system to listen and act on what the community is telling them.

We will work with Health Consumers Tasmania to consult with communities about preventive health activities that will make a difference in their communities.

Measuring progress

We are committed to understanding our impact on the health and wellbeing of our community. We already have many measures that help us understand the health of Tasmanians, but there are things we still do not know. By working and learning with the community and others to fill in the gaps, we can respond to new and emerging knowledge and use this to guide our actions.

We are working with the University of Tasmania, The Australian Prevention Partnership Centre and the Tasmanian Collaboration for Health Improvement to implement a research and evaluation framework to measure Healthy Tasmania's success and support improvements in our future actions.

The framework shows how we will measure progress towards achieving Healthy Tasmania's vision. We will monitor short- and medium-term progress so we can review and, where necessary, improve activities to keep doing better. The framework will allow us to detect differences between population groups, enabling us to respond more effectively to their needs.

The evaluation seeks to answer the following questions:

- Are the rates of chronic conditions and their risk factors improving?
- Is there a reduction in the gap in rates of chronic conditions and their risk factors between population groups?
- Are the places where Tasmanians live, learn, work and play more supportive of health and wellbeing?
- Do all Tasmanians have better access to the resources they need for health and wellbeing?
- Are more Tasmanians as socially connected across the life course as they would like to be?

The evaluation also seeks to understand how we are working together to do this. For example:

- What actions best support community-led decision-making in health?
- What approaches best support intersectoral collaboration in health?
- Have we built greater organisational workforce capacity for health promotion?

We will produce a baseline report of Tasmania's current health and wellbeing status so that we can monitor changes. An interim evaluation report will be delivered in 2023–24 and a final report in 2026–27.

The research and evaluation framework is an accompanying document to support this strategy.

The types of measures we will use to assess how the *Healthy Tasmania Plan* is working include the proportion of Tasmanians who:

- smoke
- eat the recommended amount of fruit and vegetables
- do enough physical activity for good health
- are living with multiple chronic conditions
- regularly participate in sport and active recreation
- use active transport
- have access to safe water and green space
- are confident to use health information
- drink alcohol at safe levels
- report being in good health
- report feeling lonely or socially isolated

Next steps

Our early priorities are to:

- finalise the research and evaluation framework by February 2022
- ensure funding agreements are in place for relevant election commitments by February 2022
- finalise and implement the governance framework by March 2022
- develop a communications and engagement strategy by March 2022
- finalise the first year Healthy Tasmania Action Plan by April 2022
- review and launch the new Healthy Tasmania Fund by June 2022



Appendix I

TASMANIA STATEMENT:

Working Together for the Health and Wellbeing of Tasmanians

We acknowledge the ancient history of the Tasmanian Aboriginal people as the First People of lutruwita/Tasmania. For over 2,000 generations, Tasmanian Aboriginal peoples' health and wellbeing has been, and continues to be, based on a deep and continuous connection to family, community and the land, sea and waterways.

We, the Premier's Health and Wellbeing Advisory Council, the Tasmanian Government and the Signatories to this document, will work together to improve the health and wellbeing of Tasmanians.

We recognise the history of leadership, support and work by the community and business sectors and all political parties.

We recognise that:

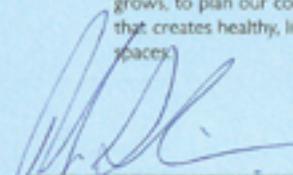
- The health and wellbeing of all Tasmanians is enhanced by our natural open spaces, fresh food and clean air and water.
- Our economy, our culture and our communities are strong and diverse. We can all reach our potential and have better health and wellbeing if we can participate fully in society.
- We have an opportunity as Tasmania grows, to plan our communities in a way that creates healthy, liveable and connected spaces.

- We need to continue to take practical action on climate change and poverty because they impact the health and wellbeing of current and future generations of Tasmanians.
- Our relationships are our strength. We are already doing a lot but we can achieve more by working together across government and with communities.
- Health and wellbeing is the foundation of a successful and bright future for all Tasmanians.

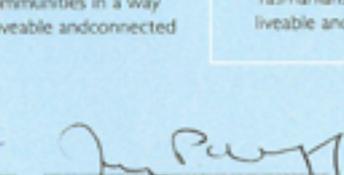
We commit to:

- Involving Tasmanians in our decisions.
- Working together across government and with our communities and the business sector on shared priorities.
- Making decisions that benefit Tasmanians now and in the future.
- Measuring if we are making a difference.

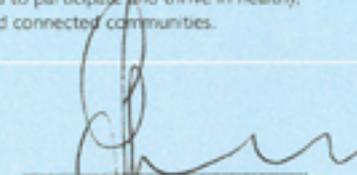
By making this commitment, it will support Tasmanians to participate and thrive in healthy, liveable and connected communities.



Hon Peter Gutwein MP
Premier of Tasmania



Hon Jeremy Rockliff MP
Deputy Premier, Minister for Health,
Minister for Mental Health and
Wellbeing



Mr Graeme Lynch AM
Chair, Premier's Health & Wellbeing
Advisory Council

Signed on 11 August 2021



Appendix 2

The policy landscape

Healthy Tasmania will be implemented in the context of a diverse policy landscape, with a number of key state and national priorities.

State

Our HealthCare Future: Advancing Tasmania's Health
It Takes a Tasmanian Village: Child and Youth Wellbeing Strategy

Strong Families Safe Kids

Department of Education Child and Student Wellbeing Strategy

Tasmanian Active Ageing Strategy 2023—2029

Oral Health Promotion Strategic Plan 2017–2022

Tasmanian Women's Strategy 2022–2025

National

National Preventive Health Strategy 2021–2030

Draft National Obesity Prevention Strategy

National Strategic Framework for Chronic Conditions

Australian National Diabetes Strategy

National Strategic Action Plan for Heart Disease and Stroke

COAG Health Council five actions to limit the impact of unhealthy food and drink on children

Priority populations

Cultural Respect Framework for Aboriginal and Torres Strait Islander Health 2016–2026

Aboriginal Cultural Respect in Tasmania's Health Services Community Consultation Report 2018

Improving Aboriginal Cultural Respect Across Tasmania's Health System Action Plan 2020–2026

Tasmanian Closing the Gap Implementation Plan

Health literacy

Tasmanian Health Literacy Action Plan 2019–2024

Australian Charter of Healthcare Rights

National Statement on Health Literacy – Taking action to improve safety and quality (Australian Commission on Safety and Quality in Health Care)

26TEN Tasmania: Tasmania Strategy for Adult Literacy and Numeracy 2016–2025

Mental health and wellbeing

Rethink 2020: A state plan for mental health in Tasmania 2020–2025

The National Children's Mental Health and Wellbeing Strategy

Fifth National Mental Health and Suicide Prevention Plan

Active living

Tasmanian Walking and Cycling for Active Transport Strategy
Getting Australia Active III: A systems approach to physical activity for policy makers

Australia's Physical Activity and Sedentary Behaviour Guidelines Sport 2030

Tasmanian Sport and Active Recreation Strategy

WHO Global Action Plan on Physical Activity 2018–2030: more active people for a healthier world

2050 Vision for Greater Hobart

Hobart and Launceston City Deals

Eating well

Food Relief to Food Resilience: Tasmanian Food Security Strategy 2021–2024

Australian Breastfeeding Strategy: 2019 and Beyond

WHO Code: International Code of Marketing Breastmilk Substitutes and Marketing in Australia of Infant Formulas (MAIF) Agreement

INFORMAS (International Network for Food and Obesity/ Non-communicable Diseases (NCDs) Research, Monitoring and Action Support)

NOURISHING Framework (World Cancer Research Fund)

Smoke-free communities

Tasmanian Tobacco Action Plan: reducing the use of tobacco and related products 2022–2026

Smoke Free Young People Strategy 2019–2021 (Tasmania)

No One Left Behind: An action plan to achieve a smoke free Tasmania 2018–2021

National Tobacco Strategy 2022–2030

WHO Framework Convention on Tobacco Control

Reducing alcohol harm

Tasmania Drug Strategy 2021–2027

National Alcohol Strategy 2019–2028

National Fetal Alcohol Spectrum Disorder (FASD) Strategic Action Plan 2018–2028

Climate change and health

Climate Change (State Action) Act 2008 (under review)

Climate Action 21: Tasmania's Climate Change Action Plan 2017–2021 (under review)

Working together to build a better future after COVID-19

Healthy Tasmania will contribute to achieving the following Premier's Economic and Social Recovery Advisory Council recommendations:

Recommendation 8: Comprehensively update regional land use strategies

Recommendation 30: Commit funding for various mental health and community capacity building initiatives

Recommendation 31: Ensure that the Food Security Strategy: expands the school lunch pilot to include community involvement; adopts a place based approach; includes strong links to agriculture and hospitality; and can be scaled up to meet increases in need

Recommendation 32: Develop a comprehensive Tasmanian housing strategy that includes: population growth and settlement planning; sustainable housing (energy and water efficiency); and alignment of essential social and economic infrastructure

Recommendation 34: Implement a range of measures to improve digital inclusion, which means having access to the internet and devices, the financial means to get online and the confidence to use the internet safely

Recommendation 35: Fund community led, place based recovery activities and give priority to activities that increase community connection, including collaboration across community organisations

Recommendation 36: Establish scholarship funding to support community leadership

Recommendations 38 42: Develop a sustainability vision and strategy for Tasmania.





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healthy
Tasmania 
A Tasmanian Government
and Community Partnership