

Healthy Tasmania is the Government's plan for making Tasmania the healthiest state by 2025. Across our priority areas - reducing smoking, healthy eating and physical activity, community connections and chronic conditions screening and management – Healthy Tasmania involves a wide range of projects and initiatives to help Tasmanians make positive and healthy changes to their lives.

## Healthy Tasmania and COVID-19



We would like to thank and acknowledge the work of all our partners in responding to the changing needs of your communities during the COVID-19 pandemic. The old proverb necessity is the mother of invention is certainly proving true. It is inspiring to see how quickly and creatively Tasmanian organisations are taking action to ensure that our communities are supported to maintain their health and wellbeing during this time.

[Healthy Tasmania](#) is helping organisations to adapt to working differently in a way that will benefit communities in the long-term. We are providing information to support parents and carers as they spend more time at home as family. Our future planning is looking at the best ways to support our State on the road to recovery.

## Healthy Tasmania Neighbour Day Challenge projects announced!

Sunday, 29 March was [Neighbour Day](#). Healthy Tasmania teamed up with [Relationships Australia Tasmania](#) (RAT) again this year to run the [Healthy Tasmania Neighbour Day Challenge](#).

Neighbour Day is a way for people in communities to come together to beat loneliness. This year's theme was '[Social connection](#): The community you want starts at your front door'. RAT launched this year's event at the [Salvation Army](#) Glenorchy with [Glenorchy City Council](#) who won \$5 000 last year to create little street libraries in local neighbourhoods. Entrants in the Challenge have the chance to win \$5 000 or \$1 000 for a project to bring people together in their community. [Last year's winners](#) used their prizes to bring neighbours together to sing in choirs, host playgroups, build playgrounds and beautify local parks.



*Neighbour Day 2020 focusing on social connection*

Whilst Neighbour Day looked different this year, the neighbourly spirit remains strong in Tasmania. Healthy Tasmania updated our community challenge to better support neighbourly actions across Tasmania at this unusual time.

In the spirit of making Neighbour Day every day in 2020, 27 Tasmanian organisations or businesses entered the [Healthy Tasmania Neighbour Day Community Challenge](#) to apply for \$500 up to \$5 000 for their community.

Thank you to everyone that entered our Challenge with your ideas for creating social connections in your community. Community projects range from beautifying your town, a community space upgrade, sharing kindness packages of food, plants and messages to getting people active, connecting in new ways or finding the artist within.

Stay tuned on our [Portal](#) as stories unfold of communities boosting connections across Tasmania. Read the [full list](#) of Healthy Tasmania Neighbour Day Community Challenge projects to be delivered in 2020.

## **Eat Well Tasmania survey on shopping and eating habits in COVID-19**

We partnered with [Eat Well Tasmania](#) to conduct a community online survey to capture data on how Tasmanian food and eating habits have changed since COVID19.



The incentivised, 100% anonymous, simple and quick 5-10 minute survey was open to adults (aged 18+) and Tasmanian residents only.

We reached out to our Facebook fans to complete the survey to know how COVID-19 has changed the way our community shops, cooks and eats.

The data from 1 572 responses including families will be available shortly. This will help inform our practice and better understand how this has impacted Tasmanians.

## **We Eat Local App**

[Eat Well Tasmania](#) launched the We Eat Local app mid-April in response to the Tasmanian appetite for accessing local fresh produce during the COVID-19 crisis and beyond.



*We Eat Local app supports Tasmanian business eateries, retail food shops, markets and producers*

On May 14th, the We Eat Local app had over 7000 Tasmanians using it to access seasonal produce directly from the 106 Tasmanian producers showcased in the app and the 744 retailers that are listed.

Supporting this initiative early in the COVID-19 pandemic aligns with our approach to consider the whole food systems impact on how Tasmanians eat and our ambition to ensure resilience within Tasmanian food system both during and after the pandemic.



Explore [www.eatwelltas.org.au/we-eat-local/](http://www.eatwelltas.org.au/we-eat-local/) and We Eat Local campaign [Fact Sheet](#) for more info.

## Healthy Tasmania Fund Grants Announced!

In early December 2019, we were excited to announce the successful recipients of the first round of the Healthy Tasmania Fund. Congratulations to the twenty-six organisations across Tasmania who were successful in securing grants of up to \$200 000!



*Healthy Tasmania Funds have been now announced*

There were such a large number of high-quality applications that on top of the initial \$1.4 million funding allocated, the Tasmanian Government provided an additional \$770 000. That's nearly \$2.2 million invested in the health and wellbeing of Tasmanian communities!

The successful projects are across the state and focus on bringing Tasmanians together to move more, eat well, be a healthy weight and be smoke-free. Projects will connect men, women, students and seniors to grow community connections and support each other toward better health.

Watch out for Healthy Tasmania funded projects in your local community, creating positive social connections and improving health literacy. You may see opportunities for people to quit smoking with Nicotine Replacement Therapy, sporting clubs becoming more LGBTIQ inclusive or local wellbeing mentors. Other initiatives will support men living well, encourage bike

community or promote the eating of local seasonal foods. And that's just a snapshot of what's to come!

Stay tuned for details of round two of the Healthy Tasmania Fund 2020–21.

Find out more about the successful round one projects and stay updated at [Department of Health - Healthy Tasmania Fund Grants](#).

## Round Two Community Innovations Grants Update

On Wednesday, 13 November, Healthy Tasmania caught up with Round Two Healthy Tasmania Community Innovations Grant (CIGR2) recipients in Campbell Town. This was a great chance for project officers to share information about the progress of their projects. The group shared their stories including key successes, challenges and next steps. There was a great energy in the room as everyone made stronger connections, learned together and saw opportunities for the future.

### CIGR2 Grant Projects in the Spotlight

We filmed interviews with some of the project officers and we look forward to sharing these with you on the [Healthy Tasmania Portal](#) and [Healthy Tasmania Facebook](#) page soon. All in all, the day was a great success.



*A successful sharing day with recipients of Round Two Community Innovations Grants at Campbell Town*

## Healthy Tasmania Facebook Page

Our [Healthy Tasmania Facebook](#) page continues to grow while we share hints and tips on healthy eating, moving more, drinking water and social connections. We started 2020 off by asking our audience about their goals for this year and providing tips for achieving them. More recently, we have been sharing ways to stay connected, be safe and focusing on wellbeing over the past few weeks. Keep an eye out for our new popular and shareable Healthy Tasmania checklists.

**Be your own coach  
in 2020**

- Do some exercises that make you huff and puff - eg hill walking or swimming
- Increase your strength - eg sit to stands or wall push ups
- Use equipment you already have - eg fill water bottles to use as weights
- Set regular times in your week to get active
- Reward yourself to stay motivated
- Choose an activity you enjoy
- Record your activities
- Get active with a friend
- Set small goals

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*Photo: A person wearing a large yellow corn cobs costume and a green apron, standing outdoors.*

*Corny gives some great tips on how to be your own coach in January 2020*

## Healthy Tasmania Facebook Challenge

The [Healthy Tasmania](#) Challenge wrapped up for 2019 with our Facebook followers completing 12 monthly challenges to be more active, eat well, get outdoors and enjoy time connecting with others. Every month our challenge participants shared their healthy habits to win a range of prizes. It was great

to hear that most participants said that the 2019 Healthy Tasmania Challenge made them feel happier and healthier. Feedback from our Facebook followers has helped shape our new 2020 Challenge, which kicked off in early a Challenge focusing on Staying Connected. Challenge Two wrapped up in early May, where we asked fans to add more vegetables to their weekly meals. This was a popular challenge as entrants were in with a chance to win one of five veggie boxes valued up to \$50 from a local supplier.

Keep an eye out on our [Facebook page](#) for more upcoming Healthy Tasmania Facebook Challenges.

**WIN**

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**1 of 5  
locally  
sourced  
Veggie Boxes**

*Photo: A variety of fresh vegetables including carrots, broccoli, cauliflower, and potatoes.*

*Challenge Two asked our Healthy Tasmania Facebook fans how they were including vegetables in their meals to win a locally sourced veggie box*

## Neighbourhood Houses Active Living Challenge

Neighbourhood Houses from around Tasmania took on the Active Living Challenge in 2019. Houses were eligible for \$1 000 grants for creative ideas to increase active living in their communities. Projects engaged community members in physical activity, encouraged social connection and provided equipment.



We are excited to be partnering with [Neighbourhood Houses Tasmania](#) again this year to host a Healthy Living Challenge. Applications will open soon for \$1 000 grants for Neighbourhood Houses to encourage physical activity, healthy eating and mental wellbeing in their communities. We look forward to sharing their inventive ideas in 2020.

## Get Outside with Community

[Wildcare](#) held two leadership camps in 2019 to develop the skills of emerging leaders. Get Outside leaders offer community access, role modelling, organisational assistance and lead walks for new migrants and refugees to get out into nature safely. Through the Healthy Tasmania funded camps, Wildcare's Get Outside program trained 16 new leaders, who now lead walks and events around Tasmania. We are pleased to support the training of more young leaders again this year.



Get Outside Leaders at Ben Lomond Camp November 2019

## Healthy Parks Healthy People

Passionate Discovery Rangers add value to the experience of all Healthy Parks Healthy People events. Their enthusiasm and knowledge created an enjoyable day for over 300 visitors at [Mt Field National Park on 14 January](#). Tasmania [Parks and Wildlife Service](#) worked with [National Disability Services Tasmania](#) to make the event inclusive for people of all abilities. Visitors explored several interactive displays and workshops from

rangers, a serene accessible walk to Russell Falls and shared a free barbecue lunch with great music from the Belle Miners band.

At the [Kids 4 Kids conference in Hobart](#), over 500 kids heard the Healthy Parks Healthy People messages. Rangers gave workshops on how to use i-naturalist, a flora and fauna monitoring program, and talked about the health benefits of getting into nature.



Visitors enjoying the Mt Field Discovery Day. Image Courtesy of Parks and Wildlife Service and Chris Crerar

Tasmanian Parks and Wildlife hosted a series of community events in 2019 to promote Healthy Parks Healthy People. They promoted messages about the health benefits of visiting parks and reserves. This is part of a growing global movement to encourage communities to get outside in nature. Healthy Tasmania will continue to support Healthy Parks Healthy People through funding research into how to encourage a more diverse range of visitors to parks in 2020.

## Dover Give It A Go

In December we caught up with Healthy Tasmania Community Innovation Grant recipient Dover Give It A Go program, for their end of year celebration. [Dover District School](#) have

been hosting a popular weekly after school program established by [Huon Valley Council](#). With the support of local parents, the program attracts over 20 students each week to promote physical activity, healthy eating and social interaction through games, activities and afternoon tea. Run by Give It A Go Leaders and supported by local parents, students engaged with local services including the police, fire brigade, doctors and artists. Based on the success of the program, local businesses and the council will continue to support it in 2020, under its new name Arvo's at Dover.

Check out the full story and other community stories on the [Healthy Tasmania Portal](#).



*Dover Give It A Go in action*

## **Healthy Ageing**

### ***Physical activity program***

For older Tasmanians, there is a range of physical activity programs run by gyms, local health centres and community centres across Tasmania. Check out the latest programs on the [Healthy Ageing](#) website.



*Find physical activity programs, resources and information on the [Healthy Ageing Website](#)*

### ***How to keep hydrated***

As we get older, we tend to feel less thirsty. Find our top tips for drinking more water and staying



hydrated at [How to keep hydrated](#).

For more evidence-based information, resources and FREE online training for those who work or volunteer with people aged over 65, visit the [Healthy Ageing](#) website. To stay up-to-date, [subscribe](#) to our monthly email newsletter.

*Drinking water regularly is important, even if you don't feel thirsty*



## Healthy Kids Website

[Healthy Kids](http://www.health.tas.gov.au/healthykids) continues to grow as the one stop shop for parenting information for Tasmanian families. What's new? We have updated resources on starting babies on solid food and there are new resources on eczema and helping children try new food when they have sensory issues. Order your free promotional postcards for families by emailing [community.nutrition@health.tas.gov.au](mailto:community.nutrition@health.tas.gov.au)



Healthy Kids Toolkit starting babies on solid food resource

## Resources to Support New Mobile Phone Use in School's Policy



With the introduction of the Department of Education's new policy on the use of mobile phones by students in schools, teachers and parents may be wondering about alternative activities. Move Well Eat Well have several resources for active play ideas for children of all ages. Visit Move Well Eat Well's [Turn Off, Switch to Play](#) page.

## Do You Want to Help People to Stop Smoking?

The most effective way to quit smoking is to combine counselling support, such as the Quitline, with pharmacotherapies, such as Nicotine Replacement Therapy (NRT). However, many people are confused about the options available or do not know how to use NRT correctly.

There are many options available to choose from, with most people using more than one type of NRT at the same time. Everyone is different, but there is a dose of NRT that will work to ease cravings and withdrawals symptoms when people are trying to stop smoking.

Tasmania's Smoke Free Priority Populations Working Group has developed a simple guide on how NRT can help to quit smoking. Get copies of the [NRT card](#) to share with your clients by contacting [jasmine.angus@health.tas.gov.au](mailto:jasmine.angus@health.tas.gov.au) and encourage people who smoke to contact the Quitline or a health professional.



Nicotine Replacement Therapy can help those trying to quit smoking

## LGAT Health and Wellbeing Forums



[Local Government Association Tasmania](#) (LGAT) hosted a series of forums around Tasmania for council officers whose work involves community health and wellbeing. The forums gave people the chance to connect and share the work they are doing, discuss different approaches to planning and programs, speak about the scope of their work and improve understanding of the importance of their role in a broader policy context. LGAT gathered [case studies and resources](#) from councils across Tasmania to encourage and enhance sharing and collaboration.

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