



Healthy Focus Round 2 Grant Guidelines August 2024





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About Healthy Focus grants

All Tasmanians want the opportunity to live a healthy life.

However, some people face extra barriers to health and wellbeing. There are many reasons for this, such as social, economic or historic disadvantage, colonisation, racism, stigma and discrimination, and language and access barriers.

Improving health equity is a key principle of Healthy Focus grants. A health equity approach recognises that some groups of people need more support or resources to reduce barriers and achieve health outcomes.

This means targeting interventions and working with those people experiencing barriers to health and wellbeing.

Grants are for preventive health activities that reduce the barriers to people living a healthy life. Preventive health is the term for activities that help protect, promote and maintain health and wellbeing. We want to fund community projects that keep people healthy, prevent rather than treat illness and protect from harm.

Projects must also address one or more of the Healthy Tasmania focus areas: priority populations, health literacy, mental health and wellbeing, active living, eating well, smoke-free communities, reducing alcohol harm, and climate change and health.

Grants are for developing or testing new programs or expanding existing programs.

Applications open 26 August 2024 and close 30 September 2024.

Key dates

Applications open: Monday 26 August 2024

Grant information session: 1-2 pm on Monday 2 September 2024.

Applications close: 4 pm on Monday 30 September 2024

Applicants notified: By 31 December 2024

Grant funds paid and projects start: 1 March 2025
Delivery of projects: March 2025 to February 2027

Before you apply

Read the Healthy Focus Round 2 grant guidelines.

Preview the application form at SmartyGrants (www.healthytas.smartygrants.com.au/)

Contact us

We want to make applying for a Healthy Focus grant as simple as possible. Contact us to check your project idea is eligible and to ask us any questions.

Email ahealthytasmania@health.tas.gov.au or phone (03) 6166 1691.

What funding is available?

Healthy Focus grants are from \$20,000 to \$100,000.

You can apply for any amount from \$20,000 up to \$100,000.

Projects can be up to two years.

A total funding pool of \$1.5 million is available.

If your application is successful, you will be paid the full amount requested. We do not partfund applications.

Who can apply?

To be **eligible** your organisation must:

- be an incorporated not-for-profit organisation (this includes councils)
- have an office, branch or presence in Tasmania and plan to do your project in Tasmania.

If your organisation is not-for-profit but not an incorporated association, you can apply if your application is sponsored by an incorporated not-for-profit organisation or local council.

The applicant organisation and the sponsor organisation must meet all other eligibility criteria.

For example, if your community action group is a not-for-profit organisation but is not incorporated you could ask your local Neighbourhood House or council to sponsor your application.

Not-for-profit organisations registered as a Company Limited by Guarantee are eligible.

Organisations that have received a Healthy Focus grant or other Healthy Tasmania grants in the past can apply, as long as they meet the eligibility criteria and are up-to-date with any grant reporting requirements.

Who can't apply?

The following are **not eligible** to apply (even if their application is sponsored by an eligible organisation):

- individuals
- for-profit organisations or businesses
- schools or school associations
- · child and family learning centres
- libraries
- universities
- State or Commonwealth government departments
- organisations who have received a Healthy Focus grant or other Healthy Tasmania grants in the past but have outstanding reporting requirements.

While individuals and the organisations listed above are not eligible to apply for a grant, we encourage partnerships with them to deliver your project.

What can funding be used for?

Grants are for preventive health activities that reduce the barriers to people living a healthy life.

Preventive health is the term for activities that help protect, promote and maintain health and wellbeing. We want to fund community projects that keep people healthy, prevent rather than treat illness and protect from harm.

Projects must address one or more of the Healthy Tasmania focus areas: priority populations, health literacy, mental health and wellbeing, active living, eating well, smoke-free communities, reducing alcohol harm, and climate change and health.

Projects can address more than one focus area, as some focus areas overlap. You don't need to address all the focus areas.

Applications may be stronger if they focus on outcomes for one or two focus areas, rather than trying to address many focus areas.

For more information about each focus area see the section on focus areas.

Grants are for developing or testing new programs, or for building on, expanding or scaling up existing programs.

Some examples of projects are:

- community food hubs that build food resilience and support communities experiencing food insecurity move from food relief to food security.
- helping sport and recreation clubs be more welcoming and inclusive for LGBTIQA+ Tasmanians
- supporting people with lived experience to share their stories to reduce stigma and discrimination.
- strengthening health literacy in multicultural communities
- developing a targeted health promotion campaign to reduce alcohol harm.
- mentoring program for young people in socially disadvantaged areas to promote positive mental health and wellbeing.

You can also look at the list of <u>Healthy Focus Round 1 projects</u> (www.health.tas.gov.au/about/what-we-do/strategic-programs-and-initiatives/healthy-tasmania-strategic-plan/healthy-focus-grants) or the <u>Healthy Tasmania Report for Years 1</u> and 2 (www.health.tas.gov.au/publications/healthy-tasmania-report-years-1-and-2) for inspiration and ideas of the types of projects that we will fund.

Funding can be used for goods or services directly related to your project. This may include:

- short term staffing or subcontractors
- activities that will build capacity of people in your organisation or community to improve health and wellbeing, for example up-skilling staff and volunteers.
- activities that strengthen collaboration across your community or sector
- action research, community consultation and co-design activities.
- equipment, materials, or other items
- minor capital works or infrastructure projects
- expenses for people to participate in your project, especially costs that reduce barriers to participation, for example, travel or childcare costs, or paying people with lived experience.

These are some examples, other activities may be funded if they meet the assessment criteria.

Staffing and subcontractors

You can use grant funds to pay for short-term staff or to subcontract specialists or experts.

If you plan to use a subcontractor, you will need to explain how subcontracting will provide a legacy for your community and/or organisation. For example, you may subcontract someone with specialist skills or knowledge to increase the skills and knowledge of your community or organisation, or you may subcontract a tradesperson to build or install infrastructure for the long-term benefit of the community.

What can't funding be used for?

- Projects or activities outside of Tasmania.
- Clinical or medical services (including treatment or rehabilitation).
- Training or up-skilling specifically for healthcare professionals.
- Sporting club activities or equipment that are for normal club activities. We may fund sporting club activities that are outside normal operations. For example, activities that reduce barriers for targeted population groups to join in your sport.
- Activities already paid for or already funded by another source (unless the proposed activities clearly show how they build on, expand or scale-up the existing program).
- To provide continued funding when another funding source has run out (unless the proposed activities clearly show how they build on, expand or scale-up the existing program).
- To cover any payments or expenses incurred before the grant period.
- Providing a core business or service.
- Ongoing operational costs.
- Activities that produce a financial benefit to a business or person(s).
- Activities that are solely for promoting an existing organisation or program. For example, a campaign to increase membership of an organisation or club.
- Upgrades to toilets, changerooms or other facilities (unless upgrades are part of a wider program or engagement strategy and there is a clear link to improving community health and wellbeing).
- Upgrades to areas that will be leased or sub-leased for profit.
- Purchase of land, buildings, or cars.
- Loans, sponsorship, donations, or fundraising.

What is the assessment process?

All applications will be checked for eligibility and whether the activities are in scope of the grant and address at least one of the Healthy Tasmania focus areas. If an application does not meet these requirements, it will not progress.

Applications will be reviewed by a departmental assessment team and forwarded to an independent Selection Panel for final evaluation.

The Selection Panel will make final recommendations for funding, subject to approval by the Chief Executive Public Health Services.

We will apply an equity lens to the assessment process. This means that the Selection Panel will consider a combination of factors including application merit against the assessment criteria and the mix and spread across project types, focus areas, geographical regions and population groups.

Once the assessment process is complete, we will email all applicants about the outcome of their application.

Grant recipients will be announced publicly by the Minister for Health and listed on the Department of Health website (www.health.tas.gov.au/about/what-we-do/strategic-programs-and-initiatives/healthy-tasmania-strategic-plan/healthy-tasmania-grants-programs)

We expect to receive more applications than can be funded. We will provide general feedback to unsuccessful applicants in the email about the outcome of their application.

The Selection Panel's decisions are final, and no discussion or correspondence will be entered into concerning the decisions.

What are the assessment criteria?

Applications will be assessed against the following criteria:

- project design (weighting 20%)
- community need (20%)
- capacity to deliver (20%)
- ongoing benefits (10%)
- measuring change (10%)
- value for money (20%).

Note there is no individual criteria for health equity. This is because an equity lens should be applied across all aspects of the project.

Project design

Applications will have a greater chance of success of funding if the activities:

- seek to address barriers to health and wellbeing for those most at risk of poorer health outcomes.
- are inclusive and engage those most in need.
- have realistic and achievable timeframes.
- are well thought out and supported by evidence.
- follow best practice.

Evidence might include data, research, statistics, frameworks, reports, case studies or similar projects or programs that have been run.

Some data sources include:

- <u>Tasmanian Population Health Survey 2022</u> (www.health.tas.gov.au/publications/2022-tasmanian-population-health-survey)
- <u>ABS National Health Survey 2022</u> (www.abs.gov.au/statistics/health/health-conditions-and-risks/national-health-survey/latest-release)

- Health in Tasmania: Primary Health Tasmania Health Needs Assessment 2022-23 to 2024-25 (2021) (www.primaryhealthtas.com.au/wp-content/uploads/2022/04/Primary-Health-Tasmania-Needs-Assessment-2022-25.pdf)
- Australian Institute of Health and Welfare (www.aihw.gov.au/)
- Healthy Tasmania Five-Year Strategic Plan Research and Evaluation Framework
 (www.health.tas.gov.au/sites/default/files/2023-06/Healthy_Tasmania_Five-Year_Strategic_Plan_Research_and_Evaluation_Framework_UTASMenzies2022%2 0%5Baccessible%5D.pdf)
- Healthy Tasmania Five-Year Strategic Plan Research and Evaluation Report 1:
 Baseline (www.health.tas.gov.au/sites/default/files/2023-06/UTAS_Menzies_HealthyTas_Baseline%20Report_ACCESS_V3%20%5Baccessi ble%5D%200623.pdf)
- <u>National Preventive Health Strategy 2021-2030</u> (www.health.gov.au/sites/default/files/documents/2021/12/national-preventive-health-strategy-2021-2030 1.pdf)

You can find links to other evidence for each focus area in the focus areas section of the guidelines.

Describe your evidence as concisely as possible. Full citations of reports or guidelines are not needed but make sure the source is identifiable (e.g. by the title of the publication, author and year). If you have evidence from your community, such as surveys or community consultations, tell us how you got this information and what you found.

Best practice includes ways to make your organisation and programs more inclusive. This includes being culturally respectful, culturally safe and responsive to health literacy.

Think about:

- What are the barriers to health and wellbeing and what activities might help?
- Which Healthy Tasmania focus area/s does your project address?
- What do you hope to achieve?
- What will you do and where?
- Who is most affected by this issue and how will you engage them in your project?
- Is there evidence to support these activities?
- Are these activities realistic in the timeframe you have?
- How will cultural respect, cultural safety and health literacy be reflected in your project? Are there any specific areas you may need support with? Have you identified someone who can help you?

Community need

Applications will have a greater chance of success of funding if the project seeks to address a proven need in the community. We want to fund projects that are based on evidence and best practice and a good understanding of your target group's lived experience and self-identified needs.

If you have consulted in your community or are using evidence from a consultation report, consider whose voices were heard and whose voices may be missing. There may be ways you can create partnerships to hear these voices.

Think about:

- How do you know this project is needed?
- Who have you spoken with?
- What do people with lived experience of this issue say about it?
- What does the data tell us about who might be left out or disadvantaged by this issue?

Capacity to deliver

Local government and community organisations are well placed to identify local health and wellbeing priorities for action. We want to fund all kinds of organisations, big and small.

Capacity to deliver is about your organisation's ability to do the project and the other groups or organisations that you will work with.

Projects are likely to be more successful when:

- your organisation has the skills, knowledge and capacity to do your project
- there is a strong connection and trusting relationships within the community
- there are genuine networks and partnerships in place to support the project
- you can be adaptable and flexible if things change or don't go to plan.

We encourage partnerships with a range of local community organisations, businesses and service providers to deliver your project.

You can include letters or emails of support from other organisations you plan to work with. A strong letter of support will briefly describe the organisation/s involved in the partnership, what each organisation brings to the partnership what you want to achieve. If you plan to work with more than one organisation, you can submit a joint letter or email.

Think about:

- How have you built trusted relationships within your community? What is the evidence for this?
- Which partners can help you reach different groups in your community, especially groups who face extra barriers to health and wellbeing?
- Have you spoken with potential partners about the project? Do they support the project? How will they support the project?
- How have you been adaptable and flexible in past projects?

Ongoing benefits

Successful projects will have benefits that continue beyond the life of the project. You should focus on the effect or impact of your project rather than the project itself.

Think about:

- How will resources be used in an ongoing way after the funding?
- What new networks or partnerships will you develop?
- How will these networks and partnerships continue after the funding?
- How can any knowledge or skills gained during the project continue to be shared with the community?

Measuring change

It is important to think about what changes (outcomes) you expect with this project and how you might measure this.

We use a simple approach called Results-Based Accountability (RBA) to measure change. We ask you to think about how you will measure your expected changes using the following questions:

- how much did you do?
- how well did you do it?
- is anyone better off as a result of your project?

Successful grant recipients will be required to report on their project's progress against these questions (also known as key performance indicators).

Think about:

- How much will you do? (e.g. how many participants? How many sessions?)
- How well will you do it? (e.g. how well did participants engage in and respond to sessions?)
- Who or what will be better off as a result of your project? (e.g. has there been any change in behaviour, skills or knowledge? Are your participants now more socially connected than before?)
- How will you measure this? (e.g. surveys, case studies or success stories from any stakeholders)

Value for money

Value for money means looking at the link between the proposed outcomes, benefit to the community or target group and the amount of funding requested.

We will ask you to describe how much money you will need and for what purpose. Try to describe all the items and activities you will need money for and avoid using terms like contingency, sundry and miscellaneous. Be realistic about the cost of activities and what you can achieve for the amount of funding you are requesting.

We also want to know if you have any other sources of funding or are applying for other funding.

Think about:

- What are the costs involved in your planned activities?
- What is the total amount of funding you are applying for?
- Will your project be using any subcontractors?
- Will your project receive funding from any other sources?
- Will the project receive financial or in-kind contributions from other sources?

How do I apply?

Apply online at healthytas.smartygrants.com.au/)

Before you apply:

Read the guidelines and application form before you start planning your project.

- Join our online information session on Monday, 2 September 2024 from 1-2pm. A recording of the session will be available online.
- Make sure your organisation and project idea are eligible. Contact us if you have any
 questions about eligibility.
- Read the document checklist below, which lists the documents you will need to provide as part of your application.
- Prepare your application in a Word document so you can review it and copy your responses into the online application form.

When you have submitted your application, you will receive an email acknowledging your application has been received.

We will not accept late or incomplete applications.

What documents do I need to provide?

You will need to provide the following documents as part of your application.

Document checklist

Grants from \$20,000 to \$30,000:

Certificate of Incorporation.

Grants from \$30,001 to \$100,000:

- Certificate of Incorporation
- Certificate of Currency showing insurances for Professional Indemnity (\$10 million per claim) and Public Liability (\$20 million per claim)
- annual reports for the last two financial years
- audited financial statements for the last two financial years.

The following organisations do not need to provide the documents listed above:

- local governments
- organisations who receive funding from the Department of Health (this does not include Healthy Tasmania Fund grant funding).

If you are a not-for-profit registered as a Company Limited by Guarantee, you should attach your Australian Securities and Investments Commission (ASIC) registration certificate.

Insurances

If your organisation does not currently have the required levels of insurance, you can still apply if you agree to increase your insurance if your application is successful.

If your application is successful, you will need to increase your insurance and provide an updated Certificate of Currency before we can pay grant funds.

It is a good idea to get a quote for increasing insurance before you submit your application as part of your budget planning.

You can include the cost of increasing your insurance in your project budget.

Sponsorship

If your application is sponsored and is successful, the sponsor organisation accepts legal and financial responsibility for the grant while your organisation delivers the project activities. This means the sponsor organisation signs the funding agreement, receives the grant funds, transfers the funds to your organisation and completes the reporting requirements. We recommend having a memorandum of understanding or agreement with your sponsor organisation to outline your roles and responsibilities.

If your application is sponsored, you will need to provide the sponsor organisation's details, the relevant supporting documents listed above and a signed letter or of agreement, on headed paper, from your sponsor organisation.

Example sponsorship letter

[Date]

Chair, Healthy Focus Round 2 Selection Panel

Department of Health

Public Health Services

GPO Box 125

Hobart TAS 7001

RE: Sponsorship of [name of applicant organisation]'s application for a Healthy Focus Round 2 grant.

Dear Chair,

Our organisation is an incorporated not-for-profit organisation and is prepared to act as the sponsoring body for [name of applicant organisation] if it's application for a Healthy Focus Round 2 grant to deliver [name of project] is successful.

We are aware that if [name of applicant organisation]'s application is successful, the grant will be paid to our organisation and we accept the legal and financial obligations involved in accepting the grant.

Yours sincerely

[Name]

[Position in organisation]

GST

Healthy Focus grants exclude GST.

In your application form you will need to tell us the total amount of funding you are requesting. Do not include GST in this amount.

You will also need to provide your organisation's ABN (or your sponsor organisation's ABN if your application is being sponsored). This will indicate whether your organisation (or your sponsor organisation) is registered for GST.

If your application is successful and your organisation is GST registered, you will be paid the grant amount requested plus GST.

If your organisation is not registered for GST, you will be paid the grant amount requested only.

What happens if my application is successful?

We will send all applicants an email about the outcome of their application by 31 December 2024.

We will invite successful applicants to join a 1-hour online information session about next steps in early 2025.

Funding agreements

Successful grant recipients will enter into a funding agreement with the Department of Health. You will need to sign and return the funding agreement before we pay grant funds.

The funding agreement outlines the project outcomes, funding amount, timelines for delivery, requirements for reporting and acquittal of the project, and how to acknowledge the Healthy Tasmania Fund as the source of funding.

The funding agreement must be signed by two people who are authorised to sign on behalf of your organisation, such as the President, Chair or other board members, or General Manager for councils. You will need to provide their names and contact details in your application.

If your organisation is not incorporated and your application is sponsored, the sponsor organisation will sign the funding agreement and be paid the grant funds.

We will send successful applicants funding agreements in early 2025.

Funding agreements will start on 1 March 2025.

Funding agreements will finish on 28 February 2027 or before, depending on the length of projects.

Projects must be completed according to the description in the grant application, or with any variations as noted in the funding agreement. If you need to make any changes to your project, contact us to discuss the proposed changes. Any changes must be agreed and approved in writing.

Successful applicants must have procedures to ensure that all persons engaged are fit and proper persons. This includes current registration cards issued under the *Registration to Work with Vulnerable People Act 2013* and/or police history check, where appropriate, and policies and procedures in place for the *Child and Youth Safe Organisations Act 2023*.

Reporting for successful applicants

Reporting about your grant is an important part of the grants process. It is an opportunity to show the impact of your project through storytelling and data, and to evaluate the whole grants program to learn what has worked well.

Information about reporting requirements is outlined in the funding agreement. We will provide report templates and guidance. We will allocate a key contact for your organisation, who is available if you need any support for your project.

Service delivery reporting

Grant recipients must complete a report every six months describing how their project is progressing against the outcomes and performance measures outlined in their application. You can also provide other supporting material to tell us about the project and what changes it is making, such as photos, surveys, case studies, reports or stories.

Financial reporting

Grant recipients will also need to show that grant funds have been spent as outlined in the funding agreement. Grant recipients must keep accurate financial records and be able to provide evidence of all expenditure.

This includes keeping a list of all expenses and copies of invoices. If your grant is audited, you will be asked to provide your financial records and evidence of expenditure.

If your grant is \$30,000 or less, you will need to provide a financial acquittal when your project has finished, showing how you have spent the grant funds.

If your grant is over \$30,000, you must provide the following documents each year, for the length of your project:

- an Annual Grant Financial Accountability Report (if your organisation receives more than\$100,000 each year in total from the Department of Health, this must be certified by an approved auditor)
- a copy of your organisation's annual report
- a copy of your organisation's annual audited financial statements
- a copy of your organisations' current Certificate of Currency.

Quality and safety reporting

If your grant is over \$30,000, you must also complete a quality and safety self-assessment report each year.

Acknowledgement of Healthy Tasmania Fund

Grant recipients must acknowledge the Healthy Tasmania Fund as the funding source in any public or promotional materials.

We will provide a Healthy Tasmania Funding Style Guide that tells you more about how to acknowledge the funding and use the Healthy Tasmania and Tasmanian Government logos.

What support is available?

We want to make applying for a Healthy Focus grant as simple as possible.

We encourage you to contact us to check your eligibility, discuss your project idea and ask any questions.

Email ahealthytasmania@health.tas.gov.au or phone 6166 1691.

Join us on Monday, 2 September 2024 from 1-2pm for an online information session.

A recording of the information session will be available on our website. Register now (www.events.teams.microsoft.com/event/6478ce2d-b026-4906-b972-6198fa1393d0@126fd893-2f1f-4b50-beff-2f146cbb7740)

Help for people with hearing or speech difficulties.

Contact Healthy Tasmania through the National Relay Service (NRS). For more information visit the NRS website (www.accesshub.gov.au/about-the-nrs) to choose your preferred access point or call the NRS Helpdesk on 1800 555 660. This is a free service.

Using interpreters

Tasmania has a rich cultural diversity. Are you planning to work with interpreters in your project?

We want to support all Tasmanians to access projects. To do this, Healthy Tasmania will cover the cost of providing interpreter services for your project if your organisation is not eligible for the Free Interpreting Service (www.tisnational.gov.au/en/Free-Interpreting-Service)

Contact us to find out more.

Helpful resources

- Healthy Tasmania Five-Year Strategic Plan 2022-2026
 (www.health.tas.gov.au/sites/default/files/2022-03/Healthy_Tasmania_Five-Year Strategic Plan 2022%E2%80%932026 DoHTasmania2022.pdf)
- <u>Healthy Tasmania Report for Years 1 and 2</u>
 (www.health.tas.gov.au/publications/healthy-tasmania-report-years-1-and-2)
- Healthy Focus Round 2 <u>Frequently Asked Questions</u>
 (www.health.tas.gov.au/about/what-we-do/strategic-programs-and-initiatives/healthy-tasmania-strategic-plan/healthy-focus-grants#frequently-asked-questions-)
- The <u>Our Community Funding Centre website</u>
 (www.explore.fundingcentre.com.au/tools-resources/grants) has lots of useful recourses and help sheets around applying for grants:
 - Getting ready to apply for a grant (www.explore.fundingcentre.com.au/help-sheets/areyouready)
 - Writing a grant application (www.explore.fundingcentre.com.au/help-sheets/writing-grant)
 - How to use evidence in your grant application
 (www.explore.fundingcentre.com.au/help-sheets/using-evidence#:~:text=Be%20clear%20and%20concise,that%20is%20logical%20and%20professional)
- <u>Community Grants Hub: Strong Evidence (Australian Government)</u> (www.communitygrants.gov.au/information/information-applicants/strong-evidence)

What is health equity?

Equity is about being fair and just. It means the absence of unfair, avoidable differences among groups of people. Differences may be caused by social, economic, or geographical factors, or by other aspects such as sex, gender, age, race, ethnicity, disability or sexual orientation.

A health equity approach recognises that some groups of people need more support or resources to achieve the same health outcomes as others. To improve health equity, we need to target interventions and work with those people experiencing barriers to health and wellbeing.

Healthy Tasmania focus areas

Healthy Focus projects must address at least one of the Healthy Tasmania focus areas:

- priority populations
- health literacy
- mental health and wellbeing
- active living
- eating well
- smoke-free communities
- reducing alcohol harm
- climate change and health.

Priority populations

We want all Tasmanians to have the resources and opportunities they need for good health and wellbeing, including equity of access to health information and health care.

Some population groups in Tasmania experience poorer health than the general population. These include people living on low incomes, Aboriginal people, people from the LGBTIQA+ community, people from culturally and linguistically diverse backgrounds, and people living with disability. There are many reasons for these inequalities, including socio-economic and historic disadvantage, colonisation, racism, stigma and discrimination, and language and access barriers.

Evidence shows that addressing the needs of populations who are at risk of ill health can achieve significant improvements and benefits the entire community.

Children and young people are also a priority for Healthy Tasmania. The vision of *It Takes a Tasmanian Village: Tasmania's Child and Youth Wellbeing Strategy* is that children and young people in Tasmania have what they need to grow and thrive. In Healthy Tasmania we will work to achieve this vision by creating healthy places where children and young people live, learn and play.

We want to fund projects that:

- address barriers to health and wellbeing for priority populations
- are inclusive and engage those most in need
- show a good understanding of your target group's lived experience and self-identified needs
- involve people in the design and delivery of your program
- show good relationships and partnerships to build trust with people
- support communities, families, parents and carers to provide healthy settings for children to grow up in.

These documents and resources will provide more evidence and guidance:

- Aboriginal health and cultural respect (Tasmanian Department of Health)
 (www.health.tas.gov.au/professionals/education-and-training-health-professionals/aboriginal-health-and-cultural-respect)
- <u>National Agreement on Closing the Gap Implementation Plan Tasmania 2021–2023</u> (www.dpac.tas.gov.au/__data/assets/pdf_file/0027/228852/Closing-the-Gap-Tasmanian-Implementation-Plan-August-2021.pdf)
- <u>Cultural Respect Framework for Aboriginal and Torres Strait Islander Health 2016–2026</u> (www.healthinfonet.ecu.edu.au/learn/cultural-ways/policies-and-strategies/32498/?title=Cultural+Respect+Framework+2016-2026+for+Aboriginal+and+Torres+Strait+Islander+health)
- Improving Aboriginal Cultural Respect Across Tasmania's Health System Action Plan 2020–2026 (www.health.tas.gov.au/sites/default/files/2021-12/Improving_Aboriginal_Cultural_Respect_Across_Tasmania%27s_Health_System Action Plan 2021-2026.pdf)

- It Takes a Tasmanian Village: Child and Youth Wellbeing Strategy (www.hdp-au-prod-app-tas-shapewellbeing-files.s3.ap-southeast-2.amazonaws.com/2116/3159/8898/Child_and_Youth_Wellbeing_Strategy_Sept_20 21 wcag FINAL.pdf)
- <u>Strong, liveable communities: Tasmania's Active Ageing plan 2017–2022</u> (www.dpac.tas.gov.au/__data/assets/pdf_file/0035/246878/Active-Ageing-Strategy-2021-2022-accessible.pdf)
- <u>LGBTIQA+ supports and services (Tasmanian Department of Health)</u> (www.health.tas.gov.au/professionals/education-and-training-health-professionals/lgbtiq-inclusive-healthcare/lgbtiqa-supports-and-services)
- <u>Intersections (Tasmanian Department of Health)</u> (www.health.tas.gov.au/professionals/education-and-training-health-professionals/lgbtiq-inclusive-healthcare/lgbtiqa-supports-and-services#intersections)
- LGBTIQ+ Tasmanians: Telling Us the Story (2022)
 (www.dpac.tas.gov.au/__data/assets/pdf_file/0025/247147/LGBTIQ-Tasmanians-Telling-Us-the-Story-Survey-Report-May-2022.pdf)
- <u>Culture, language, and health (Tasmanian Department of Health)</u>
 (www.health.tas.gov.au/professionals/culture-language-and-health)
- Our Multicultural Island: Tasmania's Multicultural Action Plan 2021–2023
 (www.dpac.tas.gov.au/__data/assets/pdf_file/0017/283103/Our-Multicultural-Island-Tasmanias-Multicultural-Action-Plan-2021-2023-for-website.pdf)
- Public Consultation on Tasmania's Multicultural Action Plan 2024–2026: Strategic Directions Report (2023) (www.mrctas.org.au/wp-content/uploads/2024/02/FINAL_MAP_Strategic-Directions-Report-2023 16 01 2023.pdf)
- Accessible Island: Tasmania's Disability Framework for Action 2018–2021
 (www.dpac.tas.gov.au/__data/assets/pdf_file/0027/238095/Accessible_Island_Disability_Framework_for_Action_2018-2021.pdf)
- <u>Equal means Equal: Tasmanian Women's Strategy 2022–2027</u>
 (www.women.tas.gov.au/__data/assets/pdf_file/0028/257185/0285-Tasmanian-Womens-Strategy-2022-2027_PAG_WCAG.pdf)

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.

Tasmanians have a variety of health literacy strengths and challenges. These intersect with other social determinants of health and risk factors to impact on health and wellbeing. Higher levels of education, and socio-economic advantage are associated with fewer health literacy challenges and risk factors. On the other hand, people with the most health literacy challenges and risk factors (for example, smoking and lack of physical activity) have lower levels of education, experience more disadvantage and greater psychological distress, including anxiety and depression.

To develop health literacy for all, we need good organisational health literacy practices such as 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.

We want to fund projects that:

- are community driven solutions to connect people to the information and services they need
- improve health literacy awareness across the community
- increase health literate organisations that can respond to individual and community health literacy needs
- develop a health literate workforce across Tasmania with the knowledge and skills to make best practice everyday practice.

These documents and resources will provide more evidence and guidance:

- Health literacy resources and background (Tasmanian Department of Health)
 (www.health.tas.gov.au/professionals/health-literacy/health-literacy-resources-and-background)
- Health Literacy Action Plan for Tasmania (2019–2024)
 (www.health.tas.gov.au/sites/default/files/2021-11/Health_Literacy_Action_Plan_DoHTasmania2019.pdf)
- 26TEN Tasmania: Tasmania Strategy for Adult Literacy and Numeracy 2016–2025 (www.26ten.tas.gov.au/wp-content/uploads/2024/06/26TEN-Tasmania-strategy-for-adult-literacy-and-numeracy-2016-2025-acc.pdf)
- HeLLO Tas: A toolkit for developing your community service organisation's health literacy (www.hellotas.org.au/user/register)
- Supportive resources on health literacy (Australian Commission on Safety and Quality in Health Care) (www.safetyandquality.gov.au/our-work/patient-and-consumer-centred-care/health-literacy/tools-and-resources-for-health-service-organisations)
- National Statement on Health Literacy Taking action to improve safety and quality (Australian Commission on Safety and Quality in Health Care)
 (www.safetyandquality.gov.au/publications-and-resources/resource-library/national-statement-health-literacy-taking-action-improve-safety-and-quality)

• Sydney University Health Literacy Hub (www.healthliteracyhub.org.au/)

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.

Factors that support 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.

We hope to fund projects that:

- support community action to promote 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
- increase community understanding of mental ill health and reduce stigma and discrimination for people experiencing a mental illness
- work with the Arts sector to deliver innovative arts and health approaches to promote mental health and wellbeing
- promote mental health and wellbeing in Tasmanian workplaces.

These documents will provide more evidence and guidance:

- Rethink 2020: A state plan for mental health in Tasmania 2020–2025
 (www.health.tas.gov.au/health-topics/mental-health/mental-health-projects-and-initiatives-priorities/rethink-2020-tasmanias-strategic-plan-mental-health)
- <u>Tasmanian Suicide Prevention Strategy 2023–2027</u>
 (www.health.tas.gov.au/publications/tasmanian-suicide-prevention-strategy-2023-2027)
- <u>Prevention First: a Prevention and Promotion Framework for Mental Health</u>
 (<u>Everymind</u>) (www.everymind.org.au/resources/prevention-first)
- The National Children's Mental Health and Wellbeing Strategy (2021)
 (www.mentalhealthcommission.gov.au/projects/childrens-strategy)

Active living

Leading a physically active life improves your health and wellbeing. The benefits are well known and include preventing many diseases such as heart disease, some cancers, diabetes and depression.

Active living is a way of life that integrates being active into everyday routines and includes things like walking to the shops instead of taking the car or walking to the bus stop or to school. Active living has benefits beyond physical and mental health, including social, economic and environmental benefits.

To encourage active living in Tasmania, we need to 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.

We want to fund projects that:

- create inclusive and accessible places to support all Tasmanians to be active
- remove or reduce barriers to people participating in recreation and physical activity
- are consistent with the national physical activity guidelines and best practice active living evidence, which includes equity and sustainability principles
- focus on helping people go from doing no activity to some activity.

These documents and resources will provide more evidence and guidance:

- <u>Australian Physical Activity and Sedentary Behaviour Guidelines and 24-Hour Movement Guidelines</u> (www.health.gov.au/topics/physical-activity-and-exercise/physical-activity-and-exercise-guidelines-for-all-australians)
- WHO Global Action Plan on Physical Activity 2018–2030: more active people for a healthier world
 - (www.paho.org/en/documents/global-action-plan-physical-activity-2018-2030-more-active-people-healthier-world)
- Healthy Active by Design (www.healthyactivebydesign.com.au/)
- <u>Tasmanian Walk, Wheel, Ride Policy</u>
 (www.infrastructure.tas.gov.au/__data/assets/pdf_file/0017/532304/tasmanian-walk-wheel-ride-policy-2024.pdf)

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 enjoying and having a positive relationship with 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.

We want to fund projects that:

- promote local, affordable, nutritious food and reduce exposure to unhealthy food and drink
- address the barriers to food security so people can have enough nutritious and quality food when they need it
- give people knowledge and skills to be able to plan, manage, prepare and eat the food they need
- are in line with the Australian Dietary Guidelines
- take a weight-neutral approach and avoid any focus on weight. Eating well is promoted because it's important for everyone to do, regardless of body size and shape
- promote, support and protect breastfeeding.

These documents will provide more evidence and guidance:

- National Health and Medical Research Council. Eat For Health: Australian Dietary Guidelines
 - (www.eatforhealth.gov.au/guidelines/guidelines)
- Food Relief to Food Resilience: Tasmanian Food Security Strategy 2021–2024
 (www.dpac.tas.gov.au/__data/assets/pdf_file/0021/246432/Food-Relief-to-Food-Resilience-Tasmanian-Food-Security-Strategy-2021-2024.pdf)
- Oral Health Promotion Strategic Plan 2017–2022
 (www.health.tas.gov.au/publications/oral-health-promotion-strategic-plan-2017-2022)
- Australian Breastfeeding Strategy: 2019 and Beyond
 (www.health.gov.au/sites/default/files/documents/2022/03/australian-national-breastfeeding-strategy-2019-and-beyond.pdf)
- NOURISHING Framework (World Cancer Research Fund) (www.wcrf.org/policy/nutrition-policy/nourishing-framework/)
- <u>National Preventive Health Strategy 2021–2030</u>
 (www.health.gov.au/sites/default/files/documents/2021/12/national-preventive-health-strategy-2021-2030_1.pdf)
- <u>National Obesity Strategy 2022–2032</u>
 (www.health.gov.au/sites/default/files/documents/2022/03/national-obesity-strategy-2022-2032 0.pdf)

Smoke-free communities

When we talk about 'smoking' we mean 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. We aim 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.

We would like to fund projects that:

- · encourage and support all people who smoke to quit for good
- · prevent Tasmanians from taking up smoking
- prioritise support for people with the greatest needs
- create supportive environments that protect Tasmanians from tobacco industry harms.

Note: if your project includes the supply of Nicotine Replacement Therapy (NRT), such as gum or patches, it should be consistent with the evidence base on the use of NRT. Many quit attempts fail because smokers do not take the correct dose for their level of addiction. It is important that projects provide correct information, consistent with existing service providers (such as the Tasmanian Health Service Smoking Cessation Program or Quit Tasmania). Training can be provided.

These documents and resources will provide more evidence and guidance:

- Tasmanian Tobacco Action Plan: reducing the use of tobacco and related products 2022–2026 (www.health.tas.gov.au/publications/tasmanian-tobacco-action-plan-2022-2026)
- <u>National Tobacco Strategy 2023–2030</u> (www.health.gov.au/initiatives-and-programs/national-tobacco-strategy)
- World Health Organization Framework Convention on Tobacco Control (www.health.gov.au/topics/smoking-vaping-and-tobacco/tobacco-control/who-framework)
- <u>National Preventive Health Strategy 2021–2030</u>
 (www.health.gov.au/sites/default/files/documents/2021/12/national-preventive-health-strategy-2021-2030 1.pdf)
- <u>Smoke-Free Communities Project (TasCOSS)</u> (www.tascoss.org.au/projects/smoke-free-communities/)

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. Factors that protect against alcohol-related harms include social connection, education, safe and secure housing, and a sense of belonging to community.

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 want to fund projects that:

- 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
- build the capacity of communities to prevent, identify and respond to alcohol-related harm, and promote healthy alternatives to alcohol, especially in priority populations.

These documents will provide more evidence and guidance:

- <u>Tasmanian Drug Strategy 2024–2029</u> (www.health.tas.gov.au/health-topics/alcoholand-drugs/projects-and-initiatives-alcohol-and-drugs-tasmania/tasmanian-drugstrategy-2024-2029)
- National Alcohol Strategy 2019–2028
 (www.health.gov.au/resources/publications/national-alcohol-strategy-2019-2028?language=und)
- <u>National Preventive Health Strategy 2021–2030</u>
 (www.health.gov.au/sites/default/files/documents/2021/12/national-preventive-health-strategy-2021-2030 1.pdf)
- <u>Planning a Better Event Toolkit (Clarence City Council)</u> (www.ccc.tas.gov.au/wp-content/uploads/2020/10/Planning-a-Better-Event-Toolkit-2020.pdf)

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 heatwaves. These all have implications for the health of Tasmanians.

A changing climate can affect access to safe and 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.

As well as protecting Tasmanians from the impacts of climate change, we need to promote access to Tasmania's natural open spaces and the built environment, improve access to fresh food, encourage people to be more active, and keep the air and water clean. According to the World Health Organization, the most vulnerable and disadvantaged people will disproportionately feel the health impacts of climate change.

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.

We want to fund projects that:

- 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.
- Protect priority populations from the impacts of climate change, such as bushfires, extreme heat, and cold weather events.

These documents will provide more evidence and guidance:

- <u>Tasmania's Climate Change Action Plan 2023-2025</u>
 (www.recfit.tas.gov.au/what_is_recfit/climate change/action plan)
- <u>National Health and Climate Strategy</u> (www.health.gov.au/our-work/national-health-and-climate-strategy)
- Communicating the Health Impacts of Climate Change (Climate and Health Alliance)
 (www.assets.nationbuilder.com/caha/pages/2778/attachments/original/1655874374/c
 aha-run-communication-guide-FA.pdf?1655874374)

Contact us

We want to make applying for a Healthy Focus grant as simple as possible. Contact us to check your project idea is eligible and to ask us any questions.

Email ahealthytasmania@health.tas.gov.au or phone (03) 6166 1691.