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DISCUSSION PAPER

# Healthy, Active Tasmania

20-Year Preventive Health Strategy 2026–2046



# Our strategy on a page

## Vision: All Tasmanians live healthy, active lives

### Aims



We will enable **Tasmanian people and families** to achieve good health and wellbeing



We will enable **Tasmanian communities** to be liveable, vibrant, and connected



We will enable our **systems** to give people the right care, in the right place, at the right time

### What we will do (focus areas)

Create and strengthen **safe and healthy food environments**

**Reduce and eliminate** exposure to harmful products and behaviours

Improve our **environments** for health and wellbeing

**Strengthen prevention** across the life course

Take a **health equity** approach

### What will help us (enablers)

A whole-of-government, whole-of-community approach

Strong leadership and governance

Contemporary and sustainable funding models

Clear and transparent reporting

Data and evaluation to consistently learn and enable prioritisation

Support new and emerging evidence

A skilled workforce

Consumer and community empowerment

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# Introduction



## Acknowledgement of Country

The Tasmanian Government 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 wellbeing. We commit to working in partnership with Tasmanian Aboriginal communities and health leaders now and into the future to improve health and wellbeing.

### About this document

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

# Minister's invitation



The creation of a 20-Year Preventive Health Strategy is a once in a generation opportunity to improve the lives of Tasmanians.

The Tasmanian Government has a vision for all Tasmanians to live healthy, active lives in communities that support connections to people, place, and culture.

An important part of our 2030 Strong Plan for Tasmania's Future is about taking more action, right now, on issues affecting Tasmanians – particularly health.

Right now, chronic (long-term) conditions are the leading cause of illness, disability, and death Australia-wide.

One in two Australians live with a chronic condition and one in five have multiple chronic conditions. The proportion of the Tasmanian population reporting having three or more chronic conditions is 11.5 per cent, compared to the Australian rate of 8.7 per cent.

The benefits of taking action to prevent and reduce chronic conditions cannot be underestimated and will help Tasmanians to lead their best possible life. Prevention not only leads to better physical and mental health outcomes for generations to come, it also increases workforce and community participation and productivity.

Through our *Healthy Tasmania Five-Year Strategic Plan* and our commitment to the Tasmania Statement: Working Together for the Health and Wellbeing of Tasmanians, we have been working on solutions to address the social and economic factors that influence health.

However, we recognise that more needs to be done.

Creating a longer-term, 20-year preventive health strategy will provide a clear direction for a sustained effort to work together across communities, services and governments, to allow for effective preventive health action to become embedded in our systems and the Tasmanian way of life, building up over time. The changes that we make now will have benefits decades into the future.

I invite all Tasmanians to have your say on how we can deliver long-lasting, sustainable health benefits for all, now and into the future.

**Hon Guy Barnett MP**

**Minister for Health, Mental Health and Wellbeing**

# The purpose of this discussion paper

The Tasmanian Government is committed to developing a 20-year strategy, with a vision to transform Tasmania's health outcomes.

We want to reshape systems to better enable and support Tasmanians to live healthier lives.

This discussion paper is the starting point for us to set the strategic direction for preventive health action in Tasmania over the next 20 years. This discussion paper outlines key elements that are important to shaping the strategy to prompt input into the consultation questions at the end of this document.

This includes potential aims, focus areas where we will take action, enablers that will help us make the strategy effective, and the roles that all levels of government, services and community can play.

A 20-year strategy will have to be adaptive and take into account changing circumstances, environments and trends.

Our long-term strategy will not list all the actions we are going to take over the next 20 years. Instead, it will provide a framework and direction.

Specific actions will be detailed in action plans that we will develop for each 4-year period under the strategy.

The 20-year strategy will function as both a coordinating tool across sectors and an actionable framework for implementation.

Some activities are already part of established legislation, policy frameworks, and programs - many of which are mentioned in this document. At the same time, there are plenty of new areas to explore, as well as opportunities to improve existing practices, ensuring we stay at the forefront of preventive health.

The [Healthy Tasmania Five Year Strategic Plan 2022–2026](#) is the Tasmanian Government's current plan for preventive health. This plan will conclude as we transition into our new 20-year strategy. The first action plan under the new strategy will build upon the learnings from Healthy Tasmania and other key strategies and plans.



# Consultation

We are conducting a public consultation process with key stakeholders, including the broader Tasmanian community, representatives from Tasmanian Government agencies and committees, health and community sector organisations, and relevant reference and expert groups.

Your feedback will be used to inform the development of the 20-year strategy and to guide the development of the first four-year action plan under the strategy.

We would like your feedback on ways we can strengthen prevention and better support and engage all Tasmanians in improving their physical and mental health, and what areas and actions to focus on to achieve the vision and aim of a 20-year strategy. **There are consultation questions at the end of this paper to prompt and guide you.**

All questions are optional. You may respond to as many questions as you would like, or you can respond to all.

However, your feedback can also be broader and in any format, such as writing, pictures, voice recordings, or short videos.

We may contact you to discuss your feedback or seek clarification. Your statements may be quoted in the finalised report, but individuals will not be identified.

## How to have your say



Complete the questions online at [www.health.tas.gov.au/20-year-preventive-health-strategy](http://www.health.tas.gov.au/20-year-preventive-health-strategy)



Email us any broader feedback at [consultation@health.tas.gov.au](mailto:consultation@health.tas.gov.au)



Call the Public Health Hotline on 1800 671 738 and select option 3 during business hours

## Visit our webpage

For more information on this project and to keep up to date with consultation opportunities, visit our webpage at: [www.health.tas.gov.au/20-year-preventive-health-strategy](http://www.health.tas.gov.au/20-year-preventive-health-strategy) or scan the QR code below.





# Context

## Snapshot

Health means a state of complete physical, mental and social wellbeing and not merely the absence of disease.

Tasmanians value health and wellbeing, and we recognise its impacts on living a good life. As a state, Tasmania has many of the natural foundations of good health and wellbeing.

We have clean air and water, a temperate maritime climate that allows us to take advantage of our natural open and wild spaces, and a reputation for fresh, locally grown food. Tasmanians have a strong sense of belonging and we work together to build connected and supportive local communities.

Throughout the past century, advances in science and public health have also significantly reduced our exposure to and harms from infectious diseases.

Today, chronic (long-term) conditions, also called non-communicable diseases, or NCDs, are the leading cause of illness, disability, and death Australia-wide.

Despite our strengths, the number of Tasmanians with chronic 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 socio-economic levels. People who experience greater disadvantage have the greatest burden of disease.

The causes of chronic conditions are complex. While genetics and the ageing process certainly contribute, we also know that there are other factors – known as the wider determinants of health – that affect our health outcomes. These non-medical factors are the conditions in which people are born, grow, work, live, and age, and the wider systems that shape the conditions of daily life.

These same determinants will also affect our exposure to infectious diseases and injuries throughout our lives.

Socio-economic factors such as low literacy – including low health literacy, poor infrastructure, and limited access to services make the most disadvantaged people more likely to suffer from infectious diseases.

The good news is that chronic conditions can often be prevented, delayed, or improved by targeting key, interconnected risk factors: what we eat, how much physical activity we do, exposure to alcohol, tobacco and other drugs, access to immunisation, and our mental health and wellbeing.

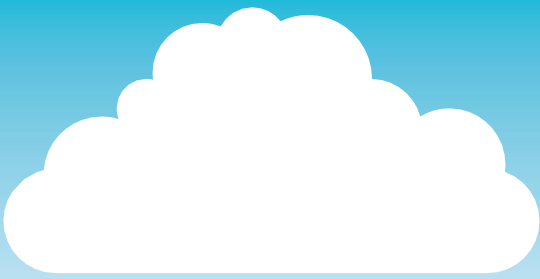
A 20-year strategy will seek to address the underlying causes of chronic conditions by reducing barriers to, and strengthening enablers, of health and wellbeing in Tasmania.

# Tasmania's report card

In Tasmania, there has been investment into preventive health from all levels of government for many years. While we have seen improvement in some areas, indicators can take a long time to change, and many are worsening.

It is now time to try something different. A 20-year strategy will build on what has worked well, explore innovative ideas, and improve existing practices so we stay at the forefront of preventive health.





## What is preventive health?

Preventive health, also called prevention, is the term for activities that help protect, promote and maintain good health and wellbeing.

Tasmanians who are in good health are better able to lead fulfilling lives, and participate fully in their communities, relationships, education, and work.

Prevention not only saves lives and reduces illness and disability, it is also good value for money.

Health economics research shows us how funding preventive health allows us all to live in productive, prosperous societies.

Throughout the past century, major advances in population health and wellbeing have been achieved through investment in preventive health with strong collaboration across all levels of government and society.

Examples of such preventive activities include immunisation, tobacco control, screening for cancer, seatbelts and other road safety interventions such as mandatory speed limits and random alcohol breath tests.

However, there is more to be done.

## Knowing the causes

Health and wellbeing can be influenced by individual behaviours, genetic make-up and medical factors, and the wider determinants of health described earlier, including non-medical factors.

The wider determinants of health have an important effect on health inequities – the unfair and avoidable differences in health status between individual people and between communities.

Differences may be related to location, social, or economic factors, or other factors such as sex, gender, age, race, ethnicity, disability, or sexual orientation.

Across a lifetime (the life course), the determinants and barriers that cause health inequities can happen at the same time and in combination.

## Understanding the determinants of health



### Biomedical

- Blood pressure
- Blood glucose levels
- Strength, fitness, bone density
- Nutritional status
- Age, gender
- Weight range
- Blood cholesterol
- Genetics and biology



### Social

- Family situation
- Early childhood experiences
- Housing
- Social support and participation
- Working conditions
- Where you are born and where you live
- Access to secure housing and risk of homelessness
- Support and connection to community
- Education and finishing school
- Exposure to family violence
- Financial security



### Structural

- Healthcare costs
- Accessible health and community services
- Systemic attitudes and practices
- Health literacy
- Geographic location



### Environmental

- Climate change and extreme weather events
- UV radiation
- Air pollution
- Vector-borne diseases
- Urban design
- Transport
- Green, blue, and public open spaces



### Cultural

- Connection to Country
- Family, Kin, and Community
- Spirituality, beliefs, and knowledge
- Cultural expression
- Cultural safety
- Language



### Technological

- Access to internet
- Digital literacy
- Telehealth
- Wearable health technology
- Access to data
- Artificial intelligence
- Diagnostic and therapeutic tools, including genomics



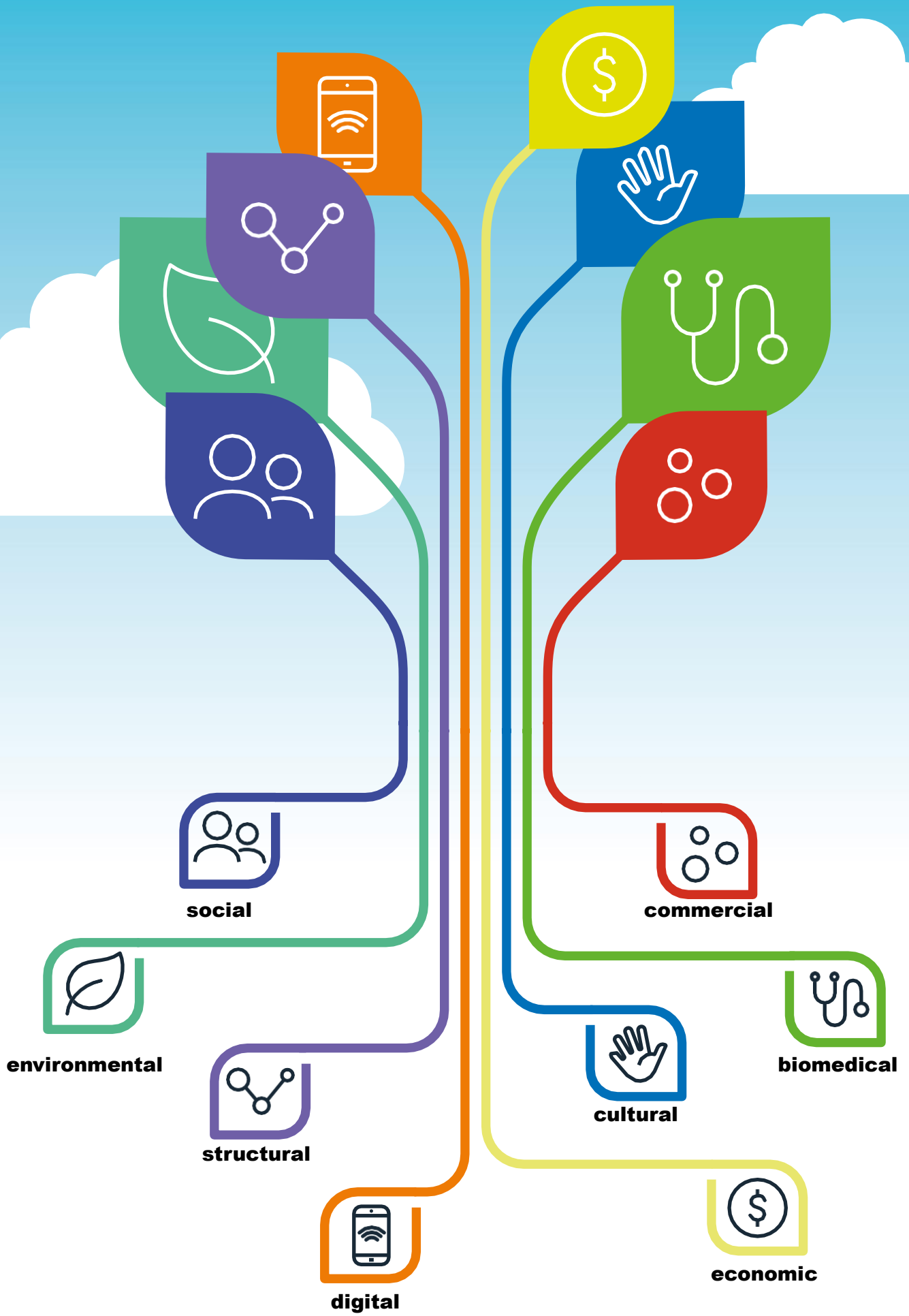
### Economic

- Employment
- Access to minimum wage and government benefits
- Income security
- Food security



### Commercial

- Marketing and advertising
- Corporate activities and influence
- Corporate social responsibility strategies
- Supply chains





# How we will develop the strategy

We will develop a 20-year strategy by using what we hear, what we have learned, what we know already works and the best evidence from a range of sources:

- local, national and international established and emerging evidence
- targeted consultations which will give us the opportunity to hear from:
  - experts in different fields of prevention
  - people representing consumer groups and advocacy organisations
  - Tasmanians who want to tell us about what is important to keep themselves, their families and their communities healthy
- the lessons learned from past prevention activities and the *Healthy Tasmania Five-Year Strategic Plan 2022–2026*
- building on the prevention actions under the *Long-Term Plan for Healthcare in Tasmania 2040*, a system-wide direction and strategy for the delivery of health services
- other relevant strategies, action plans and frameworks to ensure the strategy aligns with and builds on action in prevention
- other relevant consultations conducted by the Tasmanian Government in recent years.

The 20-year strategy will function as both a coordinating tool across sectors and an actionable framework for implementation.

Some activities are already part of established legislation, policy frameworks, and programs - many of which are mentioned in this document. At the same time, there are plenty of new areas to explore, as well as opportunities to improve existing practices, ensuring we stay at the forefront of preventive health.

We will focus on actions that:

- improve systems and individual behaviours
- will have a substantial positive impact on the health of Tasmanians
- are sustainable
- are acceptable to the Tasmanian community
- are targeted to those with the greatest need
- meet people where they are
- are supported by evidence from Australia and around the world
- are self-sustaining over time so that positive change is reinforcing.

# Vision: all Tasmanians live healthy, active lives



A 20-year strategy will enable the development of a shared vision, across governments, with partners and stakeholders, and the Tasmanian people.

Our shared vision is that all Tasmanians – no matter their life stage or circumstances – live healthy, active lives in communities that support connections to people, place, and culture.

Good health means more than not being sick.

It means having the opportunity to contribute to and participate in what matters to us.

When we live healthy, active lives, we can participate in more activities that give us joy and make life meaningful, whether that be at home, in our places of learning, at work, out and about in our local communities, or in the natural environments that surround us.



## What does a healthy, active life mean to you?

A healthy, active life means different things to each of us, and it will change and develop throughout our stages of life.

Depending on who you are, where you live, and what life course stage you are at, a healthy, active life might include:

- participating in education and training
- caring for kids or grandkids

- playing, coaching or enjoying community sport
- cooking and preparing healthy meals with family, friends and community
- gardening or getting out in nature – to the beach, the bush, the park
- being involved in your local community or faith group
- chatting and connecting with neighbours
- participating in work and volunteering activities.

## A thriving Tasmania

Our vision aligns with the goals of *Thriving Tasmania: Our state's sustainability strategy, Tasmania's Wellbeing Framework*, and the *United Nations 17 Sustainable Development Goals*.

The Thriving Tasmania Strategy is Tasmania's approach to a better future.

It recognises that our wellbeing and prosperity relies on our environment, natural resources, social equity, job security, education, equality of opportunity, and community connections.

## SUSTAINABLE DEVELOPMENT GOALS



# Aims

## We will enable Tasmanian people and families to achieve good health and wellbeing

We want Tasmanians to have the knowledge, skills, resources, and services they need to achieve and maintain good health and wellbeing and to live a good life.

Affordable, nutritious food and active living have benefits beyond physical and mental health, including social, economic and environmental benefits. Minimising the harms associated with the use of alcohol, tobacco and other drugs, and increasing access to immunisation and cancer screening can also support people and families to achieve good health and wellbeing.

## We will enable Tasmanian communities to be liveable, vibrant, and connected

Communities are places where people live, gather, learn, and work, and include local people, businesses and service providers.

Liveable, inclusive and connected communities are places with clean, safe air, where people have a sense of belonging and access to fresh food and safe housing. Accessible transport connects them to friends and family, social, cultural, and recreational opportunities, employment, and green and blue spaces.



Our communities play a significant role in shaping our health, influencing the air we breathe, the way we connect with each other, the food we have access to, and the way we move around.



## We will enable our systems to give people the right care, in the right place, at the right time

When we put health at the heart of Tasmanian life, we support health and wellbeing throughout the life course, from the prenatal and early years of childhood all the way to healthy, active ageing.

Taking a life-course approach is consistent with other key plans and strategies, including the National Preventive Health

Strategy 2021-30 and the National Aboriginal and Torres Strait Islander Health Plan. A life-course approach acknowledges the different positive and negative health impacts throughout life that people encounter, as well as our changing health needs as we age.

Keeping people healthy for longer – and ensuring people get the support they need if they do have a chronic condition or disability – means people can do more of what gives them joy and keeps them connected to family and community.

# What we will do

The strategy will take a whole-of-government, community, and individuals, approach to reduce barriers to healthy, active living.

This approach acknowledges complexity and interconnectedness, while also identifying things we can do to make changes or build on existing strengths for significant impact.

While the detail of specific activities and tasks will be contained in the 4-year action plans to be developed under the strategy, the strategy itself will identify the broad actions we will take to tackle barriers to healthy, active living.

Through a range of focus areas and enablers, we will work to:

- create and strengthen safe and healthy food environments
- reduce and eliminate exposure to harmful products and behaviours
- improve the design of our environments for health and wellbeing
- strengthen prevention across the life course, and
- take a health equity approach.



# Focus area 1

## Create and strengthen safe and healthy food environments

### What this would look like

Healthy food options and behaviours are easier and more accessible than unhealthy ones for all Tasmanians.

Ordinary, everyday options encourage and support people to eat well, no matter their level of income or their location.

### Context and barriers

To eat well, Tasmanians need access to a variety of nutritious foods they can afford. This includes fruit, vegetables, wholegrain and high fibre cereals and grains, lean meats, poultry, egg, legumes, nuts and seeds, milk, yoghurt and cheese. When this food is locally produced, the environment, society and the economy can all benefit from the investment in Tasmanian produce and local economies. Eating well is more than just what people eat, it can also include having a positive relationship with food and having the time to enjoy eating and sharing with others.

Eating well makes a big contribution to overall physical, mental and social wellbeing, and supports healthy ageing. Eating well also protects against chronic diseases such as diabetes, heart disease and some cancers. Risk factors related to food include:

- a diet low in fruit and vegetables, milk, nuts and seeds, wholegrains and high fibre cereals, legumes, polyunsaturated fat, and fish and seafood
- a diet high in salt, sugar-sweetened beverages, and red and processed meats.

In addition, heavily processed foods which often contain high levels of salt, saturated fat and/or sugar are readily available, affordable, and strongly marketed – especially to children.

In 2018, these factors combined were the third leading risk factor contributing to ill health and premature deaths (after tobacco use, being overweight and obesity) in Australia.

It takes much more than knowledge of the link between what we eat and our health to drive change. Various factors influence what we eat and many of these influences, such as food affordability, mental health conditions and the influences of those eating around us, are not easy for individuals to control.

Too often, the default options or opportunities that we come across in our daily lives are not the healthiest ones.

Current food systems and environments can limit our ability to make healthy food choices, with many people unable to access or afford a healthy diet.





A recent survey of over 1,000 Tasmanians on barriers to healthy eating identified five main themes:

- resource limitations (money, time, kitchen facilities and cooking skills)
- food environment challenges (relative affordability of healthy and unhealthy foods)
- health and wellbeing (physical and mental conditions affecting appetite and motivation)
- social influences (including cooking for and eating with children)
- motivation and preferences.

These factors combine to influence what foods Tasmanians eat. The most recent Tasmanian Population Health Survey (2022) found that:

- the proportion of Tasmanians eating the recommended serves of fruit and vegetables was low

- only one in every three Tasmanians (35%) met the recommended daily intake of fruit
- just 6% of Tasmanians met the recommended daily intake of vegetables.

All Tasmanians deserve equitable access to foods that keep them well and meet their individual health, financial and cultural needs. Improving access to food that supports our individual needs can help improve our long-term health.

## What we will do

We will create the conditions that make healthy choices and behaviours easier, by improving the quality, cost and availability of our food.

A range of actions are already underway to help Tasmanians eat well, create healthy environments where children live, learn and play, and support families and children to have access to nutritious food.

Ways we might do this include:

- support priority population groups (Action 2.4.2 of the Long-Term Plan) to ensure more Tasmanians can learn about and access, healthy, nutritious food wherever they may live through the Food Relief to Food Resilience Strategy and Action Plan
- support increased access to culturally specific foods to reconnect people to traditional food practices and support cultural continuation and revival
- work with people across the food system 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 drinks
- support Tasmanian organisations to buy and promote healthy local food
- support community-based food programs
- encourage Tasmanians to enjoy local, seasonal foods
- support breastfeeding
- protect Tasmanians from foodborne diseases through Australia's foodborne illness reduction strategy 2018–2021+ and relevant legislation
- promote safe food-handling behaviours and food safety knowledge
- address micronutrient deficiencies and inadequacies to prevent related developmental and health complications
- improving the retail and food service environment through guidelines and incentives
- improving food in public settings (e.g. schools, hospitals, social support programs, prisons, aged care, early childhood education and care) through standards and procurement processes
- focusing on food waste across the food system
- guiding workplaces on how they can become health-promoting environments
- empowering local councils to further incorporate health and wellbeing into planning considerations, e.g. location of food retail in the vicinity of schools
- addressing the location-based barriers to accessing healthy food (known as 'food deserts') in urban, regional, and rural areas
- regulating food and alcohol marketing near environments where children and young people commonly are, including digital environments
- coordinating and delivering emergency food relief
- working with the whole supply chain to improve the overall quality and affordability of food
- supporting urban agriculture, like community gardens, so that communities can grow more of their own food.

## Focus area 2

### Reduce and eliminate exposure to harmful products and behaviours

#### **What this will look like**

Communities are supportive, informed, and proactive in prioritising health and wellbeing by preventing and reducing the health, economic and social harms associated with the use of certain products and behaviours. Tasmania is inclusive and safe for all people, without stigma or discrimination, and people are treated equitably and make informed health decisions and can access support where and when they need it.

#### **Context and barriers**

Harmful products and behaviours include a wide range of issues that significantly impact Tasmania's health and wellbeing.

**Alcohol** is the most widely used drug in Tasmania. Alcohol has a complex role in Australian society, but the associated risks and harms are often unknown or underestimated. Alcohol use is the fifth leading risk factor contributing to disease burden in Australia.

**Smoking** remains the leading cause of preventable death and disease in Australia, with an average of 559 people in Tasmania dying each year from smoking-related disease. In Tasmania, 17.6% of people over 18 years of age smoke, which is higher than the national average.

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 use of e-cigarettes (vapes) has increased rapidly in recent years, particularly among young people. One third of secondary students in Tasmania have tried e-cigarettes. This is concerning as vaping is contributing to a range of health harms. The nicotine in one e-cigarette can be equivalent to 50 cigarettes and has been linked to serious lung disease. Vaping can also leave a young person at increased risk of depression and anxiety and can cause long-lasting negative effects on brain development.

Smoking and e-cigarette control aims to improve the health, social and economic wellbeing of Tasmanians by creating smoke-free communities, preventing young people from taking up smoking or vaping, and supporting people to quit.

The tobacco industry is constantly adapting and developing innovative products to appeal to new generations. This includes e-cigarettes and 'smokeless' products such as heat-not-burn products.

**Illicit use of drugs** covers the use of a broad range of substances, including illegal drugs, pharmaceuticals for non-medical purposes, and the use of other legal or illegal performance and image enhancing drugs, and psychoactive substances in a potentially harmful way,





such as inhalation of nitrous oxide (nangs), petrol, paint or glue.

An estimated 10.2 million (47%) people aged 14 and over in Australia had illicitly used a drug at some point in their lifetime. Illicit drug use can be associated with harms including overdose and poisoning deaths, drug-induced or drug exacerbated mental health disorders, and the transmission of blood-borne viruses through sharing of injecting equipment.



While **prescription medications** are vital for many, their unsafe use can result in harms. Some medications have a greater risk of harm including overdose, dependence, or side effects. Prescription medicines cause more overdose deaths in Australia than illicit drugs.

Health harms associated with the use of alcohol, tobacco and other drugs (ATOD) include increased risk of injury and death, cancers, cardiovascular diseases, liver cirrhosis, mental health problems, and shortened life expectancy.

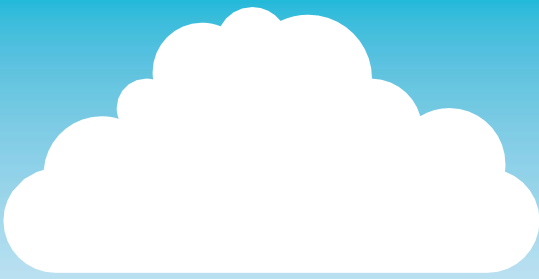
Economic harms include the costs to health, hospital, law enforcement and justice systems, associated criminal activity, decreased productivity, reinforcement of marginalisation and disadvantage, family and sexual violence, and child safety issues.

The harmful use of ATOD is also associated with social determinants such

as discrimination, unemployment, homelessness, poverty and family breakdown.

Harms can also arise from certain **behaviours**. Many people around the world are engaged in gambling, gaming, and other potentially addictive behaviours. While not everyone experiences negative health outcomes from these activities, they can lead to functional impairment and psychological distress for some people, affecting personal, family, social, educational, occupational or other areas.

Estimates suggest that Australians lose approximately \$25 billion on legal forms of **gambling** each year, representing the largest per capita losses in the world.



Digital technologies are essential for social and economic participation, convenience, entertainment and recreation. However, engagement with these technologies can result in harms for some.

Certain **online activities** - including online gaming, online pornography and social media use - are emerging as particularly concerning. There are also many forms of online abuse and harms that are continuously evolving.

**There are many social, socio-economic, commercial, cultural, and environmental conditions that influence people's use of harmful products.**

Risk factors include poor mental health and wellbeing, adverse childhood experiences, family and sexual violence, bullying, stigma and/or discrimination, poor quality diet, lack of physical activity, loneliness, and social determinants of health, for example, education, employment and housing.

**A harm minimisation approach recognises that use exists on a continuum from occasional use to dependence.**

Some things are used more often than others, and the health risks associated with their use increase with the frequency, type, and quantity used.

## What we will do

When it comes to minimising harm from certain products and behaviours, there is an established role for effective legislation and regulation and Tasmania has a strong track record.

For decades, we have been at the forefront of innovative and successful action to reduce the harms of products like tobacco and alcohol in our communities.

We will build on this success by continuing to implement policies, including through legislation and regulation, which protect Tasmanians from unsafe practices.

We will encourage and support people to engage in healthy and safe practices and we will work with schools, families and communities to prevent young people from starting to use or engage in unsafe products and behaviours in the first place.

Ways we might do this include:

- build on our current Tasmanian Tobacco Action Plan 2022–2026 to prevent and minimise tobacco and e-cigarette/vaping use and support people to quit for good
- prevent Tasmanians from taking up smoking or vaping, including by delivering a Smoking Prevention Package for Young People
- strengthen tobacco and e-cigarette/vaping control and compliance through increasing our capacity to proactively regulate and enforce laws and safety standards
- reduce the harms to people who drink alcohol at risky levels through our Tasmanian Drug Strategy 2024–2029
- reduce the incidence and impact of Fetal Alcohol Spectrum Disorder (FASD) through the National FASD Strategic Action Plan 2018–2028
- support people who are harmed by using illicit drugs by taking a health response through our Tasmanian Drug Strategy 2024–2029
- promote the safe use of medicines and improve real time prescription monitoring
- empower individuals and minimise the harm from online gambling through implementing the National Consumer Protection Framework for Online Wagering and other key plans
- safeguard Tasmanians at risk from online harms and to promote safer, more positive online experiences through key plans like Australia's eSafety Strategy 2022–2025
- protect children and young people from online pornography and other age-inappropriate content
- create supportive environments that protect Tasmanians from industry harms
- reduce stigma and discrimination, minimise harm and ultimately encourage people to seek help if they want or need it.

# Focus area 3

## Improve our environments for health and wellbeing

### **What this will look like**

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. Tasmania's neighbourhoods, towns and cities are supportive environments where options to be physically active are easy and straightforward.

Safe and accessible public transport, walking and cycling infrastructure connect people to employment, education, shops, services, public open space, and social, cultural and recreational opportunities.

### **Context and barriers**

The way our communities are designed can have a big impact on whether we live healthy, active lives.

In some communities, physical infrastructure and public spaces – footpaths, cycle ways, roads, activity centres, open green spaces and playgrounds, and sporting facilities – are abundant and well designed, but this is not true for all.

Sport and physical activity are one aspect of living a healthy active life. But some Tasmanians face barriers to taking part in physical activity because there are no affordable programs in their local area, or there is a lack of childcare, or they are on a low income. Others find it difficult to take part because of health conditions or disabilities. For some people, it can be hard because of language or cultural differences.

At the same time, technology is encouraging us to be less active than ever before. Many of us now do our work and seek information and entertainment through screens, and most of us travel by car.

Our physical environments also shape our opportunities for social connectedness. The contact we have with friends, family or other people in the community, like neighbours or support workers, significantly influences our health. It is well known that people with meaningful social connections live longer, healthier lives, while social isolation and loneliness are associated with an increased risk of heart disease, stroke, dementia, anxiety and depression.

There are many barriers to the way Tasmanians can connect socially, especially for young people living in rural areas, older Tasmanians, and people from diverse cultural backgrounds. These barriers include our geographically dispersed population, lack of affordable transport, and over-reliance on information technology to connect with others.



The environment we live and work in can also affect our health. It can cause or worsen many medical conditions, including allergies and asthma, lung and respiratory diseases, heart disease, endocrine issues and some types of cancer. Essential to ensuring good health are:

- clean indoor and outdoor air
- a stable climate
- safe water, sanitation, waste management and hygiene facilities
- protection from environmental toxins such as radiation, chemicals, physical materials like asbestos, and organisms like mould and blue-green algae
- healthy and safe housing and workplaces
- health-supportive cities and built environments
- effective pest and disease control and the preservation of biodiversity and ecosystems

Understanding the health impacts of our environment is important so we can cope with and bounce back from disasters and threats, as well as build community resilience. Disasters have long-term,

complex social and economic impacts that can span generations. The COVID-19 pandemic highlighted across the world how important it is to proactively reduce disaster risks.

Some of the risks to our health from a changing climate include increased frequency and severity of natural disasters such as bushfires or floods, increased air pollution and pollen, and mental health challenges. In today's world, we also face new and emerging threats, such as cyberattacks, biosecurity hazards, pandemics and mass casualty events such as terrorism, which highlight the need for comprehensive preparedness and response strategies.

Injuries are the leading cause of death of people aged 1–44 years and responsible for approximately nine percent of the burden of disease in Australia. They can be both intentional, including violence and self-harm – including suicide and self-inflicted injury – or unintentional, including road traffic injuries, falls, sports injuries, poisoning, drowning and burns. The harms from injuries include not just physical harm but the spiritual, emotional and cultural aspects of harm to individuals and whole communities.


## What we will do

Many preventive actions addressing our environments have benefits across multiple sectors. For example, increasing active and public transport helps reduce carbon emissions and improve air quality while also helping to prevent chronic conditions.

We acknowledge that community members are ideally placed to identify the barriers and solutions to healthy, active living in their local areas. We will bring together communities, government agencies at different levels, and the private sector, to improve the design of our environments to create more livable communities and support good health outcomes.

Ways we might do this include:

- develop and continuously improve physical environments so they are accessible for people of all ages and abilities
- design neighbourhoods with walkable distances to destinations and safe, well-maintained footpaths to increase the opportunity for physical activity
- improve access to green and public spaces like playgrounds to provide opportunities for people to socially connect and be active
- increase opportunities and initiatives that promote physical activity across the life course and in different settings through the upcoming Active 2030 strategy
- highlight the health and wellbeing impacts of all governments' planning and policies – such as injury prevention, traffic congestion and vehicle emissions – and offering solutions to improve walkability and liveability
- ensure Tasmanians have access to clean, healthy and sustainable environments through modernising our regulation and legislation, and implementing best practices such as the compendium of WHO and other UN guidance on health and environment
- strengthen environmental health oversight through increasing the capacity of our environmental health sector to proactively regulate and enforce safety standards
- take action on climate change through Tasmania's Climate Change Action Plan 2023–25
- recognise the deep knowledge and leadership of Tasmanian Aboriginal people in caring for Country through sustainable environmental management practices
- scan the horizon for risks, reduce disaster risk and prepare to withstand and adapt to the impacts of disasters through our Tasmanian Disaster Resilience Strategy 2020–2025 and Security of Critical Infrastructure Act 2018
- address both intentional and unintentional injuries through the National Injury Prevention Strategy 2020–2030
- deliver compassionate and connected care to reduce suicides through the Tasmanian Suicide Prevention Strategy 2023–2027
- prevent family and sexual violence through key plans like Tasmania's Third Family and Sexual Violence Action Plan 2022–2027

- 
- uphold the rights of children by preventing, identifying and responding to child sexual abuse through our Change for Children strategy
  - improve individual, family and community safety.





# Focus area 4

## Strengthen prevention across the life course

### **What this will look like**

Tasmanian systems work in health promoting ways to support people to increase control over and improve their health and wellbeing across the life course, from preconception to early years and adolescence, working age, and into older age.

### **Context and barriers**

Preventive health can often be overlooked when we focus on responding to illness rather than prioritising approaches to health and wellbeing.

Unlike a disease-oriented approach, which focuses on interventions for a single condition often at a single life stage, a life course approach considers the critical stages, transitions, and settings where large differences can be made in promoting or restoring health and wellbeing.

### **Improving wellbeing and mental health**

Mental health plays an integral role in determining our overall health and social and emotional wellbeing. Mental health problems are a major issue in our community and have a substantial social and economic impact on the Tasmanian population, with about one in five people in our community experiencing mental health problems in any year.

Mental health is determined by a complex interplay of individual, social and structural stresses and vulnerabilities.

There is a bidirectional relationship between mental illness and physical health; people with mental illness have an increased risk of physical illness, and vice-versa. Strengthening our mental health not only increases wellbeing, but also protects against other health conditions (such as dementia) and reduces our exposure to risk factors. People with severe mental illness are three times more likely than the general population to have diabetes and are at increased risk of cardiovascular disease.

### **Psychosocial supports**

An estimated 1.1 million Australians are living with a psychosocial disability. Psychosocial disability is a type of disability that arises from a mental illness or condition. Psychosocial disability can vary and affect people differently, and not everyone who has a mental illness or condition will also have a psychosocial disability.

Whether or not a person is considered to have a psychosocial disability depends not on a diagnosis but on their functional ability – the impact of their condition on their everyday life. These impacts might include difficulty getting and keeping a job, maintaining relationships and social life, or consistently keeping up with everyday household and personal tasks. Evidence shows a clear link between psychosocial functioning and health outcomes.

Psychosocial supports aim to support people experiencing these difficulties to rebuild and maintain connections, manage daily activities, build social skills and participate in education and employment. They are focused on improving functional ability and social and economic participation.

### **Preventing loneliness and social isolation**

Loneliness and social isolation have been linked to common chronic diseases, such as heart disease and stroke, diabetes, dementia and depression. Loneliness and social isolation also increase the risk of premature death by 26% and 29% respectively. This works both ways, as living with a chronic condition is also associated with an increased risk of loneliness and social isolation. In Australia, the total cost of loneliness was estimated around \$2.7 billion.

Anyone can experience social isolation and loneliness. While often associated with older adults, it can occur at all stages of the life course. Certain groups of people are more vulnerable than others, depending on factors like physical and mental health, level of education, employment status, wealth, income, ethnicity, gender and age or life-stage.

The COVID-19 pandemic highlighted more than ever the importance of social connection and the immense impact that social isolation can have on our mental health and wellbeing.

### **Reproductive and sexual health and wellbeing**

Sexual and reproductive health is an essential element of good health and human development.

Good reproductive health means that people can have a responsible, satisfying

and safe sex life and that they have the capability to reproduce and the freedom to decide if, when and how often to do so. They are informed of, and have access to, safe, effective, affordable and acceptable methods of fertility regulation, and the right to access health care services to support a safe and healthy pregnancy and childbirth, and to provide parents with the best chance of having a healthy infant.

Throughout different life stages, people face various reproductive health issues, such as menstruation, fertility, cervical screening, contraception, pregnancy, chronic health problems (such as endometriosis and polycystic ovary syndrome), menopause, unplanned pregnancy, abortion and male reproductive health issues.

Sexual health requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence. Sexual health-related issues are wide-ranging, and encompass sexual orientation and gender identity, sexual expression, relationships, and pleasure. They also include negative consequences or conditions such as:

- sexually transmitted infections (STIs), reproductive tract infections, and their adverse outcomes (such as cancer and infertility)
- sexual dysfunction
- sexual violence
- harmful practices (such as female genital mutilation)

While sexual health is vital for reproductive health, it is important to also consider sexual health in its own right.

The impacts of sexual and reproductive health are human and economic, and direct and indirect. Unwanted pregnancy, sexual violence, STIs and infertility are major contributors to morbidity and associated costs in Australia. In Australia, the total cost of unintended pregnancy was estimated to be \$7.2 billion in 2020. The total economic burden of endometriosis has been estimated at between \$7.4 billion and \$9.7 billion per year.

There is evidence that investing in sexual and reproductive health is cost effective, with the potential to minimise future health system costs and to realise significant benefits at the personal, family and societal levels.

### **Children and families**

Healthy development in the early years provides the building blocks for educational achievement, economic productivity, responsible citizenship, lifelong health, strong communities, and successful parenting of the next generation.

However, early life stress and adverse experiences can have a lasting impact on the mental and physical health of children and contribute to developmental delays and poor health outcomes in the future. Stressors such as physical abuse, family instability, unsafe neighbourhoods, and poverty can cause children to have inadequate coping skills, difficulty regulating emotions, and reduced social functioning compared to other children their age.

Additionally, exposure to environmental hazards, such as lead in the home, can negatively affect a child's health and cause cognitive developmental delays. The socioeconomic status of young children's families and communities also

significantly affects their educational outcomes.

To support children and families in the early years, we need actions that:

- support responsive relationships for children and adults
- strengthen core skills for planning, adapting, and achieving goals
- reduce sources of stress in the lives of children and families.

### **Healthy ageing**

Tasmania has the oldest population in Australia, and it is ageing at the fastest rate. Longer lives are a benefit to society in many ways, including financially, socially, and culturally, because older people have skills, knowledge and experience that benefit the wider population. For example, Australians aged 65 years and over contribute almost \$39 billion each year through unpaid caring and voluntary work.

As people age, they are more likely to experience chronic diseases and disabilities of both the body and brain. That's why focusing on healthy ageing is important. Healthy ageing means creating environments and opportunities that enable people to be and do what they value throughout their lives.

Everybody can experience healthy ageing. Being free of chronic diseases or disabilities is not a requirement for healthy ageing, as many older adults have one or more health conditions that, when well controlled, allow them to maintain a high quality of life.

### **Oral health**

Oral health conditions are the second-most expensive disease group in Australia, with treatment costs of over \$6

billion a year, and additional care costs exceeding a further \$1 billion.

Most oral health conditions are preventable and can be effectively managed if caught early. They are caused by a range of modifiable risk factors, such as inadequate exposure to fluoride (in the water supply and oral hygiene products such as toothpaste), sugar consumption, tobacco use, alcohol use and poor hygiene, and their underlying social and commercial determinants.

Good oral health means lower rates of cancers, better control of diabetes, and fewer opioid prescriptions. It also means less time away from school for children, improved work productivity, and longer life.

However, many Australians face financial barriers in accessing dental services, and oral health conditions disproportionately affect low income and socially disadvantaged individuals.

### **Good sleep**

An estimated 39.8% of Australian adults experience some form of inadequate sleep, costing the nation an estimated \$66.3 billion in 2016–17. In our fast-paced society, rising demands on our time have led many people to sacrifice sleep to meet these pressures.

A lack of adequate sleep can affect judgment, mood, ability to learn and retain information, and may increase the risk of serious accidents and injury, depression, and other mood disorders. Over time, chronic sleep deprivation may lead to a host of health problems including obesity, diabetes, cardiovascular disease, and even early mortality.

Sleep loss and sleep disorders are common and easily treatable health conditions that are often overlooked. Solutions can include activities like

promoting good sleep hygiene, reducing caffeine and alcohol intake, practicing relaxation techniques, and addressing conditions like sleep apnoea.

### **Healthy eyes and ears**

Around 90% of all blindness and vision impairment in Australia is preventable or treatable with early detection. Without timely detection, these conditions can have long-term personal and economic effects. Young children with early onset severe vision impairment can experience lower levels of educational achievement, and in adults it often affects quality of life through lower productivity, decreased workforce participation and high rates of depression.

Preventive strategies can effectively target various eye conditions, including congenital and acquired eye conditions, myopia, trauma, infections and inflammations. For example, encouraging children to spend more time outdoors and reduce near-work activities can help delay the onset and progression of myopia and its complications later in life. Additionally, managing other chronic conditions like diabetes, high blood pressure and deficiencies can also reduce the risk of eye conditions, and safe working conditions can prevent eye injuries.

Around 3.6 million Australians have some level of hearing loss. As the population ages, this number is expected to double to an estimated 7.8 million people by 2060. Aboriginal and Torres Strait Islander children face particularly high rates of ear disease, which can result in hearing loss. The total cost of hearing loss in Australia is estimated at \$1.78 billion a year.

Healthy ears and hearing are important to overall health and quality of life. Poor ear health and hearing loss can have an impact on many aspects of our lives,

including education, employment, social connection, and wellbeing.

### **Immunisation**

After clean water, vaccination is the most effective public health intervention in the world for saving lives and promoting good health.

Vaccines reduce risks of getting a disease by working with your body's natural defences to build protection. When you get a vaccine, your immune system responds. There are many vaccines available to prevent life-threatening diseases, helping people of all ages live longer, healthier lives.

Since routine immunisations began in the 1950s, death or disability from many once-common infectious diseases have become rare in Australia. Despite these successes, challenges remain, and new diseases continue to emerge. Prioritising immunisation is a priority for safeguarding the health of Tasmanians and ensuring they can live healthy, active lives.

### **Communicable disease prevention and response**

Protecting Tasmania from communicable diseases is a key aspect of preventive health. Communicable diseases are illnesses that can spread from one person to another. Some diseases can even be transmitted between animals and humans – these are called zoonotic diseases.

Different communicable diseases spread in different ways. Common ways are through viruses or bacteria in food or water, blood or other body fluids, insect bites or air. The COVID-19 pandemic has demonstrated how much communicable disease can impact our community, healthcare systems, and the economy.

As our environments change, new and re-emerging communicable diseases are

inevitable. While we can anticipate this trend, predicting specific outbreaks is very difficult.

It is essential that Tasmania has strong surveillance systems, capacity for early assessment of potential threats and comprehensive response plans to minimise both the immediate and long-term impacts of these diseases. This includes prioritising preparedness, maintaining a resilient, flexible system and ensuring we have enough skilled workers to respond to all threats – known and unknown.

### **Infection prevention and control**

Anyone working in or entering any place of care can be at risk of infection. These infections come primarily from human sources, including patients, members of the workforce and visitors.

In hospitals, healthcare associated infections cause unnecessary pain and suffering for patients and their families, prolong hospital stays and are costly to the health system. They are estimated to impact around 7% of patients and increase the cost of their admission by 8.6%.

It is possible to significantly reduce the rate of these infections through effective infection prevention and control. Effective infection prevention and control practices reduce the risk of transmission of infections between patients, workers, and others in the environment, and protects them from being harmed by avoidable infections.

### **Antimicrobial resistance**

Antimicrobials are agents we use today to kill or stop the growth of microbes such as bacteria, fungi, algae, viruses and parasites. They are some of the most widely used therapeutic drugs worldwide –

in medicine, livestock, companion animals such as pets, in plant agriculture and even oil pipelines and industrial paints. The drawback of these highly effective agents is that the more they are used, the less effective they become. This is known as antimicrobial resistance, and it is becoming more common worldwide, including in Australia.

The misuse and overuse of antimicrobials in humans, animals and plants are the main drivers in the development of resistance. To make sure antimicrobials remain effective for years to come, we need to make sure they are used properly, prevent infections, invest in research for new drugs, and effectively detect and stop the spread of resistance when it does develop.

### **Screening**

Screening involves simple tests to look for particular changes or early signs of a disease. It can help find problems before they start or find health issues earlier. This can improve the chances of treatment and cure. In fact, the leading causes of poor health and death in Australia are preventable or can be delayed by early treatment and intervention. By getting regular health checks, screenings and treatments, you can help to improve the length and quality of your life.

### **Genetics and genomics**

Genetics and genomics have the potential to reshape how we prevent, diagnose, treat and monitor illness.

Genetics is the study of how genes work and transmit information from parents to offspring. It can help us understand the risk of inheriting a genetic disease.

Genomics is the study and mapping of genomes – the full set of genetic instructions for an organism. It includes

both human and other genomes and how these interact with the environment. Genomics can help us identify genetic disorders and rare diseases, undertake surveillance for communicable diseases, develop prevention strategies and tailor treatments to individuals. An example of this was through COVID-19 pandemic, where we used genomics to map the genome so that we could develop COVID-19 vaccines quickly.


Gene technology involves changing an organism's genes so that it gains, loses, or changes certain traits. It can be used to produce new vaccines or medicines and develop new ways to diagnose and treat disease.

### **Cancer screening and prevention**

Cancer is a leading cause of death in Australia, accounting for about 3 in 10 deaths. The most common cancer-related deaths in Tasmania in 2019 were from lung, colorectal, prostate and breast cancers.

Understanding and avoiding the risk factors associated with cancer can help to reduce the chance of getting the disease. There are a number of modifiable lifestyle factors that can reduce risk of cancer, including reducing intake of tobacco and alcohol, maintaining a healthy weight and keeping active, and reducing harmful exposure to UV radiation and infections.

Some types of cancer can be detected before any symptoms appear. Cancer can take a long time to develop, and screening can find cancer while it is still in its early stages. It can also find changes to cells before they become cancer or identify infections that may cause cancer in the future. By finding cancer at an early stage, there is a better chance that treatment will work, and the person will survive. In 2020,



Tasmania had the highest participation rate in breast and bowel cancer screening.

### **Health technologies and digital health**

Health technologies include things like:

- tests
- medical devices
- medicines
- vaccines
- blood products
- procedures
- programs or systems involved in health care.

These technologies play a key role in preventing, diagnosing and treating health conditions, promoting health, providing rehabilitation and organising the delivery of care.

Digital health refers to using technology to improve access, transparency and personalisation of the healthcare system for providers and patients alike. This includes:

- telehealth
- electronic health records
- electronic prescriptions
- healthcare identifiers
- electronic referrals
- electronic medication charts
- access to trusted data.


Tasmanians benefit from new health technologies and advancements in digital health as they improve quality of life and patient outcomes, support people to stay as well as possible, and make the healthcare system more efficient.



## What we will do

Tasmania's Long-Term Plan for Healthcare in Tasmania 2040 provides a system-wide direction and strategy for the delivery of health services, and one of its strategic ambitions is to strengthen prevention and early intervention. Ways we might do this include:

- keep people well and connected to their daily environments through the management of their health and wellbeing in the community
- enhance mental health and wellbeing through building upon our Rethink 2020 state plan for mental health, Vision 2030 and WHO comprehensive mental health action plan 2013–2030
- promote and normalise the use of mental health services to reduce stigma and encourage early intervention
- increase access to psychosocial supports to help people participate fully in their lives
- promote programs that strengthen social connectedness and resilience
- address social and emotional wellbeing for Aboriginal and Torres Strait Islander people, including the importance of connection to land, spirituality, ancestry and family and community
- increase access to safe and inclusive information, diagnosis, and services for sexual and reproductive health through the Sexual and Reproductive Health Strategic Framework 2024–2030
- enhance health promotion and service delivery for preconception, perinatal and maternal health
- promote prevention and early intervention programs for children and their families through partnerships between mental health, maternal and child health services, schools and other related organisations through the Child and Youth Wellbeing Strategy and other key plans
- support healthy ageing in Tasmania through the next Active Ageing Strategy 2023–2029
- build upon the Australian National Oral Health Plan 2015–24 to improve the oral health of Tasmanians
- build upon the recommendations of the Inquiry into Sleep Awareness in Australia to help Tasmanians achieve adequate sleep
- promote healthy eyes and ears through accessible and affordable information, screening, and services
- prevent severe disease outcomes by maximising immunisation coverage through the National Immunisation Program and Strategy 2019–2024
- prevent, detect and respond to communicable diseases in Tasmania through the National Framework for Communicable Disease Control
- protect consumers and workers from preventable infections by implementing best practice infection prevention and control techniques
- protect human, animal, and environmental health by minimising the development and spread of antimicrobial resistance through the Australia's National Antimicrobial Resistance Strategy–2020 and beyond
- increase the early detection and treatment of conditions through



screening programs, genetics and genomics, and improve monitoring of diseases to inform preventive actions

- improve cancer screening and prevention efforts through the Australia Cancer Plan
- enhance digital literacy and empower consumers and healthcare professionals to support decision making, patient-centred care and self-

management through system-wide, digitally enabled technologies under the Digital Health Transformation program 2022–2032 and National Digital Health Strategy

- increase the recognition of carers and connect them to the supports available through the Tasmanian Carer Action Plan 2021–2025

# Focus area 5

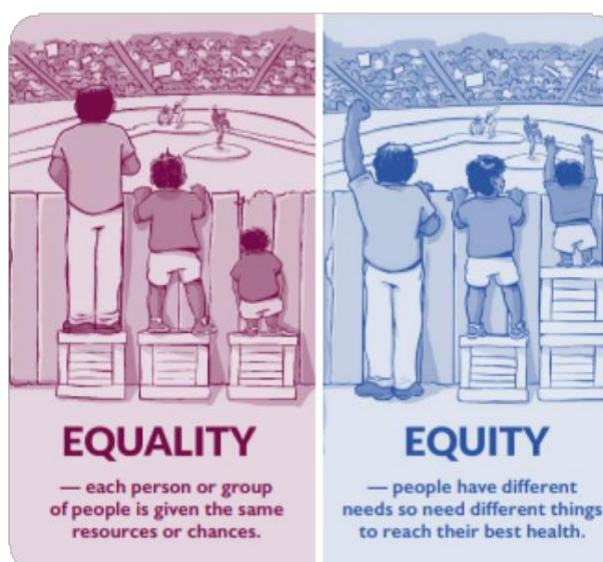
## Take a health equity approach

### What this will look like

Tasmania's systems and services are equitable, inclusive and accessible.

### Context and barriers

People's health and wellbeing can be made worse by discrimination, stereotyping, and prejudice based on some part of them or their life. Equity is about being fair and just. It means the absence of unfair, avoidable differences among groups of people. The picture on this page is a visual example of the concept of equity.



Interaction Institute for Social Change | Artist: Angus Maguire, with added text.

There are a number of different groups within Tasmania who experience a disproportionate burden of disease, leading to differences in health outcomes

and life expectancy. This inequitable burden of disease is not due to personal fault or responsibility, rather, it is largely avoidable. It is well known that the main causes of these disparities are social inequality and social disadvantage.

While individuals from these groups may not be physically ill, they are often unable to fully participate in their health and may be resisting or recovering from a crisis or illness. This is due to a multitude of reasons, including the wider determinants outlined above. These groups include, but are not limited to, the following communities:

- Aboriginal and Torres Strait Islander people
- Culturally and linguistically diverse (CALD)
- Lesbian, gay, bisexual, transgender, intersex, queer or questioning, and/or other sexuality and gender diverse people (LGBTIQA+)
- people with mental illness
- people of low socioeconomic status
- people with disability
- rural, regional and remote.

Many people experience more than one form of discrimination or disadvantage which can compound inequity, highlighting the importance of intersectionality and the interplay of different circumstances and experiences in a person's life. All too often, people from marginalised communities are not able to access the

healthcare they need, due to factors including:

- discrimination and stigma
- inability of the healthcare system to respond well to diversity in the people who need care
- high costs of care
- unavailability of services in the community
- low health literacy
- insufficient data to identify and monitor inequalities effectively.

We need to provide additional support to these communities to address the avoidable disparities in health outcomes. The needs of each group are diverse and there is no one size fits all approach. People may identify as belonging to one or more of these population groups, and as such, may have compounding health and wellbeing experiences that must be considered.

It is also important to recognise that these population groups all have inherent strengths and resilience. Many people who identify within these groups are thriving in spite of the challenges they face. Shared decision-making, strategic partnerships and involving people with lived experience at the heart of policy development and implementation are key to creating meaningful change.

### **Stigma and discrimination**

Stigma affects individuals and groups based on both health-related factors (like specific conditions) and non-health-related factors, such as poverty, gender identity, sexual orientation, migrant status, occupation.

Stigma and discrimination can make it difficult for people to access services, engage in healthcare and stick to

treatment plans. The consequences can be serious – negatively impacting physical and mental health, quality of life, and personal and social relationships – leading to poor health outcomes overall.

Stigma can result in denied care, longer wait times, and low-quality treatment. Past experiences of discrimination may also discourage people from seeking the help they need.

Our goal is to ensure that everyone feels safe and confident accessing the care they need. To achieve this, we must take a comprehensive approach to eliminate stigma by addressing the intersectional nature of discrimination in our systems.

### **Data and research**

Certain populations face health inequities but often remain invisible in data because their specific characteristics are not routinely captured. In smaller communities, low numbers can lead to data being combined, which hides important inequities.

This lack of detailed data makes it difficult to identify and meet the unique needs of these communities, leading to missed opportunities for improvement. To really understand the scope of health inequities, we need to break data down by demographic variables such as age, sex, ethnicity, health literacy, sexual orientation, gender identity, socio-economic status, and geography.

Additionally, these populations are often excluded from research studies, leading to findings that are often generalised rather than tailored to their specific needs.

To improve health equity, we need to make sure our data collection and research is inclusive. By prioritising the knowledge of these groups, we can better

understand the root causes of disparities and the potential solutions.

### **Health literacy**

More than three out of every five Tasmanians do not have adequate health literacy. This means that accessing, understanding or appropriately using health information is difficult for most people. This can lead to poorer health, more use of hospitals, difficulty controlling medical conditions, medication mistakes and greater health expenses.

Health literacy is important because knowledge is power. Health literacy has a big impact on decisions people make that affect their health and well-being. It has been described as a better predictor of health than education, socio-economic status, employment, racial background or gender. Health literacy also affects the efficiency and effectiveness of health and human services.

### **Access to affordable health services of decent quality**

Many Tasmanians struggle to access affordable healthcare. While most people trust the quality and safety of our health services, only 57% of those with chronic conditions feel they can afford the care they need.

Tasmania has the nation's lowest proportion of bulk-billing GPs and faces ongoing challenges recruiting and retaining primary care providers, particularly in rural areas. Low bulk-billing rates and high out-of-pocket costs for services like radiology and pharmacy, make it even harder for many to get the care they need.

As a result, many Tasmanians on low incomes are delaying or skipping care altogether or turning to emergency departments for help. In 2016–17, 7.5% of

Tasmanians delayed or did not see a GP due to cost - the highest rate in the country.

### **Educational attainment**

People who are well educated typically enjoy better health, experiencing lower levels of morbidity, mortality, and disability. In contrast, low educational attainment is associated with poorer health outcomes, shorter life expectancy, and shorter survival when sick. This highlights the significant health inequalities tied to education.

Education often leads to better jobs and higher income, which improve access to and affordability of health care. Additionally, people with higher educational attainment tend to have stronger social support networks and enhanced coping and problem-solving skills, allowing them to cope more effectively with health challenges and stress.

### **Employment and stable work**

Unemployment is associated with deterioration in health, well-being and quality of life. Unemployed individuals face higher risks of illness and death compared to those who are employed. The most vulnerable groups include older adults and those who have been out of work for a long time.

Poor health and decreased work ability can lead to unemployment. Workers with poor health, mental health problems, chronic conditions, and decreased work ability are more likely to lose their jobs or find it hard to get hired again.

The reverse is also true: being unemployed, especially for an extended period, can worsen your health. When someone is out of work, their physical and mental health is impacted, and they might

cope with this by adopting unhealthy behaviours, such as poor diet, risky levels of alcohol use, and smoking – all of which can lead to chronic conditions. Prolonged unemployment can also lead to issues like chronic pain, poor sleep and decreased mental and physical health.

There is clear evidence that good work improves not only your economic situation, but also your overall health and wellbeing. Being in good quality work supports health and wellbeing because work generally provides the income needed to live a healthy life, is a source of social status, and offers opportunities to participate fully in society.

### **Income and social protection**

Income security means having enough income, whether from work or social benefits, to meet basic needs. This includes not just the amount of income but also the reliability of receiving it now and in the future, especially during times of injury, disability or retirement.

Higher income is associated with better health, and people with low incomes have poorer health outcomes, including greater risk for disease and shorter lifespans. For most people, income can be an indicator of a person's ability to access food, clothing, education, housing and leisure activities.

Tasmania has the lowest average weekly full-time earnings in Australia and 120,000 Tasmanians are living below the poverty line.

### **The role of culture in health**

The cultural determinants of health are integral to understanding and improving the health and wellbeing of Aboriginal and Torres Strait Islander people as well as culturally and linguistically diverse (CALD) communities.

For Aboriginal and Torres Strait Islander people, the separation from Country and kin, and subsequent loss of connection to traditional cultural practices due to colonisation, has led to inequalities in health status across physical, social, emotional, and mental health and wellbeing. Despite all these hardships, Aboriginal people remain strong, proud and resilient. The Mayi Kuwayu literature review identifies six overarching domains for describing the cultural determinants of health that are specific to Aboriginal and Torres Strait Islander people. These include:

- Connection to Country
- Family, kinship and community
- Indigenous beliefs and knowledge
- Cultural expression and continuity
- Indigenous language
- Self-determination and leadership.

Tasmania is home to people who have migrated from over 150 countries, speak over 100 languages and represent many religious faiths. Culture also plays a strong role in the health and wellbeing of CALD communities, including self-determination and leadership; cultural expression and continuity; and family, kinship and community. Additional supportive factors include access to interpreting services, respect for cultural differences and beliefs, including spirituality; shared decision-making; and access to clear, quality health information.

## **What we will do**

To improve health equity, we need best practice action from three main areas:


- by the health sector to ensure high-quality and effective services are available, accessible and acceptable

- to everyone, everywhere when they need them
- by health and or other sectors to act on the wider structural determinants of health to tackle the inequitable distribution of power and resources, and to improve daily living conditions
- the health sector needs to take the lead in monitoring health inequities through monitoring health outcomes and health service delivery – as well as working with other sectors to monitor people's living conditions.

Ways we might do this include:

- recognising the determinants of health that affect people's lives
- prioritise support for people with the greatest needs
- address stigma and discrimination
- tackling structural determinants such as sexism, racism, ageism, classism and ableism
- addressing harmful gender norms and gender inequalities in health
- improve cultural competency among the workforce to improve outcomes for diverse populations
- Aboriginal and Torres Strait Islander communities are empowered to develop their own solutions and decision-making is returned to community
- acknowledge the strength of Aboriginal people in Tasmania and their way of knowing and doing. This means taking up our responsibilities under the National Agreement on Closing the Gap, by:
  - developing formal partnerships and sharing decision making

- building the capacity of Aboriginal Community Controlled Organisations
- addressing racism
- sharing access to Aboriginal data and information
- continue the work and the outcomes of the Improving Aboriginal Cultural Respect Across Tasmania's Health System – Action Plan 2020–2026
- recognise the needs of LGBTIQ+ Tasmanians through the LGBTIQ+ Action Plan 2024–2027
- ensure that Tasmania remains an inclusive, harmonious and respectful multicultural island through Tasmania's Next Multicultural Action Plan
- recognise the rights of people with disability and enable their full participation in the social and economic opportunities through the upcoming Disability Health Strategy, Disability Inclusion and Safeguarding Bill 2024 and other key plans
- take action to address gender inequality through the Tasmanian Women's Strategy 2022–2027 and National Strategy to Achieve Gender Equality
- improve health literacy through building on the Tasmanian Health Literacy Action Plan 2019–2024 and the upcoming National Health Literacy Strategy
- improve universal health care so everyone has access to affordable care, through addressing barriers like out-of-pocket costs and bulk billing access
- improve access to timely and quality care, through addressing barriers like

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- long waiting periods, better access to specialists and allied health
- improve access to culturally appropriate, safe and responsive care
  - ensuring equitable services and infrastructure in both urban and rural areas to ensure everyone can lead healthy lives
  - policies to improve educational attainment and ensure everyone has access to education and training opportunities across the life course from the early years through to older

- age through implementing recommendations from the upcoming independent review of Tasmania's Education System
- improve employment opportunities and address unemployment and underemployment to ensure everyone has a sense of purpose, job security, financial security and opportunities for personal development through key plans like the Tasmanian Youth Jobs Strategy
  - continuing to monitor health inequalities and the impact of action.





# What will help us

To successfully implement a 20-year strategy, a suite of enablers is essential. These enablers create a supportive foundation that facilitates collaboration, encourages continuous improvement, and ensures that our efforts are sustainable and impactful.

By integrating these enablers across all our focus areas, we can maximise our resources, empower our consumers and communities, and drive systemic change towards a healthier, active Tasmania.

Through a range of enablers, we will work to:

- take a whole-of-government, whole-of-community approach
- establish strong leadership and governance
- apply contemporary and sustainable funding models
- maintain accountability through clear and transparent reporting
- use data and evaluation to consistently learn and prioritise
- support new and emerging evidence
- build a skilled workforce
- empower our consumers and communities

# Enabler 1

## A whole-of-government, whole-of-community approach

Preventive health is a collective responsibility that extends beyond the health sector. It is not enough to simply urge Tasmanians to eat better and exercise more. While our behaviours and choices influence our health, these are shaped by many systems: the environments we live and work in, the goods and services available for us to buy and sell, and the health services we access. We can support individuals, families, and communities to maintain good health and wellbeing by enabling these underlying systems to be health promoting.


Systems approaches aim to bring about lasting change by altering underlying structures such as policies, relationships and resources. In the context of preventive health, a systems approach aims to influence the **conditions that shape health outcomes**, as well as the individuals themselves.

Taking a systems approach to the development of a 20-year strategy will allow us to look in depth at our communities, food systems and workplaces, and assess whether these environments are promoting health. It recognises the interconnectedness of human, animal and environmental health, and mobilises all sectors to collaboratively address root causes and develop sustainable solutions.

Taking a systems approach to the development of a 20-year strategy will

allow us to look in depth at our communities, food systems and workplaces, and assess whether these environments are promoting health. A systems approach:

- is **realistic** and meets Tasmanians where we are, living busy, interconnected lives as part of multiple systems – work, school, home, community, sport
- is **collaborative**, with shared or distributed leadership across different sectors of society; not only government, but also employers, faith and community groups, educational settings and businesses, recognising the many groups and institutions that shape health
- is **innovative, iterative, and flexible**; it sets a clear direction but allows us to learn and adapt as we go, based on emerging and evolving evidence of what works
- is **effective** across multiple domains, e.g.
  - improving footpaths in a suburb is likely to increase physical activity and promote social connectedness in the short- to medium-term; in the long-term, it may also reduce greenhouse gas emissions and hospital admissions
  - providing school lunches to primary school kids will improve their nutrition, support their learning, and address food insecurity (not having access to enough nutritious food to live a healthy life) while providing economic opportunities for local food businesses.



No single organisation or agency can do this work alone. Enabling our systems to better support a healthy, active Tasmania will require a truly collaborative and coordinated effort from people and communities across the state.

# Enabler 2

## Strong leadership and governance

The success of a 20-year strategy will depend on the energy and involvement of all sections of society.

Under this Strategy, the Tasmanian Government will continue to lead Tasmania's response to preventive health. However, everyone has a role to play in a coordinated manner across all levels of government, the private sector, industry, professionals, the research community and the Tasmanian community.

### The role of all governments

Creating the conditions for healthy, active Tasmanian lives cannot happen without leadership from the highest levels. This is because governments have mechanisms and tools available that other organisations and groups do not. Identifying which of these mechanisms and tools are best suited to address specific challenges is a key aspect of translating evidence into good practice. Key actions we could take in our strategy include:

- Reviewing processes to enhance opportunities and expand options by addressing systemic barriers to healthy, active lives
- Centrally coordinating a collaborative effort across all levels of government – at the Commonwealth, state, territory and local government level – as well as partnerships across the

human health, agriculture, animal health and environment portfolios

- Leading by example and implementing good practice. This includes being an employer of choice and enabling government-run settings, such as public hospitals and public schools, to be health-promoting. It also means applying an equity lens, and targeting our resources and activities to where there is the most need
- Listening to, working with, and supporting people and communities to create the environments, opportunities and conditions everyone needs to live healthy and active lives. This means creating a system that enables all people and communities to drive and shape decision-making about the way in which they live, work, and play. It means co-designing and power sharing with communities and strengthening community-led partnerships
- Developing long-term actions that seek to reduce health inequities and improve outcomes for Tasmanians who experience poor health compared to the rest of the population
- Implementing the Closing the Gap reforms to reduce inequities for Aboriginal people, including by reducing racism, strengthening partnerships, building the community-controlled sector, and sharing access to Aboriginal data and information
- Removing barriers to healthy, active lives, including making community-led actions easier and more accessible
- Ensuring that there is long-term, responsive and sustainable funding for preventive health activities

- Support and strengthen capacity within local government to enable healthy, active living. Tasmania can also lead and influence at a national level through ministerial and other forums.
- Implementing evidence-informed policy and actions through a range of mechanisms, including information and awareness campaigns, education, guidelines, funding and partnerships, all the way to standard-setting, regulating, and legislating, depending on the circumstances.
- Measuring and evaluating what works. We will invest to ensure that we can draw on the best available evidence and present it in a way that is timely and relevant for decision-makers. In addition, we will improve the way we share data and evidence of what works with our partners, including communities
- Monitoring and planning for emerging issues and risks across government and society

### The role of private sector and industry

The private sector and industry can:

- promote and implement best-practices in preventive health
- adhere to best-practice guidelines and standards
- work closely with regulators
- invest in research and development
- act as change agents to drive innovation and effective health solutions.

### The role of professionals and health and wellbeing champions

Professionals and health and wellbeing champions across all sectors can:

- promote and engage in best practices, ensuring the highest standards of care
- provide accessible information and education to help Tasmanian's make informed health and wellbeing choices
- work closely with local organisations to identify health needs and co-develop programs to meet those needs
- collaborate with other sectors to create holistic approaches to health and wellbeing
- use their expertise to influence policy
- provide capacity building in their sectors and communities
- contribute to research initiatives
- incorporate best practices into their accreditation, professional development and training programs.

### The role of the research community

Research and development are essential to expanding the knowledge base for a comprehensive, multi-sectoral approach to preventive health. Researchers, academics, and funding agencies can:

- improve our understanding of health and wellbeing, preventive measures and effective interventions
- develop and test new, safe and effective approaches
- assess the effectiveness of approaches and provide evidence-based recommendations to promote continuous learning and sustainability

- bridge the gap between research and practical application
- create accessible resources to communicate complex research findings to all stakeholders
- enhance Tasmania's research capacity and support emerging researchers, including lived experience researchers, to foster a diverse and inclusive research environment.
- ensure programs are relevant and appropriate
- celebrate local success stories to inspire others and demonstrate the positive impact of community engagement on health outcomes.

## The role of the Tasmanian community and individuals

Transforming our health outcomes requires active participation from Tasmanians from all walks of life. The Tasmanian community can:

- educate themselves on the factors that influence health, including the risks and benefits of various lifestyle choices to empower themselves and others to make informed choices
- participate in health and wellbeing initiatives to promote awareness and collective intergenerational action
- build networks of support to share experiences, resources, and encouragement to improve health outcomes and foster resilience
- drive community readiness to address issues and utilise local facilities and services to embed health and wellbeing activities
- create a sense of ownership over local programs
- get involved in community-based research projects and provide feedback into programs
- advocate for their needs, bring knowledge of their strengths, and

# Enabler 3

## Contemporary and sustainable funding models

Funding models need to fit the model of care being delivered and require multiple approaches. Shifts are needed to establish innovative and responsive funding and remuneration models which improve accessibility for all people. Funding models need to be aligned to and drive outcomes including sustainable recovery. Consideration should be given to a balanced, mixed model approach which appropriately uses program, activity, and person-centred funding packages to ensure services are capable of meeting need and achieving outcomes while maximising flexibility and consumer choice. Key actions we could take in our strategy include:

- provide for the delivery of the full spectrum of services across prevention, treatment, and sustainable recovery, facilitating integration across all levels of care
- protecting and increasing investment in health and other social sectors
- ensure all types of services are affordable and available to everyone in an evidence-based manner
- enable long-term funding cycles to facilitate consistency, sustainability, and quality improvement
- be based on and respond to population distribution, community need and local gaps in service accessibility, reducing duplication of services where needed

- link funding to demonstration of standards of service and achievement of outcomes.



# Enabler 4

## Clear and transparent reporting

Public trust is critical to governments' ability to function effectively and respond to complex challenges. To build trust and accountability in our new strategy, we will prioritise clear and transparent reporting. This will ensure our stakeholders and the Tasmanian community are informed and engaged in the progress of our strategy in ways that meet their needs. Key actions we could take in our strategy include:

- providing regular updates on the implementation and outcomes of our programs
- making information accessible and easy to understand for everyone
- using a wide range of communication channels to share progress, meeting people where they are
- regular reporting to governance bodies, such as the Premier's Health and Wellbeing Advisory Council and Tasmanian Health Senate, to ensure oversight and accountability.



# Enabler 5

## Use data and evaluation to consistently learn and enable prioritisation

Evaluating the impact of a long-term systems approach can be challenging. Systems are by nature complex and dynamic. They adapt and change in response to the relationships and actions of those in the system and outside of it. It may take years of collaborative action under a 20-year strategy before we see any impact on rates of preventable disease.

That is why we will need to use many different tools to evaluate the impact we are making in a systems approach. We will also need to be strategic and adaptable, ensuring that we learn as we go and making sure that what we learn informs our next steps and influences the process.

Health intelligence involves gathering and monitoring information from various sources to effectively predict and respond early to potential threats. The pandemic has highlighted the need to improve the way we anticipate emerging trends and challenges and proactively plan for the future and be ready for whatever may come our way. We also need to consider not just infectious diseases, but also non-communicable diseases and other health trends, such as rising obesity rates, mental health issues, and the emergence of novel harmful substances. Key actions we could take in our strategy include:

- building our capacity to monitor disease and injury trends over time,

as well as emerging health challenges and opportunities in the community

- leveraging resources such as the State of Public Health Report, the Tasmanian Population Health Survey, and other local and national sources of information to inform our decision-making
- aligning our outcomes across sectors with key frameworks, such as the Wellbeing Framework and the Sustainable Development Goals, to ensure a unified approach
- leveraging technology to enhance data collection efforts improving our capacity to provide centralised, timely information to inform decision-making across all levels
- advancing our health intelligence by improving our systems and using tools like predictive modelling and analytics to forecast future health challenges and opportunities for both communicable and non-communicable diseases
- strengthening our capacity to quickly translate evidence into practice
- using health economics to evaluate the cost-effectiveness of programs to prioritise investment into what works
- expanding on the developmental evaluation activity we already have underway with our research partners and collaborators
- empowering communities to actively participate in evaluation processes and increasing access to health and wellbeing data for communities
- building the capacity of our workforce and collaborating with research institutes and organisations to access the latest evidence and practices.

# Enabler 6

## Support new and emerging evidence

To ensure our strategy remains effective and relevant, we will prioritise the integration of new and emerging evidence. This will enhance our capacity to respond to the evolving health needs of our state and continue Tasmania's leadership in preventive health. Key actions we could take in our strategy include:

- fostering an environment where new ideas can thrive by encouraging research that explores innovative solutions
- testing new approaches in real-world settings through pilot programs, allowing us to rapidly learn from new and emerging ideas
- scaling up successful programs when promising initiatives show positive outcomes to maximise benefits for all Tasmanians
- continuously monitoring national and international developments to ensure we are always at the forefront of preventive health practice
- strengthening partnerships with research institutes, services and communities to build research capacity research.

# Enabler 7

## Build a skilled workforce

To effectively implement our strategy, we need a skilled and empowered multisectoral preventive health workforce. We need to attract, build and retain skills, expertise and talent to advance preventive health in Tasmania.

The preventive health workforce is diverse and multisectoral. Examples include public health departments, epidemiological surveillance and disease control centres, health promotion agencies, centres of public health education, and occupational health and safety networks. Some workforces' primary purpose may not be health-related but their work contributes to the capacity for people to live healthy, active lives.


There are several challenges associated with growing and sustaining the preventive health workforce in Tasmania, such as:

- workforce shortages across occupations and disciplines
- stigma and negative perceptions associated with working in various sectors
- unclear roles and responsibilities, especially in multidisciplinary teams and in emerging workforces
- limited connection and collaboration across professions and disciplines
- poor workforce distribution, particularly in regional, rural and remote areas
- limited availability and use of high-quality data to inform workforce planning

- an overarching increasing demand for services.

Key actions we could take in our strategy include:

- implement key workforce strategies like Health Workforce 2040, the National Aboriginal and Torres Strait Islander Health Workforce Strategic Framework 2021–2031, and the upcoming National Allied Health Workforce Strategy
- build and strengthen the multidisciplinary and multi-sectoral preventive health workforce by providing education and training in sectors outside of the 'traditional' health workforce, such as in schools, workplaces and local government, as well as in the commercial and community sectors, e.g. recreation, fitness and sporting activities, and other community groups
- connect and build the capacity of the Tasmanian preventive health workforce so that it is available, educated, and able to meet the challenges of chronic conditions and future health emergencies
- foster positive workplace environments and increase job satisfaction and employee wellbeing through the Tasmanian Workplace Mental Health Framework
- promote careers in preventive health as attractive and rewarding options to prospective professionals
- establish and improve recruitment and career pathways to attract a diverse and skilled preventive health workforce
- enable the preventive health workforce to work at the top of their

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- scope and enhance regulatory arrangements for safety and quality
  - strengthen holistic care through coordinated care and collaboration across sectors
  - mobilise the broader social and emotional wellbeing and health workforce
  - use data to guide preventive health workforce planning and manage demand effectively
  - address preventive health workforce supply in underserved communities to ensure equitable access to services
  - improve access to professional development, research and training pathways, and supervision and mentoring opportunities
  - ensure equitable preventive health workforce distribution across settings and between public, private and not-for-profit sectors to support consistent recruitment, retention and service delivery within each sector
  - adopt funding models and arrangements that drive quality of care and promote retention of preventive health workers
  - improve cultural competency and the capability of the preventive health workforce to recognise and respond to diverse community needs
  - work with the education sector to increase enrolment in programs and engage learners in practical service delivery early.

# Enabler 8

## Consumer and community empowerment

Meaningful partnerships with consumers and communities are required to deliver impactful research and prevention activities. By engaging consumers and communities in decision-making processes, we can improve local capacity and make sure programs are relevant and effective. Consumer and community involvement and partnership in initiatives to improve health are now not only encouraged but expected, to ensure that the real-world values, needs and preferences of increasingly diverse communities are met.

Key actions we could take in our strategy include:

- support Tasmanians to prioritise and manage their own health and that of their loved ones
- supporting communities to identify, implement and measure the success of solutions to improve physical and social environments for better health
- supporting and scaling up community initiatives that we know are working well
- embed consumers and communities within governance structures
- support embedded consumer and community involvement within research programs and support community-led research
- provide capacity building to improve the skills and confidence of community to actively and safely participate in decision-making processes
- provide proper orientation, support and accommodation of additional needs for consumers participating in initiatives
- improve equity and cultivate diversity within consumer and community involvement initiatives, and improve safety and dismantle prejudices and biases and power dynamics
- create platforms for sharing information and best practices among communities
- support community-led initiatives that reflect local priorities and needs and facilitate access to funding and resources for grassroots organisations
- encourage partnerships between communities and services and government
- celebrate successes to inspire further engagement and action
- clearly communicate and define the sphere of influence upfront and provide feedback loops to keep people informed on how their say was used
- use the national interactive, digital consumer and community involvement knowledge hub under development through the National Preventive Health Strategy 2021–2030 to provide consistent messaging, knowledge, evidence-based tools and resources, support for best practice approaches and examples for advancing knowledge and building capacity.

# Consultation questions – have your say

We would like to hear from you about how we can improve preventive health in Tasmania. You may respond to as many questions below as you would like, or you can respond to all.

## How to have your say



Complete the questions online at [www.health.tas.gov.au/20-year-preventive-health-strategy](http://www.health.tas.gov.au/20-year-preventive-health-strategy)



Email us any broader feedback at [consultation@health.tas.gov.au](mailto:consultation@health.tas.gov.au)



Call the Public Health Hotline on 1800 671 738 and select option 3 during business hours

## Visit our webpage

For more information on this project and to keep up to date with consultation opportunities, visit our webpage at: [www.health.tas.gov.au/20-year-preventive-health-strategy](http://www.health.tas.gov.au/20-year-preventive-health-strategy) or scan the QR code below.




## General

1. What does a healthy, active life mean to you and your community?
2. Are the focus areas appropriate for the next 20 years? Why or why not?
3. Are the enablers appropriate for the next 20 years? Why or why not?
4. Do you have any example actions that could be considered under each focus area and enabler?
5. What services and actions are important for your community's health and wellbeing?
6. What is already working well in your community or sector?
7. How can we improve or redesign our current preventive health initiatives?
8. How can we make sure preventive health initiatives are inclusive and respect cultural values and practices?
9. What are the best ways to keep you informed about preventive health initiatives?

## Community members

10. What are the most common health issues in your community that you believe can be prevented?
11. How can we involve community members in preventive health initiatives?
12. Who are the key leaders/partners in preventive health in your community?

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13. What barriers do you or others in your community face in accessing preventive health services?

## For others (key stakeholders)

14. How can we make sure our strategy adapts to changing health needs and environments over the next 20 years?
15. How can government play a coordinating role?
16. What role should public-private partnerships play in preventive health?
17. How can we foster collaboration between government agencies, non-government organisations (NGOs) and the private sector to improve preventive health efforts?
18. What changes in laws or regulations are needed to support long-term preventive health initiatives?
19. What funding mechanisms should be put in place to sustain preventive health efforts over the next 20 years?

Thank you for your submission, if required we might contact you to discuss or seek clarification. Please note, your statements may be quoted in the finalised report, but the individual will not be attributed.

The personal information provided to the Department of Health will be managed in accordance with the Personal Information Protection Act 2004 and may be accessed by the person to whom it relates on request to the Department.

The information is subject to the Right to Information Act 2009 (RTI). If you have advised that you wish all or part of your submission to be treated as confidential, your reasons will be considered when determining whether to disclose the information in the event of an RTI application for assessed disclosure.



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