



# The Health Revolution

## 20-Year Preventive Health Strategy exposure draft

2026-2046

The  
**Health**  
Revolution



## 20-Year Preventive Health Strategy exposure draft

This exposure draft of the Strategy outlines the ways we will respond to the things that Tasmanians told us they need for a good life. It explains how we think it will work, who we will work with and the principles that will guide decisions. As well as this exposure draft, you can find more information about the guiding pillars in supporting documents.

The purpose of the exposure draft is to get your feedback so we can finalise the Strategy and develop the first four-year Action Plan, which will be released in mid-2026.

Please email any feedback to [consultation@health.tas.gov.au](mailto:consultation@health.tas.gov.au)



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## 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

I am genuinely proud that Tasmania is prioritising prevention and recognising its value. I want to thank every person that has been part of this journey so far and I invite you to have your say on the exposure draft of The Health Revolution.

Prevention is better than a cure, and this Strategy is about making that a daily reality for all Tasmanians.

We know this isn't something Health can do alone - it needs to be embedded across government and supported by strong partnerships with communities, industry, and local leaders. That's why this Strategy will build on existing whole-of-government priorities to help ensure it delivers the outcomes Tasmanians expect.

Tasmania has been a leader here for a long time. Through our Healthy Tasmania plans, The Respectful Age-friendly Island Action Plan, It Takes a Tasmanian Village Strategy, our work in establishing Child and Family Learning Centres and supporting community sport, health and recreation programs, we have become known for taking prevention seriously. We are a small place doing something big for wellbeing, and that is something to be proud of.

And now, with The Health Revolution we are committing to a 20-year Preventive Health Strategy. Preventive health has never been more important for Tasmania. Right now, one in every three of our dollars goes to health. That cost keeps rising and more Tasmanians are needing care than ever before. We know we need to increase our collective efforts.

It is brave and it is necessary for Tasmania to chart a long-term path that asks every sector to pull together. Tasmanians themselves have shown how much this matters. More than 5,000 people shared their stories in the first round of consultation. It shows how invested Tasmanians are in prevention. And the reality is, this isn't just a health strategy. It's an economic reform opportunity. Stronger prevention strengthens our fiscal future, lifts productivity and cuts avoidable costs across every portfolio.

About 70 per cent of our health outcomes are shaped by planning, housing, transport, education, jobs and the environment. A health-only model can't shift those drivers. Every portfolio contributes, every portfolio benefits from good health outcomes.

Your feedback has shown us that preventive health is as essential to Tasmania's future as roads or power. It is core public infrastructure. The cost of not acting is staggering. Chronic diseases like diabetes, depression and cancer are expected to cost Australia about \$184 billion in preventable costs over the next twenty years.

That figure is large enough to run the Tasmanian Government for the next two decades. But the solution is right in front of us. Prevention is how we protect our health, protect our budget and protect our future. It is smart, it is strategic, and it is deeply Tasmanian to think ahead.

### **Hon Bridget Archer MP**

Minister for Health,  
Mental Health and Wellbeing

## Our Island advantage

Imagine a life on the world's most beautiful island, where the good life comes easy.

We wake up to clean air, clean water, and wild places that feel like magic. The sea is clear, and the land holds stories that are older than any of us. We feel good in our minds, strong in our bodies and our hearts are open to loving, learning and living.

Our homes are safe and warm, and our neighbourhoods feel alive. The streets are safe, and children's laughter can be heard in playgrounds and adults chat sitting on park benches. Nourishing local food is affordable, close and easy to find. Paths connect where we live to where we work and play, making moving our bodies the easiest option, always. The simple things in life are the best things.

In our Tasmania every single person knows they belong. We are accepted for who we are and are celebrated for sharing our stories. We talk. We check in. We care. There is always someone who believes in us, and we always know we matter.

Support meets us where we are and when we need it, we feel heard, seen and understood. Everyone has the opportunity to live their best life, no matter where they live, what they earn, or who they are. We move forward in our lives knowing that every door we try, will open. We lift each other up, and we share the journey together.

We move as one. Industry, government, community, neighbours, everyone doing their bit for each other and Tasmania. We share decisions, solve problems and our engaged leaders listen and value our opinions. We can see what is healing and what still needs our time. Every day is better than yesterday.

We look beyond today and care for tomorrow with open hearts. We care for people, for Country, and for what we pass on to the next generation. We make our island a better place for the children and grandchildren who will walk it after we pass.

This is our Tasmania. We're the envy of the world, and other nations look to us because of how we care for our people. It's home, and a place where the life we dream about is the life we live.

## Our Health Revolution

Our vision for Tasmania is one of opportunity and fairness - a place where every Tasmanian can live well - through environments that make healthy choices easier, communities that are safe and connected, and supports that help people stay well for longer.

### Our Strategy

This is our big picture, whole-of-system plan to make our island home a place where the good life comes easy. It's about shaping the world around us so the places we live, learn, work and play all make staying well easier for everyone in Tasmania.

This is how we make our State a place where we can all feel great and keep doing the things we love for as long as possible.

It's a long-term promise to ourselves, our families and the generations growing up after us. And it's built on teamwork. It brings together government, local communities, businesses, researchers, and everyday Tasmanians so we can all move in the same direction so staying well is within reach for all of us.

### Why is this Strategy so important?

Right now, our government spends more than one out of every three dollars on health. And that amount keeps growing.

Tasmania has a higher proportion of people ageing. More Tasmanians are needing care than ever before, and their problems are getting more complicated. We need to make the most of our advantages; we need to use our research and we need to innovate

so that instead of treating sickness we will build a well Island. We don't need a band-aid, we need to redefine the future for all of us. The challenge is big, but it's one we can absolutely solve together.

### This Strategy belongs to all of us!

More than 5,000 people shared their stories with us, giving us a window into the hopes and challenges felt by the more than 500,000 Tasmanians who call our island home. **This plan grew from those voices. It grew from you.**

This entire Strategy is about shared ownership and shared success. Every town, every street, every family, every person who calls Tasmania home. We're all in this story.

This is our chance to turn things around for us, our families and the kids who will walk this island after us. This is our chance to make a long-term promise to one another.

This isn't something the Government or any one of us can do alone. But together we can change our story. We all have something to give.

Together, we can make this work.

## Our Strategy on a page

### Vision

Our vision for Tasmania is one of opportunity and fairness - a place where **every Tasmanian can live well** - through environments that make healthy choices easier, communities that are safe and connected and supports that help people stay well for longer.

### Pillars - our focus areas



### Principles - our guide for all decisions

- |                                   |   |
|-----------------------------------|---|
| People first                      | People and communities at the heart     |
| Fairness and inclusion for all    | Respecting culture, embracing diversity |
| Inclusive design for every gender | Respect for the hands that do the work  |
| Best value                        | Open and accountable                    |
| Learning as we go                 | Better together                         |
| Thinking long term                | Health at every age                     |
| Prevention in every place         | Prevention at every step                |

## Where health really comes from

### It's not just doctors and hospitals

When we talk about health in Tasmania, it's easy to picture doctors, nurses and hospitals. And they matter a lot. But real health starts long before we walk into a clinic.

It comes from the kind of lives we get to live. The world we grow up in. The places we wake up, the people we love, the money in our pockets, the stress we carry, the food we can get, the air we breathe and the safety of the streets we live on.

Study after study tells us the same thing. These everyday parts of life shape our health even more than medical care or our genetics. It really is nurture over nature, by taking care of the world that takes care of us.

That's why keeping Tasmanians well is bigger than the health system alone. It's about the whole way our State works.

This is where preventive health comes in. At its heart, prevention is simple. It's about making it easier to stay well and harder to get sick. By shaping the world around us so it sets us up for success, we take action early, protect our wellbeing and stop problems from building up in the first place.

That way we can feel good and keep doing the things we love for as long as possible.

### The solution

This Strategy gives us a new way to see health. We're starting where real life starts, by looking at the whole picture. The things that help us stand strong, and the things that make life feel heavy. It understands that health is about more than medicines.

It's about the kind of life we're able to live. We're choosing to keep people well instead of stepping in once they're already sick. Because sickness should not be normal. We deserve a life that feels good.

This Strategy is the solution because it's brave. We're building on our advantages and the work we have already done and then doing more. And if something does not work the first time, we learn and try again. We're asking Tasmanians to be on the same team, wanting the same good life for the people and places we love.

This Strategy is the solution because it's ours. It grew from our voices. It carries our hopes, our worries, our ideas and our dreams for what life in Tasmania should feel like.

It's a promise to think long term.

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*Preventive health isn't just the right thing to do. It's a must-have, as essential as roads or power. It's the only way to build a future where Tasmanians can stay well, our budget gets stronger, and our State has room to grow.*

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## How we built this: there was no guesswork

We built this plan the right way. We listened to Tasmanians, checked the evidence, and made sure every idea was solid, real, and useful. It's shaped by the people who live and work right here in Tasmania.

### Amazing Tasmanians

We asked thousands of people across the State what matters most for living well. We also spoke directly with groups especially those who don't always get heard. This helped us understand what life is really like in every pocket of Tasmania.

Want more information on how we did this? Visit the Department of Health webpage at [www.health.tas.gov.au/20-year-preventive-health-strategy](http://www.health.tas.gov.au/20-year-preventive-health-strategy)

We connected and spoke with over 5,000 Tasmanians during our consultation phase!

### Our community panel

Beyond the broader consultations, we teamed up with Health Consumers Tasmania to create a Community Panel made up of Tasmanians from all walks of life. They helped us get the language right, spot gaps, and make sure the plan makes sense not just to the Government, but to the people it's actually about.

### Learning from others

We didn't just look locally - we checked out prevention strategies and plans from across Australia and around the world to figure out what works, what doesn't, and how Tasmania can learn from the best ideas globally.

### No reinventing the wheel here

We didn't start from scratch. Tasmanians have already shared a lot of information over the years through past consultations, submissions and reviews. We pulled all of that together and built on it. No one likes being asked the same questions again, so we made sure to respect and use the great ideas people had already told us.

### Got the experts in

We worked closely with some serious pros: The Australian Prevention Partnership Centre (TAPPC), which is Australia's national hub for preventive health research. TAPPC is funded by every state and territory and connects us with a massive network of over 900 experts nationwide, giving us access to the latest evidence, advice, and shared knowledge.

### Learning from past evaluations

We reviewed past evaluations and reviews to capture what had already been tried and what we could learn from it. We also spoke directly with the people doing the work in these areas to understand the real stories behind the data.

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*We connected with and spoke with over 5,000 Tasmanians during our consultation phase!*

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## Looking at the data

We spent time analysing statistics, trends, and how common issues are, to see what's truly happening and where the biggest needs are right now.

## Checking the evidence

We checked the best evidence on what works for each ingredient, and we talked with people who do this work every day. This helped us make sure Tasmania is using the strongest and most up-to-date ideas.

We also teamed up with academic experts to scan the evidence on the big building blocks that make prevention work, like governance, funding, and workforce. These are essential, but the "how-to" is often missing. So, we looked at how others do it globally, in health and in business, to make sure our Strategy works in practice and not just on paper.

## Checking the cost-effectiveness

We looked at how much each issue is costing Tasmania and what actions give the best value for our money. This helped us choose the options that make the biggest difference without wasting a cent.

## Understanding what's already happening

Through continuous discussions with teams across government and community, we dug into the details of what's currently being delivered, from existing contracts to past budget proposals. This allowed us to build on what's already working instead of starting from scratch.

## Independent review

We're making sure this Strategy is held to the highest standard. TAPPC and its network of experts across Australia will independently review it, so Tasmanians know the plan is solid, evidence-based, and ready for the future.



## What we heard from Tasmanians

Thousands of people opened up about what makes life good and what needs to change. What helps. What hurts. What gets in the way. What gives us hope.

They showed us what matters most to people in every corner of our State.

As we listened, those things became the bones of this Strategy. Our five pillars. The recipes and ingredients Tasmanians told us they need for a good life.



## Healthy environments and places

You said:

*“Tasmania needs safer, cleaner, more supportive places to live. Fix the world around us so it’s easier to be healthy”.*

Some of the things people said mattered the most included:

- clean air and buildings designed to keep us healthy instead of spreading sickness
- houses that are safe, warm, and good for our health to live in
- towns that are easy to get around in, with shade and parks nearby for everyone to enjoy
- town planning that puts people and local communities at the very top of the list
- better footpaths, bike lanes, and safe crossings so it’s easier and safer to get active
- public spots that feel safe, welcoming, and simple for every person to enjoy
- making sure our online world is a place that feels safe, kind, and respectful.

## Healthy people and potential

You said:

*“Support us early, support us locally, and support us across our whole lives”.*

Some of the things people said mattered the most included:

- easier ways to get checked early no matter where you live
- vaccines close to home when you need them
- help to stop sickness spreading in the community
- support for kids and teens to stay healthy as they grow
- support for families, from pregnancy through the early years
- primary care and dental care that’s easy to get to, and easy to use
- reproductive, sexual and gender-affirming care that’s safe, kind and respectful
- mental health support that starts in community, including peer and group help
- coaching and simple pathways that help people stay well and find the care they need.

## Healthy communities and social conditions

You said:

*“Shift the social conditions so healthy living is the easy, supported, normal choice – where the helpful things are easy to reach, and the harmful things aren’t built into everyday life”.*

Some of the things people said mattered the most included:

- tighter, smarter rules around things like alcohol, smoking, and gambling
- making sure healthy food is easy to find and comes with a fairer price tag
- putting limits on how many unhealthy shops can pop up in one spot
- more fun, local groups that help everyone get active together
- getting help from your care team to link into community activities and clubs
- boosting local mental health groups and support from people who’ve been there
- creating safe, welcoming places where everyone feels comfortable and accepted
- better programs and opportunities designed just for young people
- setting up ‘hubs’ that bring services and people together in one easy spot
- stronger rules and protections so big companies can’t harm our communities.

## Healthy foundations and equity

You said:

*“Fix the unfair foundations that hold people back – because without fairness, there is no real chance at good health”.*

Some of the things people said mattered the most included:

- a home that’s safe, secure and doesn’t break the bank
- enough money to cover the basics and take part in community life
- being able to easily get healthy food and other things we all need to live
- a great education and genuine chances for everyone to keep learning
- fair access to work and jobs that are stable and reliable
- internet and technology that keeps people connected and in the loop
- helping people understand their health so they can make great choices
- services that are respectful, never judge, and understand how past experiences affect us
- information that’s clear, easy to find, and available in ways everyone can use
- care that is culturally safe and genuinely includes everyone, no matter where they go
- support that ensures everyone gets a fair shot, no matter their background or where they live.

## Healthy systems and supports

You said:

*“Set the system up properly so prevention works and lasts”.*

Some of the things people said mattered the most included:

- stable, long-lasting support instead of short, one-off projects
- simple, joined-up pathways so people don't get bounced around
- every door is the right door, no “wrong door”
- planning across government so everyone does their bit
- people with lived experience helping make the decisions
- clear rules about who is responsible and how progress is shared
- better data and learning so we know what works
- a prevention workforce that's trained, supported and able to do the job well
- strong teamwork between government, councils, community and industry
- regular, honest updates showing what people said, and what we did.



## Pillars: our recipe for living well

The Strategy uses these pillars like five big mixing bowls to sort the things that shape our health. Each mixing bowl combines a recipe – a mix of ingredients that all have to work together if we want Tasmanians to be and stay healthy. These aren't ranked in the Strategy, and one isn't more important than the others. They're key parts of life that all work together to make up a person's overall wellbeing.



### 1. Healthy environments and places

#### The places we live, work, grow and move through

The world around us matters. The air, the water, our homes, our streets, our parks and even our online spaces shape how we feel every single day. This is our commitment to create healthy environments and places so people can stay well in the spaces they use and enjoy every day.



### 2. Healthy people and potential

#### Healthy Tasmanians living up to their potential

Our health is a lifelong adventure. It starts when we're kids and keeps going as we get older. The things that really count are how we live, the amazing people who support us, how we feel inside, and staying safe from sickness. All of this helps us to grow and be our best every single day. This is our commitment for how we make sure every Tasmanian has the chance to feel great and do everything they want to do, no matter their age.



### **3. Healthy communities and social conditions**

#### **How we live, where we live and why**

The way our society works can either give us a boost or hold us back. The things we see every day, the messages around us and what's "normal" in our culture all shape how we feel and what we do. When we organise our society just right, it can make staying healthy easy. This is our commitment for how we will design everyday life so it's much simpler for everyone to live well.



### **4. Healthy foundations and equity**

#### **Making health fair for all**

Health doesn't just appear out of nowhere. A safe home, enough money, good food, a chance to learn, and feeling like you belong in your community, these are the things that we need to be healthy and happy. This is our commitment to fairness, ensuring the basics are covered for a strong future and everyone gets a fair go.



### **5. Healthy systems and supports**

#### **Support systems for healthy living**

Good intentions don't get the job done on their own. We need the people, the systems and the support to turn prevention into real action. It's not enough to want to create a difference if we've got no one and nothing to make it happen. This is our commitment for the systems and supports that make prevention possible in Tasmania.

# Pillars: our recipe for living well



## Healthy environments and places

- Environmental health
- Air quality
- Water quality
- Food safety
- Sun safety and radiation protection
- Green and blue spaces
- Buildings, places and spaces
- Safe digital spaces
- Injury prevention
- Transport and active travel
- Healthy and sustainable futures



## Healthy people and potential

- Screening and early detection
- Communicable disease prevention
- Infection prevention and control
- Antimicrobial resistance
- Blood-borne viruses and sexually transmissible infections
- Immunisation
- Medicines and poisons regulation
- Sleep and circadian health
- Healthy beginnings and strong families
- Youth wellbeing and healthy pathways to adulthood
- Healthy ageing and later life
- Sexual and reproductive health
- Mental health and wellbeing
- Preventing suicide and self-harm
- Preventable conditions and risk factors



## Healthy communities and social conditions

- Alcohol and other drugs
- Tobacco and nicotine products
- Gambling and other behavioural addictions
- Breastfeeding and infant nutrition
- Healthy food environments
- Commercial determinants of health
- Healthy settings and places
- Physical activity
- Caring, volunteering and community support networks
- Safety and violence prevention
- Justice, health and rehabilitation
- Aboriginal and Torres Strait Islander health
- Belonging, connection and resilience
- Grief, loss and end-of-life



## Healthy foundations and equity

- Housing and shelter
- Care and supported living
- Education and lifelong learning
- Employment and workforce participation
- Income and social protection
- Food security and affordability
- Equity, inclusion and rights
- Digital inclusion
- Health literacy and access to information



## Healthy systems and supports

- Governance and stewardship
- Funding and resourcing
- Workforce and capability
- Data, intelligence and evaluation
- Research, evidence and innovation
- Communication, campaigns and engagement
- Knowledge sharing and collaboration
- Health technology
- Digital health
- Emergency readiness and community resilience

## Sub-pillars: our ingredients for action

The five main pillars are broken down into smaller pieces called sub-pillars. If the pillars are the recipe, the sub-pillars are the essential ingredients that make the recipe work!

Every sub-pillar was created because Tasmanians told us it matters, and because the evidence shows it has a big impact on our health, our costs and our wellbeing.

It's okay that we can't take on all of these at once. Like any good recipe, you add things in the right order - but you don't leave out the important parts. All the ingredients matter, and they need to work together over time.

The action plans then take these ingredients and turn them into steps. They decide the order: what we do now, what we do next, and what we save for later.

### Goal: the Tasmania we want

Inside each sub-pillar you'll see a goal. A goal is like a smaller vision - a statement that describes the kind of Tasmania we want in that part of life. It's the dream we're heading toward.

Each goal paints a picture of what life will look and feel like once prevention is working well in that part of life. It shows the destination, not the steps. It tells us where we want to go, not what we're doing right now.

We keep each goal inside its own sub-pillar so it's easy to see which part of life it belongs to and who needs to be involved in making it real.

### How we will make it happen

The action plans are the follow-through. They will outline the activities for each of the sub-pillars. They show how it will roll out in real life.

They're our task lists where the fine detail lives: the timing, the projects and the people responsible.



## Healthy environments and places

Sub-pillar	The Tasmania we want (goal)
<b>Environmental health</b>	Every Tasmanian lives in a place that's safe and healthy - free from preventable harm in the land, seas and skies we share, and in the buildings, services and spaces we use every day.
<b>Air quality</b>	Every breath Tasmanians take is clean, safe, and protective of their health. We celebrate the fact that our skies and landscapes are among the cleanest on Earth! This achievement sets a global example for healthy, low-pollution living, and we're committed to keeping this benchmark high for other regions to follow.
<b>Water quality</b>	Clean, living water flows through Tasmania - safe to drink, swim and play in, and strong enough to sustain our food, fish and future.
<b>Food safety</b>	A Tasmania where everyone can trust their food, every time. No matter who made it, where it came from or where it's eaten, people can trust it without a second thought.
<b>Sun safety and radiation protection</b>	Tasmanians understand what radiation is, the different forms it takes, and trust that it's used safely. Wherever radiation shows up, people can rely on it being handled with care, respect and real purpose, and only used when it genuinely helps.
<b>Green and blue spaces</b>	Our green and blue spaces stay healthy, cared for and open to everyone. Bush, wetlands, rivers, coasts and estuaries are clean, restored and easy to enjoy, helping people to move more, breathe easier, feel connected and stay well for longer.
<b>Buildings, places and spaces</b>	Tasmania's towns and suburbs look after us. The places where we live, work and hang out help us stay healthy, feel welcome and get on with life. When we plan, build and renew, we do it in a way that makes every place stronger for today and tomorrow.
<b>Safe digital spaces</b>	Tasmania is a place where being online feels safe, easy and fair, and everyone can enjoy and benefit from the digital world no matter who they are or where they live.
<b>Injury prevention</b>	Tasmania is a place where injuries that were once common are now rare. Safety is part of how our places are designed, how our systems work, and how we look after each other.
<b>Transport and active travel</b>	Tasmanians get around safely, easily and without fuss. We have transport that works for everyone, with cleaner, healthier ways to move and reliable options that get us and our things where we need to be without wearing us out or hurting the environment.
<b>Healthy and sustainable futures</b>	Tasmania is a place that adapts early and wisely to a changing climate, keeping people safe, healthy and able to live and work well no matter the weather. By investing in resilience and nature, we save money, protect lives and grow a stronger, fairer economy for the long term.



## Healthy people and potential

Sub-pillar	The Tasmania we want (goal)
<b>Screening and early detection</b>	We prioritise early detection and intervention in Tasmania. By picking up potential problems sooner, we prevent them from escalating, which helps people stay healthier for longer. Tasmanians are able to access and be up to date for checks and tests for the conditions that are important and treatable if they're picked up early.
<b>Communicable disease protection</b>	Tasmania is a place where fewer people get sick from infectious diseases, because protection is high, care is easy to reach and outbreaks are stopped early. Our State keeps these germs in check by staying ready, staying connected and making sure everyone has what they need to stay well.
<b>Infection prevention and control</b>	Tasmania is a place where stopping infections is part of everyday life and everyone plays a role in keeping each other safe. Our shared spaces are clean, well run and built on simple habits that protect health wherever we live, work, learn or gather.
<b>Antimicrobial resistance</b>	Tasmania is a State where bad germs can't win, we use our medicines wisely. Everyone and everything stays healthy so resistant germs never get a foothold.
<b>Blood-borne viruses and sexually transmissible infections</b>	Tasmania is a place where blood-borne viruses and sexually transmissible infections are rare. If they happen, they are caught early, treated quickly, and people get the support and tools they need to stay healthy without stigma and to keep others safe too.
<b>Immunisation</b>	Tasmania is a place where we look out for our own, trust our vaccines and understand how they keep infections at bay. Getting vaccinated is just something we do to protect ourselves, our families and the whole community.
<b>Medicines and poisons regulation</b>	Tasmania is a place where every medicine and chemical is safe, trusted and used the right way, with strong rules quietly protecting us in the background. Our State has systems that keep harmful products out and make sure the helpful ones do their job, so people, pets and the environment stay well.
<b>Sleep and circadian health</b>	Tasmania is a place where good sleep comes naturally because our days and nights line up with how our bodies work. Our places, spaces and people support and value rest and healthy rhythms, so everyone wakes up clear-headed, feels well and has energy for life.



## Healthy people and potential continued...

Sub-pillar	The Tasmania we want (goal)
<b>Healthy beginnings and strong families</b>	Tasmania is a place where every new life begins with safety, love and opportunity, and every child gets the best possible start with families who have what they need to care for them. Our State is one where parents feel steady, connected and valued, and where children grow up healthy, curious and ready to thrive.
<b>Youth wellbeing and healthy pathways to adulthood</b>	Tasmania is a place where every young person grows up healthy, safe and full of hope, with the support they need to find their path and feel proud of who they are. Our State is one where young people feel valued, connected and confident about their future, with real chances to learn, earn and thrive.
<b>Healthy ageing and later life</b>	Tasmania is the best place to grow older, where ageing feels good and people stay active, healthy and connected right through their later years. Our State is one where everyone ages with confidence and purpose, and can keep living life the way they choose.
<b>Sexual and reproductive health</b>	Tasmania is a place where everyone can understand their bodies, make real choices about their sexual and reproductive health, and feel safe, respected and supported at every stage of life. Our State is one where people can build the relationships and families they want, with no barriers, no shame, and care that always meets them where they are.
<b>Mental health and wellbeing</b>	Tasmania is a place where our minds are cared for as much as our bodies, and where we actively grow our mental wellbeing so it can truly flourish. Our State is one where people feel resilient, valued and able to live well, whether they're feeling on top of things or moving through tough patches.
<b>Preventing suicide and self-harm</b>	Tasmania is a place where no one dies by suicide, and no one faces their hardest moments alone. Our State is one where support is strong, chances are fair and people have what they need to stay safe, feel hope and live with purpose and belonging.
<b>Preventable conditions and risk factors</b>	Tasmania is a place where most long term conditions never take root because we've built a community and a system that stops illness early and supports wellbeing every day. Our State is one where we spend more of our years in good health and less in poor health, giving all of us the chance to live our best, fullest lives.



## Healthy communities and social conditions

Sub-pillar	The Tasmania we want (goal)
<b>Alcohol and other drugs</b>	Tasmania is a place where alcohol and drugs don't cause harm in our lives or communities.
<b>Tobacco and nicotine products</b>	Work towards a Tasmania that is smoke-free and vape-free, nicotine addiction has ended, and no one feels pushed toward these products by stress or daily life. Everyone can breathe easy, live healthily and well and grow up without ever taking it up.
<b>Gambling and other behavioural addictions</b>	Tasmania is a place where people enjoy life's pleasures without harm, where our days aren't shaped by habits that pull us in or take more than they give. People are able to live, play and connect in ways that feel healthy, balanced and their own.
<b>Breastfeeding and infant nutrition</b>	Tasmania is a place where all our kids get the absolute healthiest start in life! It feels normal, welcoming, easy, and celebrated for families to feed their babies in whatever way works best for them. In our State, every family has the chance to breastfeed for as long as they choose, with full confidence and support to overcome any barriers.
<b>Healthy food environments</b>	Tasmania is a place where our whole food system nourishes wellbeing at every level, from soil to plate and from culture to community. Eating well is the easy, everyday choice, and every family can afford to do so without a second thought.
<b>Commercial determinants of health</b>	Tasmania is a place where what's good for our wellbeing is now what's good for business. Our State is a place where big industries focus on products that keep people well, and they do right by the community because it's an expected part of their job.
<b>Healthy settings and places</b>	Tasmania is a place where every setting we spend time in, from work to school to the spaces between, quietly supports our health and helps us live well. Our State is built so the easy, everyday choice is the healthy one, no matter where we are or what we're doing.
<b>Physical activity</b>	Tasmania is a place where moving our bodies feels good, and every one of us can find our own pace and feel welcome, safe and proud of what our bodies can do. Our State is alive with people who feel stronger in themselves because life around us makes being active easy.



## Healthy communities and social conditions continued...

Sub-pillar	The Tasmania we want (goal)
<b>Caring, volunteering, community support</b>	Our State is one where carers, volunteers and helpers feel proud, supported and able to live rich, full lives while they support others. Tasmania keeps getting stronger because we care for the people who care for us, and we inspire more generous, connected people to step forward in every community, knowing none of us are doing it alone.
<b>Safety and violence prevention</b>	Tasmania is a place where everyone feels safe in their homes, streets and relationships, and where violence has no place in daily life. Our State is one where kindness, respect and safety guide how we treat each other, and where people and communities heal together and pass on hope, not harm, through the generations.
<b>Justice, health and rehabilitation</b>	Tasmania is a place where crime is rare because we stop harm early and give people the support they need to stay on a safer path. Our State is one where everyone has a fair start, strong opportunities, and a justice system that heals, restores and protects our communities.
<b>Aboriginal and Torres Strait Islander health</b>	This section is a placeholder. We are still speaking with Tasmanian Aboriginal communities about what belongs here, and we will not share any stories or insights without clear permission. Aboriginal health is shaped by culture, identity, family, connection to Country and long-standing strengths that sit beyond government systems. We know this work must be led by Aboriginal people and organisations. As those conversations continue, this placeholder marks the space where their voices, priorities and knowledge will sit. When the time is right, this section will be updated with content that reflects Aboriginal leadership, protects cultural knowledge and supports healthier futures in ways chosen by community.
<b>Belonging, connection and resilience</b>	Tasmania is a State where everyone belongs. You'll always find people who notice you, welcome you, and accept you for who you are. We're a State that's connected, caring, and strong, with communities that make you feel like you are important and valued.
<b>Grief, loss and end-of-life</b>	Tasmania is a community where we face loss together, and no one has to grieve or cope alone. Our State supports people to plan their care, choose what matters to them and feel held with comfort and dignity in their final stages of life. Every person and family feels supported during life's hardest moments.



## Healthy foundations and equity

Sub-pillar	The Tasmania we want (goal)
<b>Housing and shelter</b>	Tasmania is a place where everyone has a safe, warm home, one that protects health and gives stability to build a great life. No one is harmed or held back by housing, because secure, healthy homes are the foundation for all of us.
<b>Care and supported living</b>	Tasmania is a place where care and supported living give people safety, dignity and a real sense of belonging. Our State is one where the right support is always there, so people can live well, stay connected and build the kind of life they choose.
<b>Education and lifelong learning</b>	Tasmania is a place where learning stays with us through life, helping us read the world clearly and make sense of our everyday choices. Our State is one where every child, young person and adult has the skills and confidence to steer their own future and take part fully in community life.
<b>Employment and workforce participation</b>	Tasmania is a place where good, secure work helps us live healthier, happier and more stable lives. Our State is one where everyone who wants to work can find a job that's safe, fair and a good fit for their skills.
<b>Income and social protection</b>	Tasmania is a place where everyone has enough to live well and handle life's ups and downs without falling behind. Our State is one where people feel secure, supported and able to plan their lives with confidence.
<b>Food security and affordability</b>	Tasmania is a place where everyone can put nutritious, affordable food on the table and no one has to skip meals or worry about going hungry. Our State has a fair, resilient food system where healthy choices are easy, local producers thrive and the land that feeds us is cared for into the future.
<b>Equity, inclusion and rights</b>	Tasmania is a place that truly feels like home for everyone, where people belong, are respected and are welcomed into the community with open arms. Our State is one where our systems lift people up, our differences are celebrated and all of us get to build our best lives without unfair barriers in the way.
<b>Digital inclusion</b>	Tasmania is a place where every one of us can get online easily, affordably and with confidence. Our State is one where digital access opens the door to health care, learning, work and connection, and no one is left standing at the edge of modern life.
<b>Health literacy and access to information</b>	Tasmania is a place where all of us can make sense of our health, with clear information that helps us feel confident and in control. Our State is one where no one feels lost or unsure, because finding the right help is simple, friendly and easy.



## Healthy systems and supports

Sub-pillar	The Tasmania we want (goal)
<b>Governance and stewardship</b>	Our system is open, fair and well run. Every decision works for people and every dollar works harder for all of us. Our voices guide the system, and we invest in good planning, strong coordination and fair regulation that keep everything reliable and built to last.
<b>Funding and resourcing</b>	We invest in our future, backing the things that keep us healthy so our State can grow and thrive. In Tasmania prevention is funded for the long haul, because we choose to put our money into wellbeing and a stronger Tasmania for generations to come.
<b>Workforce and capability</b>	Tasmania is a place with a strong, skilled prevention workforce that we value, support and grow. People have the tools, training and stability they need to do this work well, so prevention is part of everyday life in every community.
<b>Data, intelligence and evaluation</b>	Tasmania is a place where our data works together and our systems talk to each other, giving us a clear picture of what's happening. We have the right people using this information to spot what's coming, understand where help is needed, and make smarter, faster decisions that improve everyday life for everyone.
<b>Research, evidence and innovation</b>	We're curious, we love to learn, and we never shy away from having a go! We grab those ideas, test them, and quickly turn them into better care, smarter decisions, and real-world outcomes.
<b>Communication campaigns and engagement</b>	Everyone can easily understand what's happening, has a say in decisions that affect their lives, and trusts that information is shared openly. Government, business and community work as trusted partners, with communication building knowledge, guiding action in everyday life and emergencies, and shaping a fairer, safer future for us all.
<b>Knowledge sharing and collaboration</b>	Knowledge flows freely across government, communities, and sectors, so good ideas are shared and used everywhere. We work together, saving time and money, responding faster to change, and getting better results for people and the State.
<b>Health technology</b>	Good tools make good care possible. We choose technology that helps, we use it well and it makes everyday care clearer, safer and easier for all of us.
<b>Digital health</b>	Tasmania is a place where digital health makes care easier, not harder. Our digital tools help people and services share information safely, cut out the run around and give everyone clearer, smoother care, no matter where they live.
<b>Emergency readiness and community resilience</b>	In Tasmania, being ready is just how things are done. We plan ahead and build readiness, so we prevent harm early, protect lives, strengthen the economy and spend our money building the future.

## How it will work

Tasmanians didn't just tell us what matters to them. They told us how they want the work to be done.

In your feedback you told us to:

*"Keep listening"*

*"Be transparent"*

*"Show us where our input goes"*

*"Make sure this doesn't become a document that gathers dust"*

*"We want this to turn into real action".*

### **We heard you. And we value the time, heart and honesty you gave us.**

So, we've taken your feedback, the best research, what has worked in Tasmania before, and strong examples from around the world. We used what we've learned and discovered to build a way of working that can't just sit on a shelf. A way that pushes us to keep moving, follow through and stay accountable to each other.

### **The Strategy is the dream, the direction and the promise.**

It's the big picture that explains why this matters and where we're heading over the next 20 years and beyond.

It holds the vision for a good life in Tasmania - all the things you told us matter, and all the parts of life that shape our health. Nothing important is shut out. The Strategy keeps the whole picture in play so we can act across all of it, now and as things change.

It commits us to taking action on that picture. It's the shared promise we're making to each other about the future we want and the path we'll take to get there. The Action Plans are how we'll pick what comes first.

The Strategy holds all the big ideas for living well in Tasmania. The Action Plans choose which ones we take on first.

Each Action Plan is a four-year plan. It says what we will do, when we will do it and who will be in charge. It turns the big dream into real jobs and real steps. We can't do everything at once, and trying to would only slow us down. The best way to build lasting change is to start strong in the places that matter most, then grow from there. The Strategy commits us to 20 years of work, and we'll get there step by step.

Each plan starts by asking: "What did Tasmanians tell us matters most right now?"

That answer will change over the next 20 years as life changes. New problems will show up. Old problems will ease. Different things will need attention.

The Action Plans let us focus on the batches of work that respond to what Tasmanians are feeling, facing and asking for at the time.

### **The Action Bank: keeping good ideas alive**

We'll also keep an **Action Bank**. This is where good ideas wait their turn. Some actions can't be done right now, or may miss out on funding the first time. Instead of losing them, we'll store them safely, check in regularly, and bring them forward when the time is right. We won't fall into a habit of tossing things out and chasing the next shiny idea. Tasmanians told us you're tired of that. You asked us to keep the good things we already have, make them stronger and reshape them when they need it. The Action Bank helps us do exactly that.

## The snowball effect: how the work will roll out

Lots of plans start with small pilots and hope they scale up later. But we already know what needs to be done; Tasmanians told us clearly in our consultation that they're sick of stop-start trials that never add up to real change.

Tasmanians also told us that we are already doing many great things and to make sure we did not just start again.

We're building on the foundations that are already in place, making sure they are strengthened and then we can get on with filling in the gaps of those foundations. Once that's solid, we'll add the next actions.

The Strategy covers the whole picture. Each four-year action plan then picks the steps that make sense at that time.

Every four-year action plan builds on the one before it, growing bigger and stronger like a snowball rolled along. As our data gets better, our workforce develops and our systems run smoother, we can take on more. Nothing falls out of the snowball. The early topics stay inside. We just keep adding more as it rolls.

Over time, that snowball gets big enough to cover the whole Strategy – every pillar, every ingredient for a healthier Tasmania.

### **Action Plan 1 – Building on what we've learnt (Jul 2026 to Jun 2030)**

We sort the basics so everything else can run properly. This is where the healthy systems and supports pillar kicks in – building the foundations, fixing the gaps and ensuring the essentials are in place. Once those foundations are steady, every step after that becomes easier, faster and far more effective.

We need to connect up and document the work already being done by communities, by the Tasmanian Government, by local government and by many of our other organisations. We do not want to lose this incredibly valuable work. This will include carrying forward what we learnt from the Healthy Tasmania Plans, the Respectful and Age-Friendly Island Strategy, the It Takes a Tasmanian Island Strategy.

We need to make sure we know what is in local government plans for community infrastructure.

At the same time, we will start on the high-burden areas that Tasmanians said matter the most, where the evidence is strong, and the work is ready to begin.

### **Action Plan 2 – Bring in the next big topics (Jul 2030 to Jun 2034)**

With the basics sorted, we can take on more of the big topics. These are important areas that weren't ready to start earlier because they needed more setup, more coordination or clearer ownership before real work could begin. This stage brings in the next phase of work once we're actually ready for it.

### **Action Plan 3 – Improve what we’ve already built (Jul 2034 to Jun 2038)**

By this stage, the early work is moving. We don’t throw things out or start from scratch – we make what we’ve built work better. We fine-tune the models, sort out the clunky bits, and use data and lived experience to fix what’s not quite working. It’s about strengthening and maturing the work so it becomes the best version of itself.

### **Action Plan 4 – Assess to evolve and add emerging areas (Jul 2038 to Jun 2042)**

With strong systems and mature models in place, we can look at evolution and add emerging areas of prevention. These are the reforms that are bold and need solid groundwork. This is where Tasmania can step out front.

### **Action Plan 5 – Stay ahead of what’s coming (Jul 2042 to Jun 2046)**

By this stage, prevention is how Tasmania does business. The core work is solid and running. This stage turns our focus to what’s next – spotting early risks, testing new ideas and acting before problems take hold. We keep the everyday work steady while we push into new territory and stay a step ahead.



## Our principles

Together, our five pillars show what Tasmanians told us matters most. But pillars alone don't guide this important change. We also need clear direction.

Our principles will keep us pointed in the right direction. Reminds us what we stand for. What we won't compromise on. What Tasmanians deserve.

A standard we hold ourselves to.

These principles sit behind every decision, every action and every investment. They remind us why we're doing this, who we're doing it for, and how we need to show up every single day.

Because in the end, the real test of this Strategy isn't how it reads on a page. It's how it feels to live in the Tasmania we're creating together.

### **People first**

We will always put Tasmanians' health and wellbeing at the heart of every decision, because when people live well, our entire State benefits.

### **People and communities at the heart**

We're committed to working side-by-side with our communities. All efforts will involve Tasmanians in designing the services and policies they need, ensuring the solutions we create truly reflect what matters most to them.

### **Fairness and inclusion for all**

We are committed to fairness; we will address inequity and remove barriers to make sure everyone in Tasmania gets the health support they deserve. Every activity will work to uphold the right to health for all, making sure support reaches everyone, everywhere.

### **Respecting culture, embracing diversity**

Our efforts will be culturally safe and welcoming for everyone in Tasmania. We're dedicated to being responsive to our diverse communities, with a special focus on supporting Tasmanian Aboriginal people and those from different cultural and language backgrounds.

### **Inclusive design for every gender**

We need a gender-responsive and inclusive design for all our systems and policies. This means recognising that biological, social, and cultural factors affect the health and experience of men, women, and gender-diverse Tasmanians differently.

### **Respect for the hands that do the work**

We respect and celebrate the skilled workers across government, organisations, community and services who show up each day to protect their communities through prevention. We value this work and the Tasmanians who do it. These are Tasmanian jobs, held by Tasmanian workers, keeping Tasmanian families safe. If the work matters, the people who do the work matter too.

### **Best value**

We're committed to making our resources count and avoiding doubling up on things. We'll focus only on the actions that will deliver the biggest possible boost to Tasmanians' health, ensuring every dollar is a valuable investment in our people, our communities, and our future.

## **Open and accountable**

We're committed to visible and honest action. We'll make sure there are easy ways for everyone to see our progress, understand the results of our efforts, and ensure we take responsibility for our decisions.

## **Learning as we go**

We embrace the idea that no one gets everything right immediately. We are committed to an approach where we test ideas, learn from our experiences, and always adapt based on the best evidence and feedback from our community.

## **Better together**

We will focus on actions that bring people together across government and our communities. We want to find solutions that deliver mutual benefits and ensure that our success in one area lifts up the entire system and provides benefits for all.

## **Thinking long term**

We're committed to creating long-term positive change. We will prioritise actions that are sustainable; financially, socially, and environmentally. This way our efforts not only deliver today's wins but also protect the wellbeing of the generations to come.

## **Health at every age**

All our activities will be designed to support people across their whole life journey, from the early years all the way through to later life.

## **Prevention in every place**

We are committed to taking action across all settings; at home, school, work, and in the community. This way we are making sure support reaches Tasmanians wherever they live, learn, work, and play.

## **Prevention at every step**

All our activity will look for chances to act early, intervene wisely, and reduce harm. Whether that's preventing an illness before it starts, stepping in when it first appears, or offering ongoing support, we are here every step of the way.

## The toolkit

This Strategy sets the big direction for what we are going to achieve and why, but for a plan to work it needs all the details about how we will revolutionise health in Tasmania. If we put all of those details into this document, it would go out of date pretty quickly. So we're building a family of toolkits to sit beside it.

We'll build the core toolkits during Action Plan 1. We'll keep talking with Tasmanians as we create them, and we'll keep updating them over time, so the tools stay useful, clear and easy for everyone to work with.

### **Prioritisation framework**

How we'll pick what comes first

### **Principles-in-action toolkit**

Turning our values into everyday practice

### **Evaluation and learning framework**

Learning as we go

### **Governance model**

How we'll stay on course

### **Authorising environment**

Working towards our purpose

### **Funding model**

How we'll fund the work

### **Workforce toolkit**

How we build the team

### **Communications plan**

Telling Tasmanians how it's going

### **Alignment map**

Showing how everything fits together

### **Annual planning cycle**

How we'll plan our work

## The prioritisation framework: how we'll pick what comes first

Tasmanians shared so many good ideas with us. More than we could ever do all at once. So we need a fair and simple way to choose what we start with.

That's why we're creating a **prioritisation framework**.

It's a clear set of questions that help us to sort the ideas that are ready now, the ones that need a bit more time to grow, and the ones that might work better later on.

It means our choices aren't rushed, hidden or based on the needs of those who shout the loudest. It will also let anyone and everyone see why we started where we started. It's open and transparent, just like Tasmanians asked us to be.

Questions we'll ask to figure out where to start first:

- Did Tasmanians say this was important in the consultation?
- Is this problem doing a lot of harm right now?
- Does the evidence show this will actually work and improve things?
- Will it help make things fairer for people?
- Will people feel the benefit quickly?
- Can we deliver it safely with what we have?
- Does it set us up well for the next steps?

## The principles-in-action toolkit: turning our values into everyday practice

Our principles set the standard that we hold ourselves to and guide this Strategy. But the principles only matter if people can use them in day-to-day work, planning and decision making. Without the practical tools, it all gets left to chance.

We will create a **principles-in-action toolkit** to sit alongside the Strategy. It will bring together simple resources like checklists, planning questions and guides that help teams turn ideas into actions.



## The evaluation and learning framework: learning as we go

The Strategy isn't something we write once and forget about. It grows as we grow. We'll try things, see what works, fix what doesn't and keep improving. It's about being brave and honest, not about getting everything perfect on day one.

To do that, we will need simple ways to check if life is getting better for people.

That's why we're creating an **evaluation and learning framework**. It sits beside the Strategy and helps us keep score in a way that makes sense. It shows the targets we're aiming for (the actual numbers). It shows what we're measuring, how we're going and when we need to make changes.

We're keeping all of this in a companion document so it can grow over time. Some of the data we need doesn't exist yet, and some of the systems and people we need to measure things properly are still being built. By keeping the targets and details in the framework, we can update them as soon as we're ready, without having to rewrite the whole Strategy.

It will set out things like:

- our targets – the specific improvements we're aiming for
- what we're measuring
- where the data comes from and who looks after it
- how we bring all our data together so it makes sense
- how we track long-term change
- how we check how much money we're saving
- how we collect data and keep it safe
- how we use what we learn to shape the next action plan.

## The governance model: how we'll stay on course

A 20-year plan only works if someone is steering the ship. That's what good governance is - clear roles, clear rules and clear ways to keep the work on track.

We'll create a **governance model** to sit beside the Strategy. It will hold all the detailed bits, like who is responsible for what, how we coordinate the work, how decisions get made and who checks that we're doing what we promised.

It will set out things like:

- how all of government will share the job, so prevention isn't left to one department
- how the Premier, Ministers and senior leaders stay involved in the big decisions
- how local communities will lead the way and have a real say in what happens
- how Aboriginal self-determination will guide priorities and decision-making for Aboriginal communities
- how public health will coordinate the Strategy in the middle, keeping all the pieces connected
- how different players will deliver the work on the ground, while still working as one system
- who provides independent oversight to keep the work honest, open and on track
- how problems get sorted quickly when work gets stuck or decisions are delayed.

## The authorising environment: working towards our purpose

You said:

*“Stop throwing things out and starting again”.*

People are tired of good work being dropped every time there's a new election or a new priority. What we build now should make life easier for the people who come after us, not send them back to square one.

To make sure that can happen, we need the rules and supports that keep prevention steady, even when leadership changes or budgets get tight. That's what an authorising environment is. It's all the quiet things in the background that say, “this work matters” and keep it moving, no matter who is in charge.

The **authorising environment** will set out things like:

- the laws and policies that make prevention part of everyday business
- the funding rules that protect long-term investment
- the agreements that keep all sectors working together
- the decision rules that stop important work being dropped
- the protections that help prevention survive election cycles
- the ways prevention is built into normal planning across government.

## The funding model: how we'll fund the work

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*We're changing how Tasmania funds health and wellbeing, not just how much we spend. Less paying for sickness, more investing in staying well.*

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Good prevention needs more than good ideas. It needs the right amount of money, used in the right way. That is why all levels of government and communities already invest in many forms of prevention. That is also why we need to ensure our investment is working.

We commit to funding that grows Tasmania's productivity and wellbeing by backing the things that stop harm before it begins.

We commit to working with local and federal government and the community to continue their funding of prevention.

Prevention saves money across every part of our State. Every portfolio plays a part in the causes of poor health, and every portfolio benefits when we fix them.

When we stop problems early, people are more productive, costs drop and the State Budget and our economy is stronger. That frees up money for the big things Tasmanians want to do.

We've kicked things off by doing a world-first scan of how things are funded here and overseas. We've got examples of every way it is possible to fund prevention.

We'll build a **funding model** to sit alongside the Strategy. It will help us work out what we need to fund, where the money should come from, how it will work and how it fits together.

Our **funding model** will help us:

- lock in permanent, steady funding so prevention keeps going
- keep things stable over time
- use the right amount of money for the right job
- join funding across organisations so we're not working in silos
- make space for government, community, business and partners to chip in
- keep room to try new ideas and learn as we go.



## The workforce toolkit: how we build the team

A Strategy is only as strong as the people who carry it. Good ideas don't walk off the page by themselves. If we want prevention to work, we need the right people, in the right places, with the right support.

*"There's no point having big plans, if there's no one to do them."*

Right now, we don't have enough prevention workers to do everything Tasmanians are asking for. So we'll build a **workforce toolkit** to make sure we have the people power to get the job done.

Think of it as our "how-to" guide for planning, growing and supporting the prevention workforce - real Tasmanian jobs, done by Tasmanian workers, protecting Tasmanian families every day.

Our **workforce toolkit** will help us:

- map the prevention workforce Tasmania already has
- show where we need more people, more skills or more support
- plan ahead so we're not scrambling or leaving gaps
- set up clear ways to train, grow and support the prevention workforce
- make space for lived experience and cultural expertise
- use tech better to save time and improve the way people work
- help everyone to know who does what, and how all the pieces fit together
- open up roles and encourage new ways of working so people can use all their skills.

## The communications plan: telling Tasmanians how it's going

Tasmanians deserve to know how this Strategy is going. We will have simple ways to stay involved, ask questions and share ideas as the work unfolds. People should be able to see what's changing, what's not, and what we're learning along the way.

Clear, honest communication keeps prevention alive and reminds everyone this isn't a plan gathering dust; it's something we're building together.

We'll create a **communications plan** to sit alongside the Strategy. It'll be like a calendar of when we'll talk, and will set out:

- how we share information
- what we share
- how often we share it
- who we speak with
- how and when we report back to the community
- how people can give feedback at any time
- how we close the loop with clear "you said, we did" updates
- how we make information accessible in the right formats and languages
- how we reach different groups and places, including people who aren't online
- how we bring community voice in every year.

The plan won't be static. We'll keep updating it based on what Tasmanians tell us and where they are, making sure our communication lands in the right places, in the right formats and in ways that make sense for different people and communities.

## The alignment map: showing how everything fits together

Tasmania has many strategies, plans and reporting requirements across the government. People need to see how this Strategy connects with that wider picture and how each part of the work supports other priorities across the State.

We will create an **alignment map** that sits alongside the Strategy. It will show how each sub-pillar and action links to other goals, strategies and reporting requirements across government. It will help us see where efforts overlap, where they reinforce each other and where we need to work together more closely.

The **alignment map** will help us to get rid of doubling up on things and make sure that our work is getting good value for the investment of skills, time and money.

## The annual planning cycle: how we'll plan our work

A 20-year Strategy needs a way to stay fresh. Life changes fast, and even our four-year action plans need room to adapt. So, we'll keep our planning rolling all the time, not once every few years.

Each year we'll do a small check-in to see how things are tracking. Every four years we'll do a bigger review to shape the next action plan. This means we're never caught off guard and never scrambling at the last minute.

We'll look at the evidence, listen to communities, map what's working and check where the pressure points are. From there, we shape the actions, put them in the right order and make sure they build on what's already happening across Tasmania.

We'll keep talking with Tasmanians all the way through, so the work stays pointed in the right direction. If something new or urgent pops up, we're ready for it, we can adjust and evolve. The cycle keeps growing as Tasmania grows, building on the thousands of voices we've already heard.



# Who do we need at the table and who will do what

## Prevention is a team effort

When it comes to prevention, it's a real team effort. Even though public health will drive the Strategy, no single agency, organisation, or department can manage this alone. Everyone in Tasmania has an important part to play, from the big groups that shape our environment to the people who bring our communities to life.

This Strategy is like the backbone of the State which makes sure all our efforts line up. The actual work; this will happen everywhere. Councils, schools, workplaces, services, researchers, businesses, neighbourhoods and individuals will all contribute something special. The Strategy is really just a way to ensure every bit of effort connects and adds up to a much bigger impact.

When we work towards the same goal, we act like one smart system instead of a bunch of separate projects. Our big, shared aim is to genuinely make life better for everyone in Tasmania, and we do that by putting great local ideas into action right where they are needed.

That is why it matters who is at the table and what they bring with them.

## Elected representatives and political leaders

Our elected representatives and political leaders matter because they help set the direction for the State. They can keep prevention steady over time, open doors, clear roadblocks and help the whole State move the same way.

We need them at the table because prevention only works when the people who make the laws and funding decisions understand what's happening, listen to communities and back the actions that will make the biggest difference. Their support helps this work last for the long haul, not just for one term.

## Government and the public sector

The Government and public sector are really important because they shape everything we use, moving us from "ideas" to "actual doing." We need their teams at the table because our plan will only work best when all members of the team are pulling in the same direction. When all parts of government work together for the same purpose, they can connect services and make sure the daily choices people face are safe, fair, and supportive.

## Community partners and service providers

Community groups and local services are often the first stop for Tasmanians when they need help. They're the people who really know what's going on with people in communities. They know how to spot problems early, and understand what solutions will work in their area. They are super important for turning big ideas into real, trusted, and practical solutions.

## **Professionals and everyday leaders**

Anyone who teaches, builds, plans, cares, supports, leads, designs, serves, coaches, creates, organises, fixes, welcomes, listens or guides is so important in this Strategy. These people make hundreds of small decisions that quietly shift how people live, learn, move, work and feel. We need them at the table because their everyday decisions quietly support health and wellbeing, even if they'd never call it "prevention".

## **Aboriginal leadership**

For tens of thousands of years, Aboriginal people have led wellbeing on this island by caring for land, water, spirit and community. Culture, community and Country have always been prevention in action. We need Aboriginal leadership at the table because prevention is stronger when it is shaped by culture, led locally and grounded in what works for Aboriginal families and communities.

## **Universities, researchers and places of learning**

Tasmania's researchers, universities and learning places help us understand what really works. We need them at the table because they grow the evidence, teach the people and help us learn and improve as we go.

## **Business partners and workplaces**

Tasmania's workplaces, employers and businesses shape how people live, move and feel every day. We need them at the table because they create safe jobs, steady incomes, healthy cultures and the everyday conditions that help people stay well.

## **Philanthropy and funders**

Tasmania's philanthropists, charitable trusts and financial partners help ideas grow. We need them at the table because they can back new approaches, fill gaps, move quickly and support the kind of long-term change prevention needs.

## **Media and storytellers**

Tasmania's media, makers and storytellers shape how we see our world. We need them at the table because they set the tone, share the stories and help people understand what matters for staying well. They show us what feels normal and what we pay attention to. When prevention shows up in the news, online and in our communities, it becomes something people expect, support and feel proud of.

## **Advocates and champions**

Tasmania's advocates, peaks and community champions speak up for people, places and issues that matter. We need them at the table because they keep the system honest, bring real stories forward and make sure no one is left out. They help turn community needs into clear asks and keep prevention on the public agenda.

## Lived experience and peer workers

People with lived experience carry knowledge you can't learn from books. We need them at the table because they know what really helps, what gets in the way and what makes services feel safe, respectful and useful.

They've been there themselves, and they make sure prevention actually fits real life.

## Communities and individuals

This is the most important team of all. Prevention lives with people. When we start building communities that choose wellness first, not just care after things go wrong, we can finally shift things for the better – and we all have a role in that. We need every single one of us at the table, knowing we deserve to stay well and believing a better future is possible.



## Let's do this, it's time for our revolution

Tasmania's strength has always come from us, its people. This plan was built by those very people. It's full of thousands of voices, ideas, and stories from all corners of the State.

This is the start of something great for Tasmania. It's our shared commitment to turn things around and make our State an even better place to call home. The goal is simple: Healthier, stronger Tasmanians, living the lives they truly want.

Now, it's time to carry this forward. A healthier Tasmania isn't some faraway dream. It's something we can and will build, step-by-step, together through this plan.

This whole strategy belongs to us. We made it together, and we stand behind it together. Every single one of us helps shape what happens next.

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*This is The Health Revolution.  
This is what living well in  
Tasmania is all about.*

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The  
**Health**  
Revolution

