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*Supplementary Submission  
to the exposure draft*

# **The Health Revolution: 20-Year Preventive Health Strategy**

February 2026



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## PURPOSE OF THIS SUBMISSION

Eat Well Tasmania (EWT) welcomes the release of the exposure draft of **The Health Revolution: Tasmania's 20-Year Preventive Health Strategy** and the opportunity to provide this supplementary submission.

EWT previously contributed to the early consultation phase of the Strategy. Since that time, and following the appointment of a new State Manager, further engagement with government, sector partners and communities has reinforced the critical role that food systems, food security and nutrition must play as foundational infrastructure within Tasmania's long-term preventive health approach.

This supplementary submission is intended to:

- Strengthen the Strategy's focus on food systems as a core preventive health lever
- Align food and nutrition more explicitly with life-course, equity and place-based approaches
- Offer delivery-ready considerations that complement the Government's exposure draft
- Articulate how Eat Well Tasmania is ready to partner with Government to support long-term outcomes.

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## OUR RESPONSE TO THE EXPOSURE DRAFT

### 1. How does the long-term vision feel to you?

Eat Well Tasmania strongly supports the long-term vision articulated in the draft Strategy.

The emphasis on prevention, equity and systems-level change aligns well with what we hear from communities across Tasmania and reflects the scale of change required to improve population health over the next 20 years.



### 3. Does the strategy reflect what keeps Tasmanians well?

Yes, the Strategy reflects many of the key factors that keep Tasmanians well, particularly social connection, supportive environments, equity and prevention across the life course. We recommend strengthening the explicit recognition of food systems and food security as foundational to these outcomes.

### 2. What do you think about the visuals and tagline?

The visuals and tagline are accessible and help communicate the Strategy's ambition in a way that is approachable and non-technical. The use of plain language and visual storytelling supports broader community understanding.

### 4. Is anything important missing?

What feels most missing is a more explicit framing of food systems and food environments as preventive health infrastructure, equivalent in importance to housing, transport and education.



## OUR RESPONSE TO THE EXPOSURE DRAFT

### 5. Do the sub-pillars feel like the right ingredients?

The sub-pillars feel broadly appropriate and complementary. Food systems and nutrition sit across multiple pillars, particularly healthy environments, equity, and connected communities, and would benefit from clearer cross-referencing to reflect their system-wide role.

### 7. Is the language clear and easy to understand?

Overall, the language is clear, accessible and well suited to broad community engagement. Continued use of plain language and practical examples will support conversations beyond the health sector.

### 6. Do the ways we'll make this happen feel complete?

The proposed implementation approach is strong, particularly the emphasis on cross-portfolio action. Long-term success will depend on sustained funding, clear governance mechanisms, and accountability measures that enable community-based and place-led delivery.

### 8. Does this plan make you feel included in Tasmania's long-term health journey?

Yes, the Strategy creates a strong foundation for a shared, whole-of-community approach to health. Explicitly recognising the role of community organisations, local leaders and lived experience will further strengthen the sense of collective ownership and inclusion.



# ALIGNMENT WITH THE STRATEGY’S VISION AND CORE FOCUS AREAS

Eat Well Tasmania strongly supports the Strategy’s ambition to shift Tasmania toward a future where people are supported to stay well, live well and thrive across their life course.

We particularly welcome the Strategy’s emphasis on:

- Prevention as a long-term, whole-of-system investment
- Addressing the social and environmental determinants of health
- Equity and targeted action for priority populations
- Cross-portfolio collaboration and place-based delivery

Food systems intersect with all of these priorities. Access to affordable, nutritious, culturally appropriate food is a prerequisite for good health and wellbeing and a powerful mechanism for reducing chronic disease, improving mental health, strengthening communities and addressing inequity.

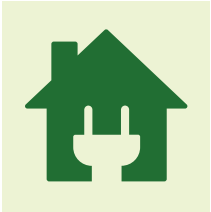




## FOOD SYSTEMS AS PREVENTIVE HEALTH INFRASTRUCTURE

### **Consideration**

The Strategy would be strengthened by explicitly recognising food systems and food environments as preventive health infrastructure, alongside other foundational determinants such as housing, transport and education.



Healthy eating behaviours are not shaped by individual choice alone. They are heavily influenced by:



- Availability and affordability of healthy food
- Local supply chains and food distribution
- Community food environments (schools, workplaces, public institutions)
- Social norms, skills and confidence related to food



Food insecurity is closely linked to income adequacy and cost-of-living pressures, reinforcing the need for coordinated preventive health action across social and economic policy.



### **Recommendation**

Embed food systems and nutrition as a cross-cutting pillar of preventive health action, with clear links to:

- Chronic disease prevention
- Mental health and wellbeing
- Climate resilience and sustainability
- Cost-of-living pressures
- Local economic development





## LIFE-COURSE APPROACH TO NUTRITION AND FOOD SECURITY

### **Consideration**

A life-course approach to prevention must include nutrition at every stage of life, recognising that dietary patterns accumulate over time to shape health outcomes.



### Key Opportunities



- Early years | Support breastfeeding, early childhood nutrition and family food security
- Children and young people | Strengthen school food environments, food literacy and access to healthy meals
- Working-age adults | Promote healthy food environments in workplaces and community settings
- Older Tasmanians | Address food access, social isolation and nutrition risk as part of healthy ageing



### **Recommendation**

Ensure nutrition and food security are embedded within life-course prevention actions, with tailored strategies for different age groups and settings.



## HEALTHY, CONNECTED AND FOOD-SECURE COMMUNITIES

### **Consideration**

Community food initiatives deliver multiple preventive health benefits simultaneously. They improve diet quality while also strengthening social connection, mental wellbeing and local economies.

Examples include:

- Community food hubs and markets
- Shared kitchens and community meals
- Local food enterprises and social enterprises
- Place-based food resilience initiatives

These initiatives align strongly with the Strategy's emphasis on connected communities and place-based action.



### **Recommendation**

Support community-led food initiatives as a recognised preventive health intervention, particularly in regional and socioeconomically disadvantaged areas.



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## EQUITY AND PRIORITY POPULATIONS

### **Consideration**

Food insecurity remains a significant driver of health inequity in Tasmania. People in low-income households, regional and remote communities and other priority populations experience disproportionate barriers to accessing healthy food.



“Tasmania experiences one of the highest chronic disease burdens in Australia, nearly 85% of Tasmanians have at least one long-term condition, and overweight/obesity prevalence remains elevated compared with other states, signalling a critical role for systemic food environment action in preventive health.”[1]



Without targeted intervention, diet-related disease will continue to entrench inequity and place growing pressure on the health system.



### **Recommendation**

Prioritise food access and affordability within the Strategy's equity framework, including:

- Targeted investment in food access initiatives for priority populations
- Culturally appropriate, community-led approaches
- Integration of food security into broader social policy responses



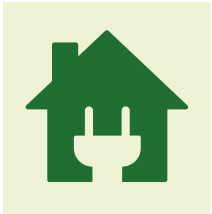
[1] [https://www.abs.gov.au/statistics/health/health-conditions-and-risks/national-health-survey-state-and-territory-findings/latest-release?utm\\_source=chatgpt.com](https://www.abs.gov.au/statistics/health/health-conditions-and-risks/national-health-survey-state-and-territory-findings/latest-release?utm_source=chatgpt.com)



## SYSTEMS, GOVERNANCE AND SUSTAINABLE INVESTMENT

### **Consideration**

Delivering the Strategy's ambition requires sustained investment and coordinated governance across portfolios. Food systems sit at the intersection of health, education, planning, environment, transport and economic development.



### **Recommendation**

- Establish clear cross-portfolio governance mechanisms that include food systems representation
- Provide long-term, dedicated funding for preventive health initiatives aligned to the Strategy
- Invest in workforce capability, evaluation and data to track long-term outcomes

Clear monitoring and reporting mechanisms will be critical to ensure preventive health investment delivers measurable, long-term outcomes.

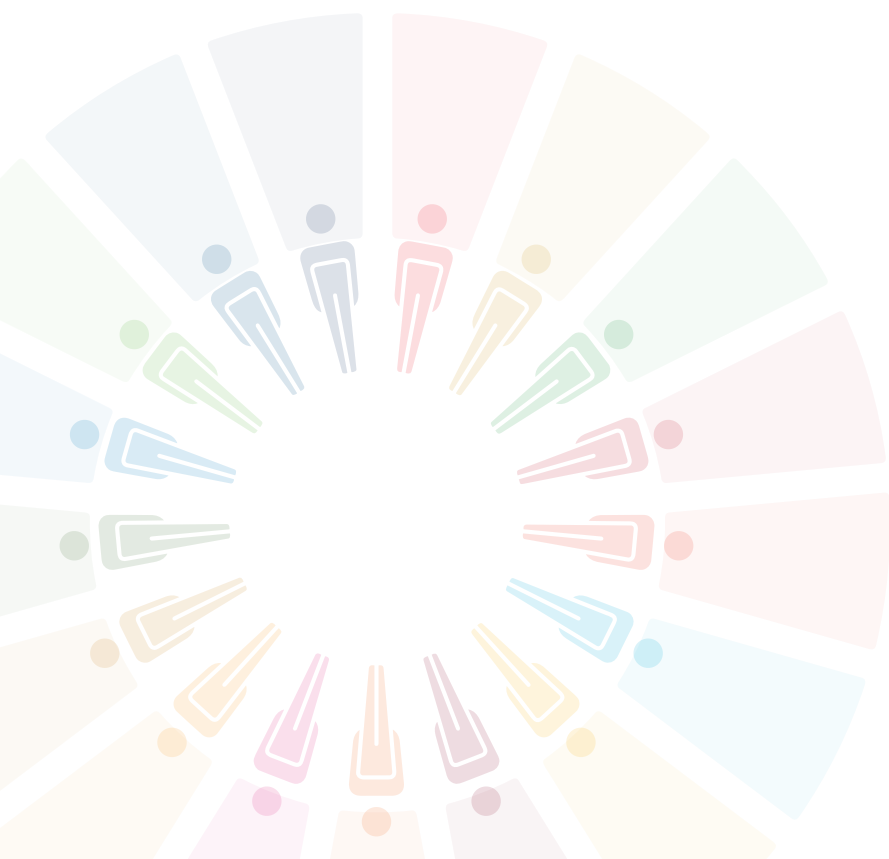
Eat Well Tasmania's Budget Priority Submission 2026-27 outlines practical, scalable investment opportunities that align directly with these aims.

## ALIGNMENT WITH THE UNITED NATIONS SUSTAINABLE DEVELOPMENT GOALS

Tasmania's 20-Year Preventive Health Strategy aligns strongly with international evidence and the United Nations Sustainable Development Goals (SDGs). Food systems-focused prevention contributes directly to:

- SDG 2 Zero Hunger: Access to safe, nutritious and affordable food
- SDG 3 Good Health and Wellbeing: Prevention of chronic disease and promotion of wellbeing
- SDG 10 Reduced Inequalities: Addressing inequities in health and food access
- SDG 11 Sustainable Cities and Communities: Healthy, connected and resilient communities
- SDG 17 Partnerships for the Goals: Cross-sector collaboration and shared outcomes

Embedding these global frameworks strengthens Tasmania's position as a leader in long-term preventive health.





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## EAT WELL TASMANIA'S ROLE AS A DELIVERY PARTNER

Eat Well Tasmania is well positioned to support implementation of the Strategy through:

- Statewide coordination and partnerships
- Community engagement and place-based delivery
- Food systems expertise and public communication
- Evidence-informed program design and evaluation

We welcome the opportunity to work alongside the Tasmanian Government to translate the Strategy's vision into practical, community-level action.

## CONCLUSION

Eat Well Tasmania strongly supports the direction of **The Health Revolution: Tasmania's 20-Year Preventive Health Strategy**. Strengthening the Strategy's focus on food systems and nutrition will significantly enhance its capacity to deliver equitable, long-term preventive health outcomes.

**We appreciate the opportunity to provide this supplementary submission and look forward to continued collaboration as the Strategy progresses from design to implementation.**



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