

26 February 2016

To whom it may concern
A Healthy Tasmania
Department of Health and Human Services
GPO Box 125
Hobart TAS 7001

Email: ahelthytasmania@dhhs.tas.gov.au

**Local Government Association of Tasmania Submission:
*A Healthy Tasmania - Five Year Strategic Plan Consultation Document***

Thank you for the opportunity for the Local Government Association of Tasmania (LGAT, the Association) to provide comment on the *A Healthy Tasmania - Five Year Strategic Plan Consultation Document*. The time extension granted was greatly appreciated.

Please find enclosed LGAT's submission, which has been developed in collaboration with member councils. Where a council has made a direct submission to this process, any omission of these specific council comments in the LGAT submission should not be viewed as lack of support by the Association for that specific issue.

Please note there are two attachments with our submission:

- 1) An example document: and evaluation of the "Glenorchy on the Go" project
- 2) A letter of support for the Heart Foundation and UTAS project proposal – *the Tasmanian Food and Nutrition Coalition Project*.

If you have any queries or would like further information, please contact Kate Hiscock Kate.Hiscock@lgat.tas.gov or telephone on 62335965 (Wednesdays and Thursdays).

Yours sincerely



Katrena Stephenson
CHIEF EXECUTIVE OFFICER



Tasmanian Government Healthy Tasmania – Five Year Strategic Plan

Submission

Contact:

Kate Hiscock

Kate.Hiscock@lgat.tas.gov.au

Ph: 03 6233 5965

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Introduction

The Local Government Association of Tasmania (LGAT/The Association) is incorporated under the *Local Government Act 1993* and is the representative body for Local Government in Tasmania.

The objectives of the Association are:-

- To promote the efficient administration and operation of Local Government in the State of Tasmania;
- To watch over and protect the interests, rights and privileges of municipal Councils in the State of Tasmania;
- To foster and promote relationships between Local Government in the State of Tasmania with both the Government of Tasmania and the Government of the Commonwealth of Australia;
- To represent the interests of the members of the Association generally, and in such particular matters as may be referred to the Association by its members; and
- To provide such support services to the members of the Association as the Association may by resolution in meeting determine.

Submission Response

This submission provides a response to the consultation document: *Healthy Tasmania – Five Year Strategic Plan*. The submission is divided into sections:

1. an overarching comment;
2. information about the role of Local Government in enabling community health and well being
3. material that relates to successful and workable approaches to solving complex problems and
4. a response to a number of the key questions and proposed initiatives.

LGAT is aware of, and fully supports, a number of councils that have made their own submissions to the consultation process. This submission should be read as complimentary to these submissions but does not replace any view expressed by an individual council.

Separate to this submission, the Association has provided a letter of support for the Heart Foundation and UTAS project proposal – the Tasmanian Food and Nutrition Coalition Project, submitted in response to the Healthy Tasmania Five Year Strategic Plan Consultation Draft. This project provides a strategic focus to improving access to healthy food and is a strong, practical plan.

The associated collaborative partnership, of which LGAT is a proposed member, will ensure a sense of purpose and priority in support to locally developed solutions to increase community health and wellbeing.

1. Overarching Comment

Local Government in Tasmania commends the Tasmanian Government for its goal to make Tasmania the healthiest population in Australia by 2025. This target is ambitious and will require significant investment, planning, collaboration and support to be achieved.

The consultation document *Healthy Tasmania – Five Year Strategic Plan* clearly establishes the case for change in Tasmania and the need for an integrated approach to the promotion of good health and the prevention of chronic disease.

Universal support for the desired outcome of Tasmania being the healthiest population in Australia is likely from all sectors.

It is LGAT's view that the Strategy would be significantly enhanced if there was an increased emphasis placed on the benefits of a Social Determinants of Health and collaborative approaches to effectively delivering the desired health outcomes and how that might be done well.

In addition, while sectors such as Local Government are already participating in the delivery of health and wellbeing outcomes and may be willing to take on a greater role, the underlying issue of resourcing remains a challenge. Like many other organisations working to increase the health and wellbeing of communities, councils do not have the capacity to continue to take on a greater role without being resourced to do so.

2. The role of Local Government in enabling community health and well-being

Councils' involvement in the provision of preventative health care as well as the promotion of health and wellbeing, embodies the recognised World Health Organisation (WHO, 1998) definition of health promotion as a "*comprehensive social and political process*" that "*not only embraces actions directed at strengthening the skills and capabilities of individuals, but also action directed towards changing social, environmental and economic conditions so as to alleviate their impact on public and individual health*".

As well as the broadly-stated power in section 20 (1) of the *Local Government Act 1993*, to "provide for the health, safety and welfare of the community", councils have significant statutory and regulatory responsibilities in areas which impact on health and the prevention of disease and illness. These include building and plumbing control, waste removal, immunisation programs, communicable disease control and environmental health activities such as food safety and air quality.

In recent years, there has been a shift in the focus of Local Government from 'delivering services to properties to delivering services to people'¹.

"this shift is evident in Tasmania with most councils playing a more significant role in supporting community recreational and cultural needs. Councils are increasingly providing services, facilities and programs that support community capacity building and which promote a sense of place and health and well being." ²

¹ Page 15 Local Government Role Assessment Interim Report

² Page 15 Local Government Role Assessment Interim Report

“Many councils have taken a leadership role in this area and are delivering a broad range of health and well-being related services to their communities. Councils did point out that they are often challenged by the health and well-being role of other levels of government, ad-hoc, poorly coordinated and one-off funding for initiatives and duplication of effort.”

More recent health promotion activities include childhood immunisation clinics, physical activity programs, healthy and safe food initiatives and activities linked to social inclusion such as Mens’ Sheds; Seniors’ clubs; walking and bike tracks; community gardens; food and cooking security programs; healthy workplace programs and exercise and fitness programs

The Heart Foundation’s 2011 Report Review of Local Government Health Promotion Initiatives in Tasmania found that there was a consistently high level of council initiatives in place or being developed to provide infrastructure and environments to support and promote physical activities. A number of councils use the Heart Foundation publication ‘Healthy by Design’ to assist their work in this area.

Council Strategic Plans

Most councils identify the health and well-being of their communities in their strategic plans. This is often expressed in terms such as ‘promoting’, ‘encouraging’ ‘supporting’ and ‘enhancing’. Many also have in place community, health and well-being, positive aging, access, liveability and social inclusion plans or strategies.

Appendix 1 gives some examples of these plans.

These are developed, through the strategic planning process; to suit the needs of each community, so will vary from council to council to meet different community objectives. Very often they are run in conjunction with community groups or in collaboration with other government sectors, Non-Government Organisations or private organisations.

Land Use Planning

Councils have significant statutory responsibility in regards to land use planning. Land use planning plays an important role in creating public and private spaces to support the health and well-being of local communities³. As well as the more readily understood role of managing short-term to long-term planning priorities, councils are developing their capacity establish a strategic long-term vision for land use planning that directly addresses supporting community health and well-being. However, as land use planning can be seen as a solution to many policy dilemmas there are at times challenges in relation to competing outcomes.

In summary, many councils have plans, programs and activities in place that have an impact on health and well-being outcomes. These plans may address both regulatory and non-regulatory initiatives. Councils can play a significant role in supporting the health and wellbeing of communities by assisting in the coordination of activities with key stakeholders and actively supporting local initiatives.

Often however, there are significant challenges faced in regards to resourcing and capacity. Understanding the role of local government and growing community expectations in regards the provision of health and wellbeing services is an emerging issue for the sector. Of critical importance, is the capacity for councils to fund the growing demand for such services into the future.

³ Page 18 Local Government Role Assessment Report

3. Successful and workable approaches to solving complex problems

Social Determinants of Health

The social determinants of health are described by the *WHO* as *the conditions in which people are born, grow, work, live, and age, and the wider set of forces and systems shaping the conditions of daily life.*

LGAT recognises that effective strategies that address economic, environmental and social inequalities are pivotal to reducing health inequality. Strategies of this nature must be clearly defined and scoped across key determinants such as health, housing, education and employment, with alignment of strategy goals across sectors of government, the non government sector and community, (including local residents).

While the consultation document *Healthy Tasmania – Five Year Strategic Plan* notes the importance of an integrated approach to increasing health and wellbeing, including partnerships and involvement of all sectors, the community and individuals, a greater focus on the social determinants of health in the *Healthy Tasmania – Five Year Strategic Plan* is recommended.

Without this focus, it will be difficult to address some of the underling risk factors that lead to poor health outcomes including the consultation document's identified target areas of obesity and smoking.

Further, through Primary Health Tasmania (previously Tasmanian Medicare Local) Tasmanian Councils (including LGAT) received significant funding to address the social determinants of health with a number of successful, evidence based programs being funded.

It would be beneficial and cost effective to draw on existing community connections/partners and leverage off existing successful programs when considering additional initiatives - increasing the likelihood of achieving health outcomes in local communities, particularly as a number of these projects directly target the identified target area of obesity.

Local Government – Social Determinants of Health initiatives

LGAT recently implemented a project to build Local Government understanding of the social determinants of health and enhance councils' capacity to strategically plan to improve health outcomes within their communities.

The project was funded through the Australian Government's Department of Health 'Social Determinants of Health and Health Risk Factors (SDH & HRF) Project' through Primary Health Tasmania.

The project comprised three components: forums, a grants program and the provision of tools and resources and a workshop around improving health outcomes and food security.

Key issues that were addressed as part of the program included:

- Understanding the issues and impacts of social determinants of health and health equity
- The role of (statutory) Planning in developing healthy communities
- Achieving improvements in community health and wellbeing through a strategic community development approach
- Food Security and enabling access to local healthy food
- Capitalising on community strengths and Community Asset Mapping
- Knowledge sharing and networking opportunities

The workshop targeted Council Managers and Elected Members and consisted of a presentation on *Local Government as a change agent - with a focus on the social determinants of health, how can Councils work with their communities to improve health outcomes* followed by a workshop on "Increasing the capability of Local Governments and Regional Authorities to act as facilitators and leaders to build strong regional food economies that support community level food security". (Note: the letter of support for Heart Foundation and UTas project proposal – the Tasmanian Food and Nutrition Coalition Project -which builds on work undertaken in this workshop).

Councils have also been involved in a number of other SDH initiatives, including:

- 12 Social Determinants of Health projects addressing education retention and engagement, food security and service collaboration and integration in 10 Local Government areas
- capacity building training and support in eight communities administering major SDH projects focusing on:
 - project governance, strategic planning, budgeting and training and mentoring
 - project evaluation and effective report writing
 - collaboration and collective impact.
- broadly focused *Bridges Out of Poverty* training in three regional areas aimed understanding the cultural issues impacting on poverty (950 participants)
- a range of food security projects funded through Primary Health Tasmania and administered by the Heart Foundation.

The Social Determinants of Health Project is a significant project that directly aligns with the principles for preventative health contained in the *Healthy Tasmania – Five Year Strategic Plan*:

- focus on people and communities
- facilitate coordination, communication and collaboration between sectors to improve health outcomes
- take action that promotes health through responsible partnerships
- reduce inequities in health
- make health information publicly accessible and
- strengthen prevention by building the evidence-base and understanding of what works.

The Project provides a well established, local and targeted base from which future Preventative Health initiatives can leverage off.

Collaborative process

The consultation document notes partnerships are key to achieving health outcomes. Tasmanian councils are already involved in a number of health and wellbeing focussed partnerships and programs with communities, the Tasmanian Government, the Australian Government, industry peak bodies and health focussed organisations such as the Heart Foundation. As part of the process under *Healthy Tasmania – Five Year Strategic Plan* it is critical that the Tasmanian Government works collaboratively with willing partners to identify existing evidenced based activities already being undertaken and as well activities that could further developed to deliver health and wellbeing outcomes. This will help capitalise on investments already made as well as deliver program development efficiencies.

Many of the health issues that exist in Tasmania are complex. Complex problems are beyond the capacity of one sector or organisation or individual to resolve. They only begin to be addressed effectively through an holistic and integrated approach that brings together commitment to common and agreed goals, resources, knowledge, skills and capabilities from many and varied sources – collaboration. It is critical for success that the mechanisms of effective collaboration are clear and understood. It would be worth considering articulating this in the final Health Strategy along with the evidence base for it.

Further, as part of the *Healthy Tasmania – Five Year Strategic Plan*, there needs be an audit of past or existing Tasmanian Government Programs that have successfully delivered health outcomes. Where projects are evidenced based, adopt a Social Determinants of Health approach and align with the principles identified by the Tasmanian Health Committee, they should be revisited or expanded as part of future plans. For example, LGAT received feedback from multiple members suggesting that the existing “Move well eat well” program should be better resourced and expanded to all schools; as it is project which directly works to address obesity; a target area of *Healthy Tasmania – Five Year Strategic Plan*, and embodies a social determinants of health approach.

4. Response to Questions in *Healthy Tasmania – Five Year Strategic Plan* consultation document

Where do you think the current actions we are taking on prevention and promotion have proven effective in improving the health of Tasmanians?

There are many programs/services that the Tasmanian Government is delivering or partnering to deliver improvements in the health of Tasmanians. These are largely in line with the four key foundation strategies identified by the Healthy Tasmanian Committee (as noted in the consultation document), those being:

- Concentrate on the early years
- A ‘settings approach’
- Targeting health risk factors
- Focus on vulnerable groups

Many of these projects have evidence based evaluation strategies. However, some of the health outcomes may be long term or generational and therefore may take time to fully evaluate. Local Government is/has been involved in or is a partner on a number of Tasmanian Government programs.

Examples of current programs that Councils have identified as valuable include:

- Childhood immunisation
- Breast feeding support
- Parenting Centres and mothers groups
- The Move Well Eat Well program in schools
- Healthy Eating Canteen Program
- Community Road Safety Partnerships
- Smoke Free Areas legislation
- Oral health
- The extension material and service information distributed by DHHS Public Health Services / Population Health This has included:
 - I. Face-to-face support to service providers through the Community Nutrition Unit;
 - II. Support to use the *Appetite for life* manual;
 - III. Training and support to use the malnutrition Screening Tool with clients;
 - IV. Support from around Physical Activity; and
 - V. The *Find Thirty* extension material.
- Support and training from Health Promotion South around health literacy / writing easier-to-read material.
- The funding of QUIT smoking programs, advertising campaigns and educational materials

Members noted that television based marketing campaigns such as 'Find Thirty' have had success in raising awareness but not in changing behaviour. Marketing based campaigns need to be multifaceted in their approach, such as the model adopted by the long running QUIT anti smoking campaign and ideally backed by local initiatives.

Where do you see that the most effective changes could be made in terms of overall population health benefit?

It is LGAT's view that the Strategy would be significantly enhanced if there was an increased emphasis placed on the benefits of a Social Determinants of Health and collaborative approach to effectively delivering the desired health outcomes and how that might be done well.

Adopting a health in all policies approach with a focus on the social determinants of health and appropriate funding could lead to significant overall population health benefits. As noted in the Tasmanian Health Council Principles; a focus on facilitating, coordinating, communicating and collaborating between sectors and taking action through responsible partnerships is recognised by Local Government as an effective strategy.

Working with established networks, including local governments, to build and support existing community relationships would be more effective and efficient than trying to create and new system.

Are there any alternative governance principles, strategies or enablers that would better support the shift to a more cost-effective model for preventative health in Tasmania?

A 'cost effective approach' should not be confused with a 'cost savings' model. Sectors can 'work better to deliver more', but investment appropriate to the desired level of change will still be required. Collaboration and partnerships are excellent strategies to increase efficiency and effectiveness, but are not replacements for appropriate investment.

A Healthy Tasmania-Five Year Strategic Plan notes a set of principles and foundation strategies identified by the Tasmanian Health Council Principles that should underpin the direction for preventative health in Tasmania. Unfortunately the document seems to deviate from these principles and foundation strategies, particularly when it comes to the proposed initiatives. A re-focusing of on these principles and foundation strategies would be beneficial.

A collaborative approach across sectors including joined up services would be particularly effective when combined with a settings approach to health promotion. This would allow a community to focus on its local needs, working with local medical experts as well as a focus on individual engagement. Maintaining support and access in local areas with State-wide leadership and public access to information are all fundamental to the success in changing the state health picture.

What evidence supports these alternatives as helping us achieve better health outcomes?

Research and evidence on preventative health, health promotion and the social determinants of health approach all acknowledge the most commonly quoted definition of health, formalized by the World Health organisation more than 50 years ago:

Health is: "a complete state of physical, mental and social well-being, and not merely the absence of disease or infirmity."(WHO).

To achieve better health outcomes, initiatives need to focus on the conditions in which people are born, grow, work, live, and age, and the wider set of forces and systems shaping the conditions of daily life' (WHO).

Do you think the targets will be effective in driving the change Tasmania needs to see in health outcomes?

The targets do not drive change, but send an important message. In order to be effective targets need to be backed up with an appropriate level of investment, strategies for action and support.

Short term (one to five years) reporting is useful as a pulse check on progress. It needs to be acknowledged, however, that a number of population targets will be long term, some generational. *A Healthy Tasmania-Five Year Strategic Plan* needs to include some long term targets, particularly in relation to the target area of obesity.

What targets would you like to see the Government adopt to reduce health inequities in the target areas outlined above?

LGAT is unable to comment on specific targets. These need to be developed collaboratively in consultation with experts, stakeholders (including Local Government) and the broader community. Targets need to include long term behavioural change measures. They need to be outcome as well as process focussed.

What indicators of health status provide the best picture of whether progress is being achieved and could be monitored on HealthStats?

LGAT is unable to comment on HealthStats. However, it is important that indicators align with the WHO definition of health as 'more than the absence of disease'. Indicators need to look at broader issues such as including food security and nutrition, homelessness, social inclusion, education, literacy in line with a social determinants of health approach.

Are there ways we can better integrate the data on HealthStats into our work and use it to support the achievements of improved health outcomes?

Noting Tasmania's rapidly aging population, the 'over 60' age bracket is far too broad. It would be useful for 'over 60' year old category, to be broken down further to provide more useful data. This 'over 60' age bracket covers a potentially 40 year timeframe and data within this category would be useful to inform needs assessment and service delivery. Statistics would be useful if they were regional, or by municipal area so as to reflect the community as it ages.

What do you see as the benefits and opportunity costs of the Tasmanian Government pursuing a 'best buys' approach to preventative health?

Local Government has expressed concern with regards to the proposed 'best buys' approach. While the need to best apply limited resources is understood, a 'one size fits all' approach does not always offer the best solution.

Significant concern has been raised over how services and activities will be assessed as "best practice" or "cost effective" or how "health gains" under the ACE model will be measured or assessed. This is particularly important where the service/program is focussed on behavioural change or the benefits of prevention may not be demonstrated for a number of years. It is important that the criteria for assessment are able to address such issues.

The analysis also needs to be able to take account of individual community or specific group needs. When addressing intergenerational changes, longitudinal funding, and specialised services are often best.

A comment on social marketing

Social marketing is attractive to Governments as it offers widespread messaging that can be controlled and targeted at reasonably low cost. Significant evidence shows however, that while social marketing may raise awareness on an issue, it does not often translate into behavioural change. Many social marketing campaigns preach to the 'worried well' or people who are already engaged and motivated to make individual change.

The long running anti-smoking campaign is well recognised for its success in reducing smoking behaviour. The success of the campaign is largely due to its multifaceted approach: television, radio, cinema, social media advertising campaigns, the QUIT telephone and in person support program, educational materials, funded supply of patches, participation in marketing events and sponsorships to name a few – a great deal more than a few advertisements. Investment in social marketing needs to go far beyond 'common messages' to deliver return on investment.

Are there preventative health commissioning models used in other jurisdictions that could be effectively adopted in the Tasmanian context?

Community led approaches to build community capacity are well recognised as a strategy to increase health and well-being. Local government is an important part of the health commissioning model and many councils are already working in this way.

The role of Local Government in this space is growing in terms of both community demands and expectations and a refocusing of Government policy and activities.

Local Government is very supportive of working in community led ways, however they need the appropriate resourcing and support to do so. It is important that such initiatives do not become another role for councils to undertake when they are already struggling with current resourcing levels.

Local projects benefit significantly from a local area coordinator that may sit across a number of municipalities to drive and coordinate a project and bring services together. The funding of such positions can be critical to the success of a project.

As part of its capacity building program for Local Government, LGAT engaged with Wyndham Council to come and present on their systems approach for community health and wellbeing using a social determinants of health model. The 'Healthy Together Wyndham' project was a funded partnership between the Victorian Government and Wyndham City Council.

'Healthy Together Wyndham' showcases a complex and integrated plan, working in partnership with the Victorian Government. This includes:

- The environmental changes including the built environment, food access and active travel e.g. footpaths, pedestrian crossings near schools, bike paths etc.
- Policy change strategies, including health and wellbeing and safety plan, community garden policy, municipal strategic statement, city plan.
- Capacity building strategies: grants program, healthy living programs and strategies - health champions, community kitchens, sporting clubs healthy eating, active travel, partnerships.
- Interventions Strategies: Social marketing campaigns - Give Peas a Chance, Live Lighter, Why I walk; Achievement Programs in workplaces and children settings.

Locally, a number of councils are working with their communities to increase health and well being. For example, the evaluation of Glenorchy City Council's *Glenorchy on the Go* is attached in Attachment 1. This successful project involved multiple partners and was funded by the Australian Government.

Are there preventative health commissioning models used in other jurisdictions that could be effectively adopted in the Tasmanian context? What are the issues that we would need to address to effectively engage key stakeholders and community groups in the commissioning process?

A carefully planned stakeholder engagement process is critical to engaging with stakeholders, community groups and to develop support and ownership. Support from the groups will the Tasmanian Government will be looking to help achieve the vision of *A Healthy Tasmania-Five Year Strategic Plan*.

Local Government is highlighted throughout the *A Healthy Tasmania-Five Year Strategic Plan* document as a key player in the provision of preventative health partnerships, initiatives, services, coordination and community engagement. Councils are already engaged in this area and have much information to share and opportunities to discuss. Resourcing will need to be an essential part of any discussion around Local Government's involvement in *A Healthy Tasmania-Five Year Strategic Plan*.

Working with smaller communities, or municipal areas, would help to identify existing services and undertake a gap analysis and how best to support a change in health and wellbeing in that community.

Councils would welcome the opportunity to discuss options for preventative health with the State Government. For example, this could be coordinated through LGAT which could invite interested Councils to send representatives to have an informal round table style discussion with DHHS.

Do you see the value in pursuing a health-in-all-policies approach in Tasmania? What are the costs, benefits, opportunities and risks?

Including health-in-all-policies would improve the health of Tasmanians. A 'health impact assessment' for Government project and policies using a social determinants of health approach would send a strong message of commitment towards achieving health and wellbeing outcomes, through every Tasmanian Government Agency and Cabinet.

A health-in-all-policies approach will be valuable help to overcome some of the inequities and intergenerational issues faced by many Tasmanians. Local Government supports exploring this model to understand the costs, benefits, opportunities and risk further.

What other models for Health Impact Assessments could the Tasmanian Government consider?

LGAT is not able to comment on model on Health Impact Assessments but is interested to be engaged as part of the process for agreeing the model, should this initiative go ahead.

How would a shift to anticipatory care models improve outcomes for patients and the delivery of Health services?

Local Government plays a role in the provision of anticipatory care through programs such as childhood immunisation, but would need more information on the proposed model to understand any changes to care models and likely impacts on council or council service delivery.

What are the enablers and barriers that exist within the current structure of the health system in Tasmania that will need to be considered in supporting implementation of the new direction for preventative health outlined in the Consultation Draft?

The *A Healthy Tasmania-Five Year Strategic Plan* needs to refocus on its own identified Principles in the development of strategies and initiative to address preventative health.

The *A Healthy Tasmania - Five Year Strategic Plan* needs to ask three basic questions:

1. What is our strategic intent?

This should go beyond the goal of making Tasmania the healthiest population in Australia by 2015 and describes the common purpose and preferred future in the short and medium term. It should frame the values and dimensions considered fundamental to achieving the goal and provide the basis for consideration of interventions. This is critical in determining the context in which to address the challenges and ensure solutions are the most productive.

2. What conditions are present on the ground that individually or interdependently contribute to the challenge?

The Consultation Draft provides a good summary of the case for change, however what are the economic and social conditions that are influencing health outcomes, how are these conditions distribution amongst the population? What other factors are present for individuals and groups that account for differences in health status? How do these fit together, effect each other and how are they expected to change over time?

3. What mix of interventions will help us progress towards the strategic intent?

What strategies are available to make a difference on the ground? How do they relate to each other, what immediate and longer term impact will they have?

5. Response to Initiatives in Healthy Tasmania – Five Year Strategic Plan consultation document

LGAT is unable to comment on the specific initiatives due to time constraints in the consultation process and the volume of information to be reviewed. The lack of detail provided in regards to initiatives, particularly around resourcing, also makes it difficult for Local Government to make an informed response.

At a minimum, LGAT suggests that before new initiatives are proposed, there should be an audit of all preventative health activities currently undertaken by the Tasmanian Government. This would include the identification of partnerships with other organisations, including Local Government.

The audit should then include an evaluation process involving partners and stakeholders, to try answer the question asked in the consultation document around which "*current actions we are taking on prevention and promotion have proven effective in improving the health of Tasmanians*".

There is a strong view in the sector that there are already a number of successful preventative programs being undertaken and these should either be continued, extended or build upon further, rather than coming up with new initiatives.

In developing or prioritising initiatives, there is an overwhelming need for collaboration to develop a realistic context of the complexity, interests and dynamics of local places and communities. Strategies can then be applied within the context identified and leverage off the characteristics of the community.

Appendix 1

Examples of Councils' plans and activities with preventative health outcomes

Council Plans

Glenorchy City Council - Healthy Communities Plan

The Glenorchy Healthy Communities Plan 2014-2024 has three goals:

- 1: A natural and built environment that encourages active lifestyles and healthy eating
- 2: A cohesive and inclusive community with well-developed social and community networks and assets, and
- 3: Improved personal health knowledge, practices, and lifestyles

http://www.gcc.tas.gov.au/content/Healthy_Communities_Plan.GCC?ActiveID=1403

Clarence City Council - Health and Wellbeing Plan 2013-2018

<http://www.ccc.tas.gov.au/page.aspx?u=1716>

West Tamar Council – Positive ageing strategy

http://www.wtc.tas.gov.au/documents/WTC_Positive_Ageing_Strategy_2011-2015.pdf

Hobart City Council – Social Inclusion Strategy

http://www.hobartcity.com.au/Community/Social_Inclusion

Programs and Activities

Cradle Coast Healthy Communities Project

This project was funded by Australian Government's Department of Health and Ageing under the National Partnership on Preventive Health (NPAPH).

On behalf of the nine councils of North West Tasmania, the Cradle Coast Authority coordinated a range of health and wellbeing projects covering health service systems, infrastructure and lifestyle programs.

The Healthy Communities Initiative helped increase the Cradle Coast community's participation in healthy eating practices and lifestyles; improving the wellbeing of residents at risk of chronic disease.

The project also developed a toolkit containing a suite of strategic, annual planning and analysis resources designed to assist local councils in creating environments that support active and healthy lifestyles.

http://www.cradlecoast.com/healthy_communities_toolkit.html

Glenorchy City Council – Glenorchy on the Go

This program was also funded under the Australian Governments national partnership agreement on preventive health.

The project aimed to provide free physical activity and healthy lifestyle programs and activities for people who are not in the fulltime workforce and who would like to improve their health or become more active.

Kentish Council Walkers and Talkers

This program encourages mothers with young children to take a walk together, learn about health and wellbeing for themselves and their children and make new connections in the community.

Healthy Workplaces Program

At least nine councils are participating in this program delivered by Worksafe Tasmania, which includes promoting healthy eating to their workforces and achieving recommended levels of physical activity. A simple guide including lots of practical suggestions plus hands on support is available for councils.

[http://worksafe.tas.gov.au/_data/assets/pdf_file/0003/252390/Your Simple Guide to Workplace Health and Wellbeing.pdf?sm=au=iVVVJZM5ps44W7T5](http://worksafe.tas.gov.au/_data/assets/pdf_file/0003/252390/Your_Simple_Guide_to_Workplace_Health_and_Wellbeing.pdf?sm=au=iVVVJZM5ps44W7T5)

Devonport Food Connections Project

This project (funded by Primary Health Tasmania) is being led by Devonport City Council in partnership with the local Community Houses and a network of service providers. Currently they are mapping indicators of health and wellbeing, the economic environment, the natural environment, the social environment and the built environment that enable or create a barrier to food security for local residents.

Mersey Leven Food Hub

This project (funded by the Heart Foundation) is a partnership between four Local Governments (Central Coast, Devonport, Latrobe and Kentish) and other key partners (organisations and individuals). It aims to create a 'hub' model that strengthens the connection between local growers/producers and retail opportunities to increase access to affordable locally grown fruit and vegetables. The project includes developing and strengthening strategic relationships and the use of online information systems.

Kingborough Food Chain

This project (funded by the Heart Foundation) aims to increase community access to locally grown fresh fruit and vegetables.

References:

Local Government Role Assessment Interim Report

http://www.dpac.tas.gov.au/__data/assets/pdf_file/0019/215092/Local_Government_Role_Assessment_Interim_Report_December_2013.pdf

WHO definition of Health: <http://www.who.int/about/definition>

