

*Healthy Tasmania is a Tasmanian Government and community partnership that aims to improve the health and wellbeing of all Tasmanians. Healthy Tasmania supports successful community-led and evidence based preventive health activities.*

## Healthy Tasmania – the next 5 years

The Healthy Tasmania Five Year Strategic Plan 2016-2021 finished on 30 June 2021.

Over the last five years Healthy Tasmania has established strong partnerships and collaboration across sectors to help Tasmanians live healthier lives. There are many inspiring success stories in local enterprise, social connections and community engagement. The Government has committed funding over five years to the next Healthy Tasmania Plan, which will be released by November this year. Funding has also been committed for community grants through the Healthy Tasmania Fund.

Other key commitments for preventive health include community health and wellbeing networks, youth smoking prevention program, school lunch pilot and education programs.

Planning and consultation for the next phase of Healthy Tasmania is underway and which will build on the strengths and successes of the first phase. There is a large amount of evidence from research, surveys, evaluation, feedback and consultation from the first phase of Healthy Tasmania to inform the priorities, actions and outcomes for the next five years.

Further information about the next phase of Healthy Tasmania will be available soon.



## Healthy Tasmania Fund grants announced

The Honourable Jeremy Rockliff, Minister for Health and Minister for Mental Health and Wellbeing announced the [successful Healthy Tasmania Fund Round 2 applicants](#) on 11 June 2021.

Congratulations to the 26 community organisations and local governments who have received over \$2.5 million in total in grant funding to deliver locally driven initiatives to improve the health and wellbeing of Tasmanians.

There are 10 small (up to \$30 000) and 16 large (\$30 000 to \$200 000) successful projects focused on:

- reducing smoking
- improving healthy eating
- being more physically active and
- improving mental health and wellbeing.

All projects will build community connections.

[See the full list of grant recipients.](#)

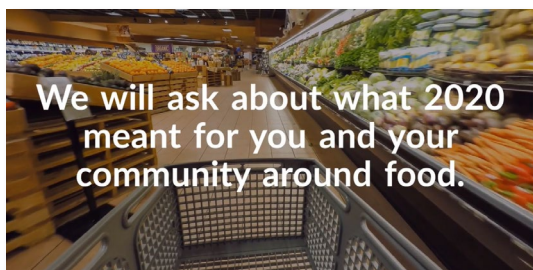
[Healthy Tasmania Fund Round 1 projects](#) are demonstrating the importance of partnering with community organisations and local government to use local knowledge to develop local solutions. We look forward to bringing all Healthy Tasmania Fund recipients together at our Networking Forum later in 2021. This will be a great chance to learn from other recipients, reflect on how we are capturing project outcomes, and share stories including key successes and challenges. Information about the Networking Forum will be distributed soon.

### **Food Security 2020 and beyond – Needs Assessment project update**

Public Health Services is exploring food access issues by collecting ideas and stories from the community. This will help us understand the ways in which Tasmanian people, organisations and businesses creatively responded to the challenges they faced in 2020. The things we learn will help inform policy and practise to create a more resilient and food secure Tasmania into the future.

We will work alongside the Tasmanian community to find solutions. We will be using a number of different ways to collect information ([see the Needs Assessment project video](#)). Thank you to everyone who has talked to us so far in stage one of the project (community organisations).

For more project information, including updates for stage two (communities and people) visit [Food Security 2020 and beyond – Needs Assessment project](#).



### **Let's Start a Conversation!**

Let's Start a Conversation flyer showing 2 people talking to each other. One person asks, "How are you going with your smoking?". Poster includes the Quitline Tasmania contact number of 13 7848.



The [Let's Start a Conversation campaign](#) is running again this year.

This campaign aims for staff working in the mental health and community sectors to become comfortable talking to their clients or patients about stopping smoking.

Public Health Services is currently looking to recruit workplace Smoke Free Champions. Champions will help raise the profile within their workplace of the role staff can play in supporting people to stop smoking. They will help implement the campaign from June – November and be the go-to contact for their colleagues. And we will support them every step of the way.

Is it you? Or is there someone else in your workplace who you know is passionate about

smoking cessation? Contact [Eloise.Day@health.tas.gov.au](mailto:Eloise.Day@health.tas.gov.au) to find out more.

## Neighbour Day 2021

[Healthy Tasmania](#) partnered with [Relationships Australia Tasmania](#) again this year for the [Healthy Tasmania Neighbour Day Challenge](#) to encourage people across Tasmania to connect with their neighbours.

[Neighbour Day](#) was celebrated on Sunday 28 March with the theme 'every day is Neighbour Day'. The Challenge encouraged small-scale community events or initiatives to create meaningful social connections to combat loneliness and last beyond the day itself.

Twenty-five Tasmanian communities received grants of \$1 000 for their Neighbour Day initiatives.

There was a range of creative and inspiring entries, from garden parties in Sulphur Creek, artistic performances in Marion Bay to a community walking map for Taroona residents. Hosting community events, installing share stations and producing neighbour packs were popular initiatives across the state.

[See the full list of Neighbour Day projects on the Healthy Tasmania page](#) and keep an eye out on the Healthy Tasmania Portal for their stories!



*Neighbour Day grant initiatives saw neighbourhoods come together and create community connections.*



*Healthy Tasmania Project Officer Christy Measham at the Neighbour Day Launch*

## Successful School Lunch pilot program

Schools in southern Tasmania received funding from Healthy Tasmania and practical support from the [Tasmanian School Canteen Association](#) (TSCA) for a one-month cooked lunches trial. The trial was inspired by TSCA's Julie Dunbabin's Churchill Scholarship. In 2019, Julie visited seven countries to investigate the impact of school lunch programs on student's health and wellbeing. In addition, during the COVID-19 lockdown in April 2020, some schools activated their canteen to support existing emergency food relief agencies. This showed that school canteens could make bulk meals.

The aim of the pilot was to test the feasibility of offering cooked lunches to students in Tasmania as a way of fostering a positive food culture, improving behaviour and learning outcomes for children. Students had 20 minutes to sit down and eat the meals that were cooked from scratch. These meals used local, seasonal and minimally processed foods by canteen staff and volunteers in line with the [Australian Dietary Guidelines](#).

Principals, teachers, parents, students, support staff and volunteers were interviewed or completed questionnaires. All spoke highly of the program with 90 percent of parents saying they would like the school to provide a cooked lunch every day. Canteen staff and volunteers enjoyed making the meals and found the workload was easier than they thought. Students enjoyed the variety of the lunches, trying new foods and eating the same food as everyone else. Two schools reported that students were calmer and that there was an increase in attendance, particularly among children who were often absent from school.

A larger trial would enable a greater understanding of the benefits and challenges of providing school lunches as well as the different ways cooked lunches can be offered throughout Tasmanian schools.

Read more about the [School Lunch Pilot](#).

TASMANIAN SCHOOL CANTEEN ASSOCIATION INC. MENU		
	WEEK 1	WEEK 2
MON	Spaghetti Bolognaise (Beef &/or Lentils) with green salad Fruit Platter	Collage Pie (Meat or Vegetarian option) Fruit Muffin
TUE	Pumpkin Soup with Cheesy Garlic Bread Apple Crumble and Custard or dairy free alternative	Chili Con Carne/Chili Non Carne with rice Fruit Platter
WED	Roast Chicken Thigh & Veg Tray Bake (Pumpkin, Potato, Parsnip, Zucchini) Poached Fruit with Yoghurt or dairy free alternative	Baked Potato with Topping Baked Beans/Bolognaise Sauce) and cheese with Salad/Coleslaw Berry Smoothie
THU	Curry (Chicken or Vegetable & Chickpea/Lentils) with rice Fruit Platters with Yoghurt or dairy free alternative	Casserole and Dumplings Fruit and Yoghurt or dairy free alternative
FRI	Lasagne (Meat or Vegetable & Chickpea/Lentils) with Salad Stewed or Baked Fruit with Yoghurt or dairy free alternative	Minestrone (Lots of Beans, Veg, Pasta) with Bread Roll Self-Saucing Pudding (Chocolate or Lemon) with Yoghurt or dairy free alternative

## Welcome Winter

Healthy Tasmania is a supporter of Eat Well Tasmania's campaigns Veg it Up and What's in Season.

You can find delicious recipes, cooking tips and handy seasonal guides via social media by searching @eatwelltasmania on Facebook and

Instagram or check out the [Eat Well Tasmania website](#).



Want to discover what's in season in Tasmania and what to do with it? Winter food calls for big, warm flavours and deep, rich colours. The kind found in caramelized vegetables and sauces, slow-cooked stews and Sunday roasts.

Winter means brassica (broccoli, cauliflower, and sprouts) whose crunch we love eaten raw or cooked. The earthy, woody flavour of beets makes us think of bakes (savoury and sweet). And our idea of heaven is a pile of garlic sauteed greens.

Cooking with winter produce is something special; flavours are subtle, and the colours vibrant. The earthy red and golden beets make for a beautiful side to a winter roast lamb. The dark greens (kale, silverbeet and collard) are at their peak in winter. The crisp frosty mornings bring out their sweet and rich flavour. And nothing cuts through a plate of slow-cooked vegetables like a squeeze of fresh citrus.

## Healthy Tasmania Facebook page

The [Healthy Tasmania Facebook page](#) continues to provide information and strategies to assist people with eating well, being active, reducing

smoking, making community connections and supporting their mental health and wellbeing.

During the cooler months, our page has been showcasing some [family cooking tips](#) and [recipes](#), [school holiday activities](#) and [how to keep active in nature](#).

Facebook followers also had a chance to contribute to the [Healthy Tasmania Facebook Autumn banner](#) with their best Autumn photos. These were great submissions from our local followers who have truly inspired us. Check out these and more on our Facebook page.



Any advice to share?

"I encourage people to be the best happiest version of themselves at any age!"



[Check out Stacey and Liam's inspirational Autumn photo on our Facebook page.](#)

## Healthy Tasmania Facebook Challenge Group is live

The [Healthy Tasmania Facebook Challenge](#) is back and in a new format – a dedicated Facebook Group. Tasmanians can join the group to enter monthly healthy habit Challenges. The group aims to motivate and encourage Tasmanians to form everyday healthy habits by being part of an online virtual community.

The Healthy Tasmania Facebook Challenge Group had a great start since going live in March with over 115 members now in the group.

For our first [Healthy Tasmania Facebook Group Challenge in April](#), we asked members to show us and the group how they #veggitup with

seasonal vegetables. Members shared their images, healthy recipes, inspiring stories and tips and tricks in the group. It was great to see members not only entered the Challenge, but engaged with each other through showing support, encouragement or giving them ideas to try new things.

Our second [Challenge in May](#) focused on being active. We received 45 Challenge entries from group members. The entries showed a variety of ways our members and their family and friends (including four-legged friends) are being active. A favourite entry included a group of women cycling from Devonport to Latrobe for the first time and was a great example of social connection and being active.

Our third [Challenge in June](#) asks members to share their best self-care practices with the group. The Challenge is now live in the group. To participate or join the group visit the [Healthy Tasmania Facebook Challenge page](#).

## Keep up to date with Healthy Tasmania

The [Healthy Tasmania Portal](#) is a great way to stay up to date with Healthy Tasmania news, events and online tools and resources. The Portal also features community stories from our grant recipient organisations.



Email us:

[ahealthytasmania@health.tas.gov.au](mailto:ahealthytasmania@health.tas.gov.au)



Visit our website:

<https://www.healthytasmania.tas.gov.au>



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