

# Healthy lifestyles and active communities

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HEALTH is one of the most important aspects of living a full and thriving life. Every Tasmanian will interact with our health system in some way throughout their lives.

That's why the Rockliff Liberal Government is sticking to our aspirational goal of achieving the healthiest population in the country.

To do this, we must harness opportunities to build healthy communities, and that's exactly what we are doing through our long-term strategic plan.

As part of this, we are improving the health and wellbeing of all Tasmanians by investing in preventative health initiatives so that we can reduce the pressure on our health system in the long term.

We established a Healthy Tasmania Fund which sees \$8 million distributed throughout Tasmanian communities. In May last year, the premier announced 26 successful applicants for round one of the Healthy Focus Grants.

Eat Well Tasmania won two grants, receiving \$200,000 for its Plate with a Mate and Too Good to Waste initiatives.

In the latest round, 37 local organisations received funding of up to \$5000 each in Step Forward grants to continue their work in making Tasmanians healthier. More activities can be run, training can be provided and new equipment purchased.

We've funded equipment for community kitchens and gymnastics clubs and supported mental health training, community events and garden works around the state.

Locally, the Derwent Valley Council won Step Forward funding for its Wellbeing in the Valley project and the Great Lake Community

Centre was funded for its Healthier Lifestyle for a Longer Life program.

The council used its funding to engage a mental wellbeing coach and facilitator to run workshops that attracted dozens of locals with overwhelmingly

positive feedback. These grant programs are just two of the four programs that we are proud to fund through Healthy Tasmania, which supports preventative and protective actions such as smoking prevention, physical activity, healthy eating, sexual and reproductive health, chronic conditions prevention and management, health literacy and multicultural health programs.

I'd also like to recognise the work of New Norfolk District Hospital nurse practitioner Tammy Harvey, who has been pivotal in establishing innovative models of care, recognised in the Australian College of Nursing's national Award for Nursing Trailblazers. Her work has improved bed occupancy at the hospital and assisted patients with ongoing care and rehabilitation, ensuring they can be treated closer to home.

By investing in healthy communities, Tasmanians right across the state are benefiting. The Rockliff Government will continue to make sure our long-term, strategic investments are getting to the right places and ensuring our communities have the right tools and facilities to live healthy, active lives.

**Guy Barnett is minister for health and one of the five state members for Lyons.**