



**ACT**  
Government

**ACT Health**

# Healthy Canberra

## ACT Preventive Health Plan 2020-2025: Annual Activity Report 2020



## **Acknowledgment of Country**

ACT Health acknowledges the Traditional Custodians of the land, the Ngunnawal people. ACT Health respects their continuing culture and connections to the land and the unique contributions they make to the life of this area. ACT Health also acknowledges and welcomes Aboriginal and Torres Strait Islander peoples who are part of the community we serve.

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# Foreword (Minister for Health)



In 2019, I launched the Healthy Canberra: ACT Preventive Health Plan 2020 – 2025 (The Plan). The Plan is the ACT Government's commitment to reducing the impact of chronic disease on our community. Preventive health activities enable all Canberrans to live a healthier life so that they can fully enjoy and participate in the many wonderful opportunities our city has to offer.

We all know that 2020 was a year like no other. The Canberra community experienced bushfires, choking smoke, a catastrophic hailstorm and then a global pandemic. Across parts of our society COVID-19 presented a number of challenges which interrupted progress on the implementation of The

Plan as initiatives were suspended, schools and workplaces were closed, and many ACT Government staff were redeployed to the pandemic response.

However, the COVID-19 pandemic has also served to highlight the importance of preventive health in reducing chronic conditions and ensuring that all Canberrans remain healthy and active at all stages of their life. To this end, and in spite of COVID-19, I am pleased to report that significant progress has been made in achieving strategic actions in all five of the priority domains identified in The Plan.

In the past year the ACT Government has pursued flexible, creative and innovative approaches to preventive health through modified programs and the adaptive use of technology. As we progress into the second year of the Plan, the Government remains committed to further elevating the preventive health agenda in partnership with our key stakeholders.

The success of the Plan will be evaluated through a series of measures over time. While the Plan is still in its infancy, subsequent reports will provide more detailed progress towards achieving the strategic actions where data is available. A framework for evaluation of the Plan has been developed to measure the aims, functions and activities of the Plan. The final evaluation report of the Three-Year Action Plan will highlight the culmination of efforts across directorates to best demonstrate the overall impact of the Plan on the Canberra Community.

This first Annual Activity Report demonstrates this Government's commitment to improving the health and wellbeing of Canberrans during the most challenging period the Territory has faced. This Report documents our progress towards achieving the strategic actions identified in the Plan during the first year of implementation.

# Introduction



# Background to the Preventive Health Plan

*Overall, as Canberrans we enjoy a high standard of health and wellbeing and one of the highest life expectancies in the world.*

We are fortunate that in the ACT we have a world class health system strengthened by the dedicated work of highly skilled health professionals and support staff. However, our primary goal is to help keep people healthy and out of the health system through initiatives that seek to optimise the wellbeing of all Canberrans.

Successful preventive health initiatives enable more Canberrans to live in good health so that they can fully enjoy and participate in the many opportunities our city has to offer.

Unfortunately, half of all adults in the ACT report living with chronic disease and significant challenges remain to improve community health and wellbeing. To reduce the burden of chronic disease, in December 2019, the ACT Government launched the Healthy Canberra: ACT Preventive Health Plan 2020-2025 (the Plan).

The Plan sets out the ACT Government's priorities over five years to address modifiable risk factors associated with the development of heart disease, diabetes, obesity, and other chronic disease. The Plan recognises that good health and wellbeing is not shared equally by all Canberrans. Different population groups have different health needs and some population groups including Aboriginal and Torres Strait Islander people, people living with a disability, people with a mental illness, people experiencing homelessness or family violence, the LGBTQI+ community and people from culturally and linguistically diverse backgrounds experience a burden of chronic disease that is greater than that of the rest of the ACT population.

The Plan builds upon the success of previous strategies, including the Healthy Weight Initiative (HWI). The Plan however is more ambitious and broader in its remit than previous strategies in that it views health through a 'systems thinking' and social determinants lens, with proposed strategic achievements traversing across the lifespan and beyond individual behavioural responsibility alone. In line with this approach, many of the strategic actions identified in the first three-year Action Plan sit outside the remit of the ACT Health Directorate (ACTHD).

It was important that the priority areas identified in the Plan accurately reflected the priorities of the Canberra community. The five priority areas outlined in the plan (supporting children and families, enabling active living, increasing healthy eating, reducing risky behaviours, and promoting healthy ageing) were chosen based on contemporary ACT population health data as well as feedback from community members and Government and non-government stakeholders.

Success of the Plan in improving the health of Canberrans is dependent on the ongoing support of the community and key stakeholders as well as leadership and collaboration across Directorates and the non-Government sector. Funding opportunities under the ACT Health Promotion Grants Program (ACTHPGP) will be the main way community organisations can seek funding to address the priority areas within The Plan.

The Plan is complemented by the following ACT policies and strategies which together set the foundations for every Canberran to enjoy the highest standard of health at every stage of life.

- » ACT Wellbeing Framework

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- » ACT Aboriginal and Torres Strait Islander Agreement 2019–2028

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- » ACT Drug Strategy Action Plan 2018–2021

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- » Office for Mental Health and Wellbeing Work Plan

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- » The Best Start for Canberra's Kids: The first 1,000 days (under development)

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- » The ACT Cancer Screening Framework 2020–2025 (under development)

Numerous national strategies underpin *the Plan*, including:

- » Australia's Long-Term Health Plan 2019

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- » National Health Reform Agreement

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- » The National Preventive Health Plan 2021-2030 (draft currently out for consultation)

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- » National Drug Strategy 2017-2026

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- » National Tobacco Strategy 2012-2018 (new strategy postponed)

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- » National Obesity Prevention Strategy 2020-2030 (awaiting final endorsement)

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- » National Alcohol Strategy 2019-2028

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- » National Youth Policy Framework

## Progress

In 2020, progress towards achieving some of the strategic actions identified in the Plan was interrupted or delayed as a result of the COVID-19 pandemic. Staff across directorates were redeployed to the COVID-19 response and many preventive health focused programs and initiatives were suspended in line with COVID-19 restrictions.

We are pleased to report that despite these challenges, progress has been made in achieving strategic actions in all five of the priority areas identified in the Plan. COVID-19 has highlighted the need for ongoing investment in population and preventive health and the importance of a flexible and genuine partnership approach to improving the health and wellbeing of Canberrans.

This is the first Annual Activity Report for the Plan. It highlights progress in achieving objectives and actions set out in the First Three Year Action Plan (2020-2022). It also provides an overview of how community-based programs funded through the ACTHPGP's Healthy Canberra Grants are currently contributing to the priority areas of The Plan at Appendix B.



Key Highlights of achievements in 2020 include:

- » Expanding existing maternal and child health services to better support children and families in the first 1000 days of life.

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- » Continued investment in population health surveys to better understand the health burden and service needs of children and young people.

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- » The development and promotion of guidelines and initiatives which support active transport in the ACT.

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- » Partnerships with Ngunnawal elders to facilitate on-country health and wellbeing initiatives.

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- » Recruitment of more ACT businesses and primary schools to partake in the Healthier Choices Canberra and Fresh Tastes programs.

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- » Nutrition Australia ACT (NAACT) receiving a Healthy Canberra Grant for the Nourishing Little Minds program that combines early childhood literacy with experiential learning to enrich children's awareness, interest and enjoyment of healthy foods in early childhood settings.

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- » The Worldview Foundation receiving a Healthy Canberra Grant to expand the Smoke, Booze and Drug Free Prison Post-Release program for detainees at the Alexander Maconochie Centre (AMC).

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## Future directions

In 2021 and beyond, the ACT Government will continue to progress the actions outlined in the Plan, in partnership with our key stakeholders including non-government organisations, academic institutions, industry partners and the Canberra community more broadly.

The ACT Government remains committed to developing innovative and evidence-based policy that will reduce the incidence and prevalence of chronic disease in the ACT community. To this end, in 2021 the ACT Government will engage in policy scoping activities that address food insecurity, better support children and families in the first 1,000 days of life, reduce tobacco related harm and encourage healthy early ageing from 35 years+. In the second half of 2021, planning for the second Action Plan for 2023-2025 will commence. Findings from this Annual Activity Report will inform this process going forward.

# Priority 1: Supporting children and families



## Background:

# Supporting children and families

Supporting children and families is the first domain of the Plan as the developmental periods of early life - starting at preconception - are a critical window of opportunity when the foundations for optimum health across the lifespan are established. We know that the health of infants and children is critically impacted by the safety and the health and wellbeing of parents and families. A positive start helps children develop to their fullest, setting a pattern of lifelong learning, behaviours and health that increases the likelihood that they will become healthy and resilient adults<sup>1</sup>.

Australian Early Development Census (AEDC) data indicates that most children in the ACT are developmentally on track. However, a significant number of children in the ACT still experience developmental vulnerability. In 2018, around one in four children were developmentally vulnerable in one or more domain(s); and around one in eight children were developmentally vulnerable in two or more domains<sup>2</sup>.

The ACT Government acknowledges that investing time, effort, and resources in the early years of a child's life has significant impacts on their behaviour, learning, health and wellbeing. These gains also translate into improved health and wellbeing outcomes, school engagement and attainment, workforce capability and productivity and socio-economic stability as children transition into adulthood<sup>3,4,5</sup>

### WHAT THE PLAN SET OUT TO ACHIEVE:

#### Supporting children and families



Families are supported to optimise the healthy development of their children in the first 1,000 days of life.



More children are physically, socially, and emotionally ready to start school.

# Supporting children and families: Our achievements in 2020

## Set up for Success

Set up for Success: An Early Childhood Strategy for the ACT was launched in 2020. It is a nation-leading ten-year plan for early childhood education and care in the ACT. Set up for Success is based on overwhelming national and international evidence about the importance of quality early childhood education.

As part of the initiative, a framework was developed to facilitate partnerships with play groups, playschools, and nature play groups to increase access for families experiencing vulnerability and/or disadvantage. District-wide partnerships were also developed between Government schools, play groups and playschools, to improve connections with families across the community.

The initiative involves delivering access for up to 500 priority children (those experiencing vulnerability or disadvantage) to 15 hours per week, 48 weeks per year, of quality early childhood education at a participating Early Childhood Education Centre. In addition, 100 places and 15 hours per week of culturally appropriate early childhood education is provided for 3-year-old Aboriginal and Torres Strait Islander children through the Koori Preschool Program.

Additional supports are also provided through CCCares @ Canberra College to support new parents who are completing secondary education.

## Infant and child immunisation in the ACT

In the first half of 2020, the Immunisation Unit distributed 22,470 influenza vaccines for children under 5 years.

In July 2020, free Meningococcal B (Bexsero) vaccines were introduced for all Aboriginal and Torres Strait Islander children in the ACT. Coverage rates for all 2020 vaccine additions to the National Immunisation Program (NIP) Schedule should be available in early 2022.

The ACT Government also distributed vaccines under the National Immunisation Program to health services which provide healthcare for vulnerable populations including Companion House Refugee Health Service. As part of this initiative, the Immunisation Unit provide transcription services for migrants to ensure clear documentation of immunisation status.

# Supporting children and families in 2021

## **Funding to support The Best Start: First 1,000 Days Initiative**

The ACT Government has committed additional funding secured from the Commonwealth to continue the work already commenced as part of the ACT Government's Best Start: First 1,000 Days Initiative. The funding will enable the co-design and development of a three-year action plan that outlines a series of interconnected actions aimed at supporting children and families to flourish within the first 1,000 days of a child's life. This Action Plan will outline tangible actions and measurable service system reforms to improve outcomes for children and families.

The First 1000 days of a child's life is measured from conception until age 2. Research shows that what happens around and to children in the first 1000 days shapes the way that their brains, bodies and emotions develop throughout life and are key to lifelong health and wellbeing.

## **Nourishing Little Minds – Nutrition Australia ACT**

Nutrition Australia ACT received a Healthy Canberra Grant to deliver the 'Nourishing Little Minds' program that will continue into 2021. The program combines early childhood literacy with experiential learning to enrich children's awareness, interest and enjoyment of healthy foods in early childhood settings.

The engaging 4-week program is presented at ACT Libraries and aims to improve healthy eating habits for young children by making healthy food fun and enjoyable. An Accredited Practising Dietitian from Nutrition Australia ACT puts a healthy spin on Story Time and Giggle and Wiggle helping children explore and enjoy healthy food. Children have fun exploring and tasting a range of healthy new foods whilst parents and carers pick up tips and ideas to help their children establish a healthy relationship with food and develop strong healthy eating habits at home.

The Nourishing Little Minds program has now also been extended to include early childhood education and care settings.

## **Sustained Maternal and Child Health Nurse Home Visits**

In 2021, the ACT Government will commence work on transforming the Parenting Enhancement Program into a Sustained Nurse Home Visiting (SNHV) model of care. The existing Parenting Enhancement Program provide sustained nurse home visiting to vulnerable families until a child is 12 months of age. The current program is unable to meet service demand, resulting in some families being delayed or denied access to vital health and wellbeing supports, which may have negative impacts on the health and wellbeing of these children and families.

The new SNHV model will enable a multidisciplinary team of health professionals to provide an extended duration of maternal and child health support for eligible families in the ACT until a child is 2-3 years of age. The SNHV model will align with Best Start: First 1,000 Days Initiative as well as the ACT Wellbeing Framework and see a significant improvement in the delivery of early childhood health services to many vulnerable children and families in the ACT.

# Priority 2: Enabling active living



## Background:

# Enabling active living

Active living, whether at home, at work, during leisure time or getting to and from places, promotes a range of health benefits, including helping to prevent chronic disease and maintain a healthy weight<sup>6</sup>.

While Canberra has many facilities that support active living, Canberra's low density and dispersed nature means private vehicles are still the predominant mode of transport<sup>7</sup>.

Conceptually, active living is about taking opportunities to integrate physical activity into daily life so that people move more throughout their day. Small increases in physical activity can have long term benefits for health and wellbeing. To enable more active living in the ACT, the ACT Government acknowledges that neighbourhood environments need to be activity-friendly for the entire family and for people of all ages and abilities<sup>6</sup>.

The ACT Government continues to prioritise improvements to connections between public transport and active travel that make it easier for the ACT community to make journeys which combine walking/cycling with public transport. In 2020, the Government partnered with stakeholders to provide bike sharing and manual/electric scooters for public use across the ACT. To support this initiative, the directorate has focused specifically on improving active travel infrastructure design and completing a review of the Active Travel Framework. The Government is currently developing a set of guidelines which will support the establishment of community bike tracks on public land.

The ACT Government is also committed to school safety programs and infrastructure improvements which make it easier for children to walk or ride to school. Programs such as Ride or Walk to School, It's Your Move Safe Cycle Program, and the School Crossing Supervisor Program continue to be expanded into 2021.

### WHAT THE PLAN SET OUT TO ACHIEVE:

#### Enabling active living



**More adults and children using active modes of transport**



**More people participating in sport and active recreation across all stages of life**

# Enabling active living: Our achievements in 2020

## Kids at Play Active Play (KAPAP)

Kids at Play Active Play (KAPAP) is a capacity building program that offers professional learning for early childhood educators from early childhood education and care (ECEC) services and lower primary schools (K-2) in the ACT. The program is designed to help early childhood educators feel confident to promote active play and teach fundamental movement skills (FMS) to children aged three and up in early childhood settings.

In term 1, 2020, 34 educators from 15 early childhood education and care centres or schools attended face-to-face Kids at Play Active Play training. Due to COVID-19, face-to-face training was unable to be offered for the remaining three terms of 2020. 83 educators completed the Kids at Play Active Play online professional learning course in 2020.

## Children's Ride or Walk to School Program and School Safety Program

The ACT Government is committed to school safety programs and infrastructure improvements which make it easier for children to walk or ride to school. In 2020, key initiatives included Ride or Walk to School and It's Your Move Safe Cycle Programs and the continued delivery of the School Crossing Supervisor Program.

School active travel programs encourage and support more children to walk or ride to school through the provision of maps showing safe routes to school, school curriculum resources and education and awareness materials.

The School Safety Program includes delivery of infrastructure improvements around schools to make school environments safer for active travel.

The ACT Active Streets Program is an extension of existing walk/ride to school programs. Active Streets aims to improve the built environment around schools making it easier for children to walk and ride to school. The 2018-2022 program includes infrastructure upgrades to the areas surrounding 52 schools identified through an Expression of Interest opportunity.



## Installation of community access bike repair stations across Canberra

The ACT Government has installed new bike repair stations in various locations around the city to assist cyclists to attend to minor repairs to their bikes.

The repair stations have a range of tools and bike pumps available to make minor repairs to bikes while commuting or just out for a recreational bike ride. A QR code is available to scan so even the most novice bike repairer can follow a step-by-step repair guide and soon be on their way again.

City Renewal Authority installed the repair stations to encourage Canberrans to make cycling their preferred mode of transport. Cycling contributes to a healthier, more active, and greener city with less congestion.

## Enabling active living in 2021

### **It's Your Move**

It's Your Move (IYM) is an ACT Health initiative that provides high school students with an opportunity to develop creative solutions that improve school health. The initiative is delivered in partnership with the ACT Education Directorate.

In 2020 ACT Health collaborated with students from Caroline Chisholm School and a range of key stakeholders to co-design outdoor spaces at the school that addresses physical activity and mental health outcomes for students and the wider community. Five exciting designs were created and building work commenced in 2021.

### **It's Your Move Safe Cycle Program**

Building on the success of the It's Your Move program and the Ride or Walk to School program, It's Your Move Safe Cycle program focuses on increasing student confidence to ride and create environments to encourage students to actively travel to school.

Delivered in conjunction with Transport Canberra and City Services, ACT Health and the ACT Education Directorate, It's Your Move Safe Cycle provides teachers with access to Australian curriculum aligned resources for students in years 7 and 8 and teacher training to implement a safe cycle program.

### **The Haig Park Place Plan**

2021 will see implementation of the Haig Park Place Plan.

The Haig Park Place Plan aims to introduce sustainable new amenities within Haig Park which will increase community connectedness, promote recreation and physical activity, and conserve the historical significance of the park. Key features of the park will include playgrounds, gym and sporting facilities, art installations, ponds and waterways, educational facilities and interconnected pathways, and thoroughfares to provide greater connection through the park as well as safe passage for walkers and cyclists. Once established, it is hoped that the park will become a cultural hub supported by a continuous annual program of community events. Works will take place early September 2021 and are expected to be completed late 2021.

# Priority 3: Increasing healthy eating



## Background:

# Increasing healthy eating

A nutritious diet in accordance with the Australian Dietary Guidelines (ADGs) is fundamental to good health, the prevention of chronic disease and achieving a healthy weight. Unhealthy food and drinks that are inexpensive, nutrient poor and high in kilojoules tend to dominate the environments in which we live, work and socialise, making healthier choices difficult in the ACT. As a result, rates of overweight and obesity in both Canberran adults and children are rising.

We know that people are more likely to choose to eat healthier food when they are empowered to make these choices. This means that healthier food choices in Canberra must be more readily available and desirable – physically, financially, and socially – than unhealthy options<sup>6</sup>.

### WHAT THE PLAN SET OUT TO ACHIEVE:

#### Increasing healthy eating



**Lower intakes of energy-dense, nutrient-poor (discretionary) foods and drinks**



**Increased consumption of vegetables**

# Increasing healthy eating: Our achievements in 2020

## Fresh Tastes Program

Fresh Tastes is a free, voluntary service for primary schools to help make healthy food and drinks a bigger part of everyday life for students. Key findings of the Fresh Tastes Interim Monitoring Report indicate that 89% of schools reported a change in the demand for healthy food and drinks and 92% of schools reported a change in attitudes toward healthy food and drinks amongst the school community.

## Healthier Choices Canberra and Refill Canberra

The Healthier Choices Canberra (HCC) initiative aims to increase the availability and marketing of fresh and healthier food and drink options at supermarkets and grocers, restaurants, cafes and sporting and entertainment venues in the ACT. In 2020, 111 businesses had signed up to be part of the HCC initiative. This includes 22 supermarkets, 6 kid's venues, 78 restaurants and cafes and 5 food and drink suppliers.

Refill Canberra enables Canberrans to refill reusable water bottles with tap water for free at a participating Refill Canberra business. In 2020, 137 businesses identified as Refill Canberra partners.

# HEALTHIER CHOICES

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# CANBERRA

## Marketing of food and drink in the ACT

The ACT Government recognises that unhealthy food and drink marketing is a key contributor to childhood overweight and obesity.

In 2016, the ACT Government developed a healthy food and drink marketing policy for public buses in Canberra. The policy aims to limit exposure amongst the Canberra community to advertising of unhealthy food and drinks.

In 2020, work progressed to further integrate this policy into ACT Government procurement and contractual arrangements with transport marketing and advertising agencies.

The ACT was the first Australian jurisdiction to take concrete action and demonstrate clear commitment and leadership in this area and will continue to explore options to reduce unhealthy marketing on public assets.

## Increasing healthy eating in 2021

### **Fresh Tastes Program**

In 2021, the ACT Government will complete an evaluation of the Fresh Tastes Program. The interim monitoring report is due to be finalised in mid 2021, with the final Fresh Tastes Program Evaluation Report to be published in September 2021. This process will include ensuring all 95 primary schools in the ACT have completed three years of intensive support culminating in graduation from the program.

### **Ngunnawal EPSDD Action Plan**

In 2021, the ACT Government will finalise the Ngunnawal EPSDD Action Plan. The Action Plan seeks to provide opportunities for the Ngunnawal community to participate in on-Country community health, connection, leadership, employment, and economic initiatives. A focus of this work will include removing barriers for Ngunnawal people to collect native resources and foods on EPSDD managed lands and supporting the health and wellbeing of Ngunnawal people in the ACT through the establishment of community gardens and the Ngunnawal Bush Tucker Garden at Mulligans Flat Woodland Sanctuary.

### **Stronger Us - The Woden School**

The Woden School is a supported high school and college program for students who have an intellectual disability which may be accompanied by a range of medical conditions, or additional sensory, physical or behavioural disabilities. The Woden School received a Healthy Canberra Grant for the Stronger Us Program. This program is an inclusive whole school community program designed to provide students, staff, parents and carers with the knowledge and skills to improve healthy eating habits, promote good nutrition, increase physical activity, and respond to risk factors caused by trauma and high levels of stress.

# Priority action 4: Reducing risky behaviours



## Background:

# Reducing risky behaviours

Lifestyle risk behaviours, including smoking, drinking alcohol, and behaviours that increase the transmission of sexually transmissible infections (STIs) and blood borne viruses (BBVs), such as unsafe sex or sharing needles, are responsible for a large proportion of the disease burden in the ACT.

The patterns of use of smoking products are changing in the ACT. The use of e-cigarettes is increasing amongst young people and significant challenges remain in aligning national and state/territory legislative approaches to new and emerging tobacco and nicotine products.

Alcohol remains the fourth highest risk factor leading to ill health in the ACT and is the leading contributor to disease burden for individuals aged 15- 45 years<sup>9</sup>. The ACT Government is committed to reducing alcohol-related harms and the associated burden on hospital emergency departments.

### **WHAT THE PLAN SET OUT TO ACHIEVE:**

#### Tobacco smoking



**Fewer children and young people using smoking products, including e-cigarettes**



**Lower rates of smoking among population groups at higher risk, including Aboriginal and Torres Strait Islander people**

# Tobacco smoking: Our achievements in 2020

*Note: The milestones described below align with priority actions identified in the 12-month review of the ACT Drug Strategy Action Plan 2018-2021.*

## Advancing E-cigarette policy in the ACT

In 2020, the ACTHD provided a submission on nicotine vaping products and e-cigarettes to the Commonwealth Select Committee on Tobacco Harm Reduction. The ACTHD has commenced work with the Commonwealth and other State and Territory Governments to develop a nationally agreed approach to the regulation and legislation of e-cigarettes.

The ACT Government has made a submission to the Therapeutic Goods Administration consultation process objecting to an application to amend the Poisons Standard to permit heated tobacco products to be sold in Australia. The submission raised the issues of the lack of evidence of health benefits for such a step, safety concerns for users and bystanders, and the likely negative impact on reducing tobacco use in Australia<sup>9</sup>.

## Smoking in Pregnancy Program and the Safer Baby Bundle Initiative

In 2020, following evaluation of the Smoking in Pregnancy Pilot Program (2018), the ACTHD implemented the Safer Baby Bundle initiative.

The aim of the initiative is to reduce stillbirth in the ACT by 20%.

The Safer Baby Bundle provides evidence-based education for health professionals who work with pregnant women on smoking cessation, fetal growth restriction, decreased fetal movements, side sleeping and timing of birth. Smoking cessation for pregnant women is the first pillar of the initiative.



# Reducing tobacco use in 2021

## E-cigarettes

In 2021, the National Health and Medical Research Council's Electronic Cigarettes Working Committee is scheduled to update its guidance material on the harms associated with the use of e-cigarettes. The ACT will appoint a representative to be a part of that Committee. From 1 October 2021, a doctor's prescription will be required to legally purchase or import nicotine e-cigarettes and liquid nicotine. National Standards will also be introduced to increase the safety of e-cigarette products. Once the national e-cigarette regulations and standards have been drafted, ACT tobacco legislation will be reviewed to identify if any changes are required to support the national approach.

## Smoke-free sporting facilities

As part of the Healthier Choices Canberra Junior Sport initiative, the ACT Government will be working closely with stakeholders to decrease smoking around ACT government sports fields. Transport Canberra and City Services (TCCS) plans to update the ACT Government Sportsground Service Charter with a section specific to smoking at sportsgrounds. It is hoped that promoting smoke-free environments will be included in the General Conditions of Sportsground Hire when the charter is reviewed in October 2021.

## Smoke, Booze and Drug Free Prison (Pre and Post-Release) - Worldview Foundation

The Worldview Foundation received a Healthy Canberra Grant to expand the Smoke, Booze and Drug Free Prison Post-Release program for detainees at the Alexander Maconochie Centre (AMC). This program aims to address issues associated with alcohol, tobacco and other drugs to support a more successful reintegration of detainees into the community, along with improvements in their health and wellbeing. The target audience for the existing program was solely Indigenous detainees. However, the further funding will allow the Worldview Foundation to extend the existing pre and post release program to non-Indigenous detainees as well.

### WHAT THE PLAN SET OUT TO ACHIEVE:

#### Reducing risky drinking



A delay in the average age when young people take their first drink



Fewer people drinking at risky levels

# Our achievements:

## Reducing risky drinking in 2020

### Ngunnawal Bush Healing Farm (NBHF)

The Ngunnawal Bush Healing Farm is a therapeutic community-based program to support Aboriginal and Torres Strait Islander people to make ongoing and meaningful changes in their lives. Promoting a healthy lifestyle is a core component of the NBHF program.

In the period from March to June 2020, NBHF received and assessed 29 new referrals, and provided community outreach and liaison services to over 40 individuals including previous program participants. Age data for this period indicates strongest demand for services among those aged 36 and over, representing 50% of new referrals. Around 20% of new referrals were for young adults aged 18-26 years. The most active referral sources for the NBHF are the Alexander Maconochie Centre and ACT Mental Health, Justice Health and Alcohol and Drug services. NBHF is working closely with these teams to provide holistic, wrap-around services.

The NBHF Advisory Board met on Friday 10 July 2020 and endorsed an enhanced program model. Key improvements include social and emotional wellbeing counselling provided by Aboriginal counsellors, alcohol and other drug recovery groups, cultural development programs, creative arts and foundation and core skills development to support pathways into employment.

### 'Alcohol- Think Again: I need you to say no' campaign

In 2020, the ACT Government launched the campaign 'Alcohol- Think Again: I need you to say no'. The campaign was adapted from a similar program delivered by the Western Australian Government. The campaign aims to reinforce that most parents do not provide alcohol to their children and, given that young people are particularly vulnerable to the effects of alcohol as well as the longer-term potential for damaging adult outcomes, it is best for young people to delay first alcohol use until at least 18 years of age<sup>11</sup>.

## Alcohol and COVID-19

In May 2020, the ACT Government announced \$1.7 million to support a range of non-government organisations (NGOs) in the health sector to respond to COVID-19, including \$518,000 specifically allocated to support alcohol and other drug services to respond to COVID-19. This funding amount includes \$200,000 to provide flexible funding to support alcohol and other drug services to respond to demand pressures or to innovate in the way their essential services are delivered.

## Reducing risky drinking in 2021

### Foundation for Alcohol Research and Education (FARE)

The FARE has received funding through Healthy Canberra Grants to conduct various campaigns in 2021 aimed at reducing the consumption of and damage caused by alcohol within the Canberra community. These campaigns are targeted towards particular demographics within the community and include:

» **Ripple**

'Ripple' is a new initiative supporting women aged 40-65 in the ACT to reduce their drinking. The project consists of two components including a digital project sharing resources, information, and tips to support ACT women to cut back on drinking, and a study with the Centre for Alcohol Policy and Research (CAPR) that aims to test effective ways to support women in the age group of 40-65 to reduce alcohol use.

» **Reduce Your Risk**

ACT's first-ever campaign linking alcohol use to the incidence of cancer. The release of Australia's Alcohol Guidelines recommends an individual consumes no more than four standard drinks in a day and no more than 10 standard drinks a week. The Reduce Your Risk campaign will highlight the risk of developing alcohol-related cancers through excessive drinking.

» **Pregnant Pause**

Alcohol consumption during pregnancy can lead to miscarriage, stillbirth, premature birth, low birth weight, developmental problems and Fetal Alcohol Spectrum Disorder (FASD). Pregnant Pause is a campaign to support pregnant woman to go completely alcohol-free whilst pregnant. It encourages other people to commit to taking a 'Pregnant Pause' of their own to show support for the expectant woman.

### Winnunga Nimmityjah Aboriginal Health and Community Services

Winnunga also received a grant via Healthy Canberra Grants to deliver a program targeted at Aboriginal and Torres Strait Islander peoples to help prevent excessive alcohol consumption, provide education about risky drinking, and reduce the harm associated with risky drinking.

## Aboriginal and Torres Strait Islander Residential Rehabilitation Facility

In 2021, the ACT Health Directorate, in partnership with Winnunga Nimmityjah Aboriginal Health and Community Services will continue design and construction of the Aboriginal and Torres Strait Islander Residential Rehabilitation facility. The facility is intended to complement existing services, including the Ngunnawal Bush Healing Farm.

### WHAT THE PLAN SET OUT TO ACHIEVE:

#### Reducing STIs and BBVs



Fewer young people engaging in unsafe sex



Fewer people with chronic disease secondary to chronic blood-borne virus infection

Priority populations, including young people, people in custodial settings, men who have sex with men, people who inject drugs, sex workers, Aboriginal and Torres Strait Islander peoples and people from culturally and linguistically diverse backgrounds, are disproportionately impacted by STIs and BBVs in the ACT<sup>10</sup>. Although prevention activities are the key to reducing Hepatitis B, Hepatitis C, HIV and STIs in the ACT, the ACT Government acknowledges that ongoing exploration of emerging surveillance, testing and treatment approaches will provide opportunities to significantly improve STI and BBV related health outcomes in the coming years.

## Our achievements:

#### Funding to reduce STIs and BBVs

The ACT Government also awarded an additional \$91,500 in funding to the Australasian Society for HIV, Viral Hepatitis and Sexual Health Medicine (ASHM) to provide training for the health care workforce around the management of STIs and BBVs.

## Reducing STIs and BBVs in 2020

## Viral hepatitis and HIV screening and treatment at the Canberra Hospital

In 2020, to ensure clients have streamlined access to new Hepatitis C treatments, the CHS Alcohol and Drug Service introduced direct access to screening, assessment and Hepatitis C treatment within the Alcohol and Drug Service. The services provided to patients also include screening for other BBVs such as HIV and Hepatitis B<sup>11</sup>.

In the 2020/21 financial year, the ACT Government provided \$124,000 in funding to Hepatitis ACT, in partnership with the Canberra Alliance from Harm Minimisation and Advocacy, to deliver the Reach, Teach, Treat Project.

The Reach, Teach, Treat Project seeks to improve access to primary care for marginalised groups and provides community-based testing and treatment pathways for people at risk of or who are living with hepatitis C in the ACT. Many individuals who took part in the Project had complex social circumstances and comorbidities and may not have otherwise received the level of health care and support had they not engaged with Hepatitis ACT and the Reach, Teach, Treat Project.

Success of the Project lies in the innovative community-based model of care which includes screening and treatment services provided by a Nurse Practitioner in a weekly health clinic facilitated by Hepatitis ACT. Participants are also linked in with peer educators who serve as a valuable conduit between the health sector and people living with or at risk of viral hepatitis. Relationship building and mentorship is central to the peer support model to enable the sustained engagement of individuals with hepatitis C in the care cascade.

## Reducing STIs and BBVs in 2021

### **Alexander Maconochie Centre Drug and Blood-Borne Virus Strategy 2020-2024**

The Alexander Maconochie Centre Drug and Blood-Borne Virus Strategy 2020-2024 is scheduled to be finalised in 2021. This strategy will guide how ACT Corrective Services and the Mental Health, Justice Health and Alcohol and Drug Services division at Canberra Health Services address drug use by detainees. The strategy encompasses communicable disease prevention and control relating to BBVs and STIs<sup>11</sup>.

### **STI/BBV Health Advisory Committee (HAC) Collaborative Workplan**

The role of the Sexually Transmissible Infection (STI) and Blood Borne Virus (BBV) Health Advisory Committee (the HAC) is to advise on and assist in implementation of the goals of the Hepatitis B, Hepatitis C, HIV and Sexually Transmissible Infections: ACT Statement of Priorities 2016-2020 (Statement of Priorities) and National Strategies for Hepatitis C, Hepatitis B, HIV, STIs, and Aboriginal and Torres Strait Islander BBVs and STIs<sup>12</sup>. The HAC are currently in the process of drafting a cross-sector STI/BBV annual workplan. The purpose of the workplan will be to identify current and emerging issues in the STI/BBV space, review health service trends and capacity and serve as common reference points for all members of the HAC. The workplan will inform all critical HAC discussions, including consultation processes.

# Priority action 5: Promoting healthy ageing



## Background: Promoting healthy ageing

Canberra has an ageing population with a relatively high life expectancy and years of life enjoyed in good health<sup>6</sup>. The current life expectancy is 81.6 years for males and 85.6 years for females<sup>13</sup>. Notwithstanding this, many Canberrans live with one or more chronic conditions, many of which can be attributed to modifiable risk factors<sup>14</sup>. In the ACT, tobacco use, high body mass index, high blood pressure and physical inactivity are the key contributors to chronic disease. The Plan notes that if the earlier healthier lifestyle behaviours are adopted then the likelihood of developing chronic illness later in life is reduced.

The ACT Government is committed to working in partnership with stakeholders to recognise, promote and protect the rights, interests, and wellbeing for all older Canberrans so that everyone has the opportunity to live both a long and healthy life where they feel valued as a member of the Canberra community.

### WHAT THE PLAN SET OUT TO ACHIEVE:

#### Promoting healthy ageing



To support positive ageing, more adults engaging in healthy and protective lifestyle behaviours related to their physical and mental health.

## Our achievements: Promoting health ageing in 2020

#### Healthier Work Program

The ACT Government supports healthy lifestyle changes for older Canberrans through the Healthier Work Program. The Healthier Work Program is an ACT Government service established to support employers to develop health and wellbeing initiatives within their workplace. Initiatives include the completion of annual score cards, the development of wellbeing plans and program evaluation.

In 2020, 70 local workplaces participated in the Healthier Work Recognition Scheme. Mentoring was also provided to workplaces who had achieved program platinum status.

## Mentally Healthier Program

The Mentally Healthier Program was launched in 2020. The Program encourages local workplaces to make a pledge to prevent harm, promote positive culture, protect staff wellbeing, and provide support for staff experiencing mental ill-health<sup>7</sup>. The ACT Government has developed web pages and online mental health training packages for use by ACT workplaces.

To date, 16 Canberra workplaces have made the Mentally Healthier Program pledge and are on track to complete all requirements of the program (including self-assessment and submission of a 12-month action plan).

## The PATH Through Life Study

ACT Health established a collaborative research program with the University of New South Wales to explore the 'Personality and Total Health (PATH) Through Life Study.

PATH is a large, ongoing, population-based, longitudinal cohort study comprising approximately 7,500 participants from the ACT and surrounds.

PATH aims to track and define the lifespan course of depression, anxiety, substance use and cognitive ability, identify environmental risk and protective factors within these domains, and examine the relationships between depression, anxiety and substance use with cognitive ability and dementia.

The Study has been in operation for more than 20 years and will enable valuable insights concerning the health and wellbeing needs of our community.

# Promoting healthy ageing in 2021

## Vaccination programs in the ACT

From March 2021, adults over 70 years, and Aboriginal and Torres Strait Islander people over 55 years, were eligible to receive their COVID-19 vaccinations as part of the Commonwealth's COVID-19 vaccine national roll-out strategy.

In 2021 and beyond, annual influenza vaccines will remain available free of charge for Canberrans aged 65 or older, Aboriginal and Torres Strait Islander people, and individuals with complex comorbidities under the National Immunisation Program (NIP).



## Companion House

Companion House provides services to the most vulnerable in the ACT community.

Due to an increase in refugees and asylum seekers in the ACT and the complex health needs of this population, Companion House has received additional Government funding to meet growing demand. Companion House provides crucial support to the ACT health system through arrival screenings, providing coordinated care, access to specialists and allied health care, as well as General Practitioners and nursing care. Increasing access to the primary health care and mental health services provided by Companion House impacts upon our public health system. Earlier identification of physical mental health issues can help prevent them becoming a chronic or ongoing condition needing increased interventions and supports.

## ACT Cancer Screening Services

In Australia there are three national cancer screening programs - BreastScreen Australia, the National Cervical Screening Program and the National Bowel Cancer Screening Program. However, Australians routinely screen for several other cancers such as skin, prostate and lung cancer. Despite some of the services being paused during the initial COVID-19 lockdown, the various ACT Cancer Screening services have continued to promote the importance of regular routine cancer screening. Patient screening numbers are now slowly on the incline again in early 2021.

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# Appendix A: Preventive Health Plan Implementation of Strategic Actions 2019-2021

## Preventive Health Plan priority area 1: Supporting children and families

No	Actions	Progress and achievements in 2020
1	Review best practice evidence on the key behavioural factors that influence the healthy development of infants (e.g., introduction of solids, breastfeeding, portion size, screen time, sleep, physical activity, maternal smoking, maternal obesity).	<p><b>CHS</b></p> <p>Service models are reviewed as part of normal business to ensure they are best practice.</p>
2	Identify opportunities to optimise the healthy development of children during the first 1,000 days of life through support for: Prospective parents to maintain a healthy pregnancy; parents/caregivers to be active, eat well and maintain a healthy body weight, and new parents/ caregivers as they transition and adjust to caregiving roles.	<p><b>CHS</b></p> <p>Service models have been expanded to include individual, group and virtual platforms.</p> <p><b>CSD</b></p> <p>Evaluation for the Best Start: First 1,000 Days initiative is embedded within the action plan. Discussions with CMTEDD around evaluation have commenced.</p> <p><b>ACTHD</b></p> <p>Preventive and Population Health Policy is implementing a co-development process to produce a three-year First 1000 Days Action Plan, led by ACTHD, which sits under the Best Start for Canberra's Children: The First Thousand Days Framework. The co-development of the Action Plan, in partnership with lived experience stakeholders in the ACT community, will focus specifically on the pregnancy to two years (first 1000 days) cohort, and will include a focus on maternal and child nutrition, substance use, and the experience of significant stress. Development commenced in July 2021 and the Action Plan will be completed by June 2022.</p>
3	Implement the National Immunisation Program to protect children against 14 different diseases by 18 months of age and offer vaccination for whooping cough to pregnant women.	<p><b>CHS &amp; ACTHD</b></p> <ul style="list-style-type: none"> <li>» Free Meningococcal B (Bexsero) vaccine were introduced for all Aboriginal and Torres Strait Islander children in the ACT.</li> <li>» Canberra has the highest immunisation rates for young children in Australia. Currently 96% of 1-year-olds, 92.88% of 2-year-olds and 94.83% of 5-year-olds are fully vaccinated in line with the National Immunisation Schedule.</li> </ul>

No	Actions	Progress and achievements in 2020
4	Ensure new migrants in the ACT have appropriate access to immunisation services and information.	<p><b>ACTHD</b></p> <ul style="list-style-type: none"> <li>» Ensure immunisation publications and social media communications are available and broadcast in various languages</li> <li>» Funding to Companion House to improve immunisation rates amongst CALD Canberrans</li> </ul>
5	Implement the Influenza/vaccination program for children under 5 years; continue to follow up children who are not fully immunised, especially those who live in low coverage areas.	<p><b>ACTHD</b></p> <ul style="list-style-type: none"> <li>» Funding to Winnunga Nimmityjah Aboriginal Health Service to improve immunisation rates in Aboriginal and Torres Strait Islander children.</li> <li>» HPS continue to operate 'catch-up' clinics for children that may have missed previous immunisation opportunities</li> </ul>
6	Implement population health surveys to increase the understanding of child and adolescent health (e.g. <i>Kindergarten Health Check, Year 7 Health Check</i> ).	<p><b>ACTHD</b></p> <p><b>Year 7 health check</b></p> <ul style="list-style-type: none"> <li>» Co-Directorate (Education and Health) commitment and agreement to implementation of the survey.</li> <li>» Survey implemented in term 3 of the school year.</li> <li>» Ethics clearance from ACT Health Research Ethics Committee (and acceptance by the Education Directorate, Catholic Education, and the Association of Independent Schools in the ACT).</li> <li>» Survey Support provided by Catholic Education and the Association of Independent Schools in the ACT (private school associations). <ul style="list-style-type: none"> <li>· Survey data analysis and report completed by end of the calendar year.</li> </ul> </li> </ul> <p><b>ACT General Health Survey ACTGHS</b></p> <ul style="list-style-type: none"> <li>» The 2020 survey was conducted in October – November.</li> <li>» The new child wellbeing measures were developed and finalised in March – June 2020.</li> <li>» Australian Secondary Student's Alcohol and Drug (ASSAD) survey</li> <li>» The new wellbeing measures were developed and finalised in March - October 2019</li> <li>» ACTHD (Epidemiology/Health Promotion) and EDU</li> <li>» ACT Year 6 Physical Activity and Nutrition Survey (ACTPANS) Ethics clearance from ACT Health Research Ethics Committee (and acceptance by the Education Directorate, Catholic Education, and the Association of Independent Schools in the ACT).</li> <li>» Survey Support provided by Catholic Education and the Association of Independent Schools in the ACT (private school associations).</li> <li>» Survey tenderer procured in term 1 of the school year.</li> <li>» Survey implemented in term 2 of the school year.</li> </ul>

No	Actions	Progress and achievements in 2020
6		<p><b>Continuation:</b> <b>CHS</b></p> <p><b>Kindergarten health check (KHC)</b></p> <ul style="list-style-type: none"> <li>» As KHC were suspended because of COVID-19. A targeted KHC clinic was set up. 273 students were seen in the clinic.</li> </ul>

## Preventive Health Plan priority area 2: Enabling active living

No	Actions	Progress and achievements in 2020
7	Invest in evidence-based policies and initiatives to build physical activity opportunities into the day, and support movement skills in early childhood settings and schools.	<p><b>EDU</b></p> <ul style="list-style-type: none"> <li>» Commenced collaboration with a range of key stakeholders to codesign outdoor spaces at Caroline Chisholm School that addresses physical activity and mental health outcomes for students and the wider community. (2020-21)</li> <li>» Commenced TQI re-accreditation of face-to-face 'Kids at play Active Play' workshops and online learning course.</li> <li>» Active Play visits for priority ECEC centres (weeks 4-10 of each school term 2021-22 (commencing T2 2021))</li> <li>» Capacity building Educator professional learning training (Weeks 2-4 of each school term 2021-22 (T1 2021 commencement date TBD).</li> <li>» Online Leader Training for 'Kids at play Active Play' (weeks 2-4 of each school term 2021-22 (T1 2021 commencement date TBD).</li> </ul>
8	Increase and promote active recreation opportunities for all Canberrans, particularly those who do not regularly participate in any form of physical activity.	Work on this action was severely impacted by COVID-19 pandemic

No	Actions	Progress and achievements in 2020
9	Continue to promote and prioritise active travel for people of all ages and abilities and enhance active travel infrastructure to improve safety and connectivity of the active travel network.	<p><b>TCCS</b></p> <ul style="list-style-type: none"> <li>» Active transport</li> <li>» Currently developing a set of guidelines for community-built bike tracks. The guidelines will help to facilitate establishment of community-built bike tracks on public land, as a form of active recreation for communities. A draft document was completed in late 2020.</li> <li>» Review of Active Travel Framework and update of strategic active travel network plan</li> <li>» Coordination of ongoing public education with other directorates about the practical measures people can take to adopt new walking and cycling habits for local trips.</li> <li>» TCCS continue to prioritise improvements to connections between public transport and active travel that make it easier for the community to make journeys which include a combination of walking/ cycling and public transport.</li> <li>» The Transport Canberra (TC) Journey Planner includes travel options that support active travel. TCCS will also continue to deliver bike and ride infrastructure across the public transport network.</li> <li>» A package of supporting documents that establish key process steps to ensure community groups can effectively establish tracks is scheduled for implementation in early 2021.</li> <li>» Develop best practice guidance on active travel infrastructure design to inform a future update of Municipal Infrastructure Standards and finalise an end-of-trip facilities guide.</li> <li>» Active Streets for School program – ongoing program delivery for 52 schools throughout 2018-2022 to improve infrastructure and provide educational support to participating schools</li> <li>» School Safety Program</li> <li>» Active Streets for School program – ongoing program delivery for 52 schools throughout 2018-2022 to improve infrastructure and provide educational support to participating schools.</li> <li>» School Safety Program infrastructure improvements – ongoing delivery of improvements to make it safer and easier for children to walk or ride to schools.</li> <li>» Continued delivery of the School Crossing Supervisor Program.</li> </ul>
10	Ensure sporting facilities are accessible to community members of all ages and abilities and promote healthy behaviours (e.g. by ensuring access to free drinking water).	<p><b>TCCS</b></p> <p>The 'Friendly Change Rooms @ Sporting Facilities' stimulus package will provide for the upgrade of existing sportsground pavilions to align with the ACT Government's Female Friendly Change Rooms @ Sporting Facilities guidelines. The upgrades have provided a welcoming space for all athletes and include lockable shower cubicles, power points for accessories, individual toilet cubicles, privacy considerations; and shelving in appropriate locations</p> <ul style="list-style-type: none"> <li>» Transport Canberra and City Services has completed works at Amaroo, Wanniasa and Deakin.</li> </ul>

No	Actions	Progress and achievements in 2020
11	Identify and reduce barriers to utilising open spaces, nature, and amenities to enable positive active living experiences for people of all ages and abilities (e.g. walking).	<p><b>EPSDD</b></p> <p><b>Nature based Improvement Program</b></p> <ul style="list-style-type: none"> <li>» Partner with other Directorates to deliver on-Country health and wellbeing activities on Ngunnawal Country managed by EPSDD.</li> <li>» Implement a program of on-Country Ngunnawal Elders events to support their inclusion in and build their capacity to restore cultural lore practices for Ngunnawal Country on lands managed by EPSDD.</li> <li>» Implement “on-Country” cultural learning opportunities with Ngunnawal and wider Aboriginal and Torres Strait Islander Youth to learn more about Ngunnawal Country, people, and culture, led by UNEC and the Dhawura Ngunnawal Caring for Country Committee in partnership with the Education Directorate.</li> <li>» On country events lead by Ngunnawal people to share and celebrate Ngunnawal culture throughout the year</li> </ul> <p><b>Kickstart through Culture Program</b></p> <ul style="list-style-type: none"> <li>» Continue to progress towards the 30% targets, including planting of more than 17,000 trees to 2023.</li> <li>» Variations to the Territory Plan have been finalised</li> <li>» Promotion of community Environmental Volunteering Programs</li> <li>» There are a range of programs such as ParkCare, WaterWatch, Urban Landcare, Catchment Group Stewardship, and many others that each have their own milestones</li> <li>» Publish resource materials including a climate wise landscape guide and microclimate assessment guide.</li> <li>» Continue to partner with Directorates to support on-ground demonstration projects and trials</li> </ul> <p><b>Delivery of the 2020-21 ACT Environment Grants – Nature in the City stream.</b></p>

## Preventive Health Plan priority are 3: Increasing Healthy Eating

No	Actions	Progress and achievements in 2020
12	Accelerate the review and implementation of healthy food and drink choice policies in ACT Government workplaces (a), schools (c) and public health facilities (b).	<p><b>CHS</b></p> <ul style="list-style-type: none"> <li>» The food services staff cafeteria and the 33 vending machines within Canberra Hospital campus comply with the Nutrition Standards. CHS use the traffic light system to classify food and drinks according to their nutritional content. The categories in the traffic light system are: <ul style="list-style-type: none"> <li>• GREEN (best choices) - contribute a wide range of nutrients and generally low in saturated fat, sugar, and salt.</li> <li>• AMBER (select carefully) - contribute some valuable nutrients but contribute considerable amounts of saturated fat, added sugar and/or added salt.</li> <li>• RED (limit) - low in nutritional value and may be high in saturated fat, added sugar and/or salt. May also provide excess kilojoules.</li> </ul> </li> <li>» CHS vending machines 5-year contract commenced in October 2020 included compliance to the territory's Healthy choice requirement for their snacks and beverages.</li> </ul>
13	Improve the availability and promotion of free drinking water in public places, sports facilities, and food outlets.	<p><b>TCCS</b></p> <ul style="list-style-type: none"> <li>» During COVID 19 all drinking fountains at sportsgrounds have been turned off and sporting groups are required to bring drink bottles. Sporting groups have access to pavilions and toilets where they can get water from taps.</li> <li>» Support provided to sporting groups to return to community sport post COVID-19 restrictions</li> <li>» Continued facility upgrades including making sporting pavilions female-friendly to encourage the increased participation of women and girls in organised sport.</li> </ul>
14	Continue to implement and monitor ACT healthy food and drink marketing policies on public buses (a) and light rail (b); explore opportunities to limit unhealthy food and drink marketing in other ACT Government facilities and children's settings (c).	<p><b>TCCS</b></p> <ul style="list-style-type: none"> <li>» Work progressed to further integrate this policy into ACT Government procurement and contractual arrangements with transport marketing and advertising agencies.</li> <li>» The ACT was the first Australian jurisdiction to take concrete action and demonstrate clear commitment and leadership in this area and will continue to explore options to reduce unhealthy marketing on public assets.</li> </ul>

No	Actions	Progress and achievements in 2020
15	Implement, monitor, and evaluate all components of the Healthier Choices Canberra (HCC) initiative, including business engagement, Refill Canberra, and sports club interventions.	<p><b>ACTHD</b></p> <ul style="list-style-type: none"> <li>» Commenced engagement of external Healthy Choices Canberra (HCC) program lead <ul style="list-style-type: none"> <li>· Procurement to support program delivery (Ongoing)</li> <li>· Mid-program evaluation completed</li> <li>· Recruit at least 120 businesses in HCC by June 2021.</li> </ul> </li> <li>» Engage 7 State Sporting Organisations (SSO's) in the HCC Junior Sport initiative by June 2021</li> <li>» Co-design 12-month action plans with SSO by June 2021.</li> </ul>
16	Strengthen urban design to enable easier access to community gardens, fruit and vegetable outlets, and healthy food and drinks in Canberra residential areas and limit the number of fast-food outlets around children's settings.	<p><b>EPSDD</b></p> <ul style="list-style-type: none"> <li>» Bush Tucker program</li> <li>» Assist and support Ngunnawal people's health and wellbeing through the provision of Bush tucker opportunities – i.e. establishing a Ngunnawal Bush Tucker Garden at Mulligans Flat Woodland Sanctuary.</li> <li>» Strengthen neighbourhoods and support their diverse character by creating strong local activity hubs</li> </ul>
17	Sustain investment and best practice initiatives to improve the food and drink environments in and around schools (e.g. Fresh Tastes in primary schools).	<p><b>ACTHD</b></p> <ul style="list-style-type: none"> <li>» Continued to support all 95 ACT Primary Schools participating in Fresh Tastes program have received three years of intensive support and 'graduated' from the program.</li> <li>» Commence implementing strategies to support multicultural and hard-to-reach families in bringing healthier food from home (lunchboxes) by June 2021.</li> </ul> <p><b>EDU</b></p> <ul style="list-style-type: none"> <li>» Co-designed interviews/workshops/surveys with EDU staff</li> <li>» Findings of Co-design process presented to ACTHD/EDU stakeholders.</li> <li>» Draft report with recommendations finalised (February 2021)</li> </ul>
18	Scope opportunities to strengthen evidence-based approaches to increase access to healthy foods and address food insecurity in the ACT.	<p><b>ACTHD</b></p> <ul style="list-style-type: none"> <li>» The Senior public health nutritionist serves on various Government and non-Government committees and working groups to promote food security in the ACT.</li> <li>» Data analysis to determine the success of Canberra Relief Network</li> </ul>



## Preventive Health Plan priority are 4: Reducing Risky Behaviours (Tobacco smoking, alcohol consumption and STI/BBVs)

### Tobacco smoking

No	Actions	Progress and achievements in 2020
19	Further develop approaches to reduce smoking rates among high-risk population groups in the ACT, including Aboriginal and Torres Strait Islander people.	<p><b>ACTHD</b></p> <p>Multiple funding grants given to organisations running anti-smoking campaigns, including:</p> <ul style="list-style-type: none"> <li>» Worldview Foundation</li> <li>» Winnunga Nimmitjiah Aboriginal Health and Community Service</li> </ul>
20	Monitor emerging evidence regarding the health risks associated with the use of electronic cigarettes and other new smoking products. Consider if a legislative approach is needed to address identified risks.	<p><b>ACTHD</b></p> <ul style="list-style-type: none"> <li>» The ACT Health Directorate continued to work with the other states and territories and the Australian Government to identify options for a national approach to regulation of e-cigarettes, and to actively monitor emerging evidence regarding the health risks of e cigarettes and other new tobacco-related products.</li> <li>» The ACT Government has made a submission to the Therapeutic Goods Administration consultation process objecting to an application to amend the Poisons Standard to permit heated tobacco products to be sold in Australia. The submission raised the issues of the lack of evidence of health benefits for such a step, safety concerns for users and bystanders, and the likely negative impact on reducing tobacco use in Australia</li> <li>» The ACT Government will consider if a legislative approach is needed to address identified risks associated with the regulation of e-cigarettes.</li> </ul>
21	Use learnings from evaluations of relevant existing and previous programs (e.g. Smoking in Pregnancy) to inform future program planning and development.	<p><b>ACTHD</b></p> <ul style="list-style-type: none"> <li>» The ACT Health Directorate received the Smoking in Pregnancy Pilot project: Process Evaluation Report in October 2018.</li> <li>» The Smoking in Pregnancy project was initiated by ACT Health Directorate as a pilot in response to findings reported in the 2014 ACT Chief Health Officer's Report that indicated a high prevalence of smoking among younger women who were pregnant, as well as among Aboriginal and Torres Strait Islander pregnant women generally.</li> </ul>

No	Actions	Progress and achievements in 2020
22	Consider the need for additional smoke-free areas.	<p><b>ACTHD</b></p> <ul style="list-style-type: none"> <li>» The Smoke-free Public Places (Public transport Interchanges) Declaration 2019 came into effect on 18 October 2019.</li> <li>» This Declaration makes the new Gungahlin Bus and Light Rail Interchange smoke-free, extends the smoke-free boundary at the City Bus Interchange to include the light rail platforms and new bus platforms, and includes the new light rail platforms at Dickson Interchange.</li> <li>» This Declaration replaces the Smoke Free Public Places (Public Transport Stops) Declaration 2017.</li> </ul>
23	Continue to enforce tobacco and smoke-free legislation in the ACT by conducting compliance programs focusing on tobacco retailers and smoke-free public places and responding to complaints.	<p><b>ACTHD</b></p> <ul style="list-style-type: none"> <li>» Commonwealth Dept of Health expand the scope of its tobacco legislation to include e-cigarettes.</li> <li>» On 13 September 2019, the ACT Chief Health Officer issued a statement about ecigarettes, and an emerging link between their use and lung disease.</li> <li>» The ACT Government has made a submission to the Therapeutic Goods Administration consultation process objecting to an application to amend the Poisons Standard to permit heated tobacco products to be sold in Australia.</li> </ul>
24	Implement evidence-informed initiatives in community settings such as sporting clubs, schools and workplaces to prevent and reduce tobacco-related harms.	<p><b>ACTHD</b></p> <p>In 2020 ACT Health worked in partnership with educators to identify and disseminate a range of evidence-based resources for use in ACT schools to support tobacco education within the education curriculum.</p>

## Risky drinking

No	Actions	Progress and achievements in 2020
25	Investigate options to reduce alcohol promotion (including sponsorship) in government premises, ACT sports and other community settings.	<p><b>ACTHD</b></p> <ul style="list-style-type: none"> <li>» The Brand Builders were engaged to deliver ongoing sponsorship education to ACT Junior Sports Clubs</li> <li>» Commenced an online Sponsorship Summit and 4-part Think Tank series (Sept 2020 – March 2021).</li> <li>» Commenced engagement with 7 State Sporting Organisations (SSO's) in the Healthier Choices Canberra Junior Sport initiative</li> <li>» Commenced Co-design 12- month action plans with SSO and Mid-program process evaluation</li> </ul> <p>Procure sponsorship brokerage and creative services (June 2021)</p>
26	Conduct evidence-informed alcohol public education and social marketing campaigns that aim to increase public knowledge of: the links between alcohol use and chronic disease; safe drinking guidelines, and; the risks of drinking during pregnancy.	<p><b>ACTHD</b></p> <p>The ACT Government awarded more than \$2 million in new grant funding for new projects to reduce harms from alcohol use.</p> <ul style="list-style-type: none"> <li>» The funded projects include work to promote safe drinking guidelines and publicise the long-term effects of alcohol use, and to reduce the risk of alcohol overdose and trauma among young people.</li> </ul>
27	Identify and implement measures to reduce secondary supply of alcohol to minors, including by family members and over-age friends.	<p><b>ACTHD</b></p> <ul style="list-style-type: none"> <li>» The ACT Government, through the Justice and Community Safety Directorate, launched the campaign Alcohol-Think Again 'I need you to say no', which is adapted from materials designed and delivered by the Western Australian Government.</li> <li>» The campaign aims to reinforce that most parents don't provide alcohol to their children: and given teenagers' vulnerabilities to the effects of alcohol, and the longer-term potential for damaging adult outcomes, it is best for teenagers to delay alcohol use until at least 18 years of age.</li> </ul>
28	Implement evidence-informed initiatives in community settings such as sporting clubs, schools and workplaces to prevent and reduce alcohol-related harms.	<p><b>CMTEDD</b></p> <ul style="list-style-type: none"> <li>» Ongoing facilitation the promotion of drinking water in HCC businesses with on-license premises</li> <li>» Commenced engagement and onboarding of HCC businesses with on-license premises with Refill Canberra</li> </ul>
29	Monitor interventions in other jurisdictions and overseas in relation to the supply of alcohol, including the implementation of minimum unit pricing.	Work has not commenced on this action

## STIs & BBVs

No	Actions	Progress and achievements in 2020
30	Improve linkages in primary care and community settings to improve prevention, testing and treatment of viral hepatitis.	Work will commence on this action in 2021
31	Develop an evidence based and comprehensive STI and BBV information source for ACT residents.	Work will commence on this action in 2021
32	Improve data availability to enable a comprehensive analytical picture of STIs and BBVs in the ACT.	HAC STI/BBV surveillance reports developed quarterly and distributed to HAC members.
33	Develop and implement the STI/BBV Health Advisory Committee (HAC) workplan to identify and prioritise key areas of work.	<ul style="list-style-type: none"> <li>» The HAC are currently in the process of drafting a cross-sector STI/BBV annual workplan.</li> <li>» The purpose of the workplan will be to identify current and emerging issues in the STI/BBV space, review health service trends and capacity and serve as common reference points for all members of the HAC.</li> <li>» The workplan will inform all critical HAC discussions going forward, including consultation processes.</li> </ul>
34	Enhance the ACT Government STI and BBV information web presence to provide evidenced based, age and culturally appropriate education and prevention materials for priority populations.	Progress on this work in 2020 was impacted on by COVID-19 staff re-deployment

## Preventive Health Plan priority are 5: Promoting Healthy Ageing

No	Actions	Progress and achievements in 2020
35	Ensure accessible and best practice in ACT cancer screening services especially among under-screened groups as outlined in The ACT Cancer Screening Framework 2020-2025.	<ul style="list-style-type: none"> <li>» Cancer screening program continued to operate for most of 2020 but were suspended for a short time during initial lockdown.</li> <li>» Community messaging continued to emphasize the importance of maintaining routine cancer screen.</li> </ul>
36	Promote vaccination programs for adults including adults aged over 65 years.	Influenza vaccines are available free of charge for Canberrans aged 65 or older and the availability of vaccines increased with more pharmacy's offering the flu vaccination
37	Scope current and emerging opportunities for cancer and chronic disease population screening in the ACT alongside development of a new Australian Government 10-year National Preventive Health Strategy.	Progress on this work in 2020 was impacted on by COVID-19 staff re-deployment
38	Engage and support quality research to build the evidence base for healthy ageing initiatives, with a focus on the secondary prevention of chronic disease.	<ul style="list-style-type: none"> <li>» ACT Health established a collaborative research program with the University of New South Wales to explore the 'Personality and Total Health (PATH) Through Life Study.</li> <li>» PATH is a large, ongoing, population-based, longitudinal cohort study comprising approximately 7,500 participants from the ACT and surrounds.</li> </ul>
39	Develop Work, Health and Safety and Wellbeing frameworks and policies for all ACT Government workplaces, that include physical health and wellbeing and prioritise smoking, poor nutrition, alcohol misuse, and physical inactivity as the key risk factors for chronic disease.	<ul style="list-style-type: none"> <li>» ACT Government workplaces continue to encourage healthier food and drink choices for their staff and remain all Government offices, hospitals, and school remain 100% smoke-free</li> <li>» AS a result of the COVID-19 pandemic, many ACT Government employees were forced to work from home. Information and support was provided to staff to make this transition easier.</li> </ul>

No	Actions	Progress and achievements in 2020
40	Support healthy lifestyle changes for older Canberrans (e.g., through the Healthier Work program).	<p><b>CMTEDD (Access Canberra-WorkSafe ACT)</b></p> <p><b>Healthier Work Program</b></p> <ul style="list-style-type: none"> <li>» Ongoing – support for approximately 70 local workplaces participating in the Healthier Work Recognition Scheme – these workplaces required to complete annual Score Cards, health and wellbeing plans and evaluations.</li> <li>» Seasonal e-newsletters to approximately 700 subscribers</li> <li>» February 2020 – consultation with Platinum workplaces (and workplaces soon to eligible to advance to Platinum) within the recognition scheme on ongoing participation requirements and mentoring possibilities</li> <li>» April 2020 – launch of dedicated Healthier Work webpages providing workplaces and workers with health and wellbeing information during COVID-19</li> <li>» May to July 2020 – ‘COVID-19 webinar series’, providing information on workplace health and wellbeing topics, tailored to the working reality of COVID-19 (five free public webinars)</li> <li>» June 2020 – release of annual case study book detailing program supports and initiatives within workplaces participating in recognition scheme</li> <li>» October to November 2020 – ‘Webinars for Wellbeing’ (second webinar series for 2020), commencing in line with National Safe Work Month and Mental Health Month ACT (six free public webinars)</li> <li>» 1 October to 6 November 2020 – Annual Healthier Work photo competition, encouraging workplaces to demonstrate how they support staff health and wellbeing.</li> </ul> <p><b>Mentally Healthier program</b></p> <ul style="list-style-type: none"> <li>» February 2020 – launch of Initiative and associated pledge by WorkSafe ACT and then Minister for Employment and Workplace Safety, Suzanne Orr MLA</li> <li>» February 2020 – launch of dedicated webpages for initiative on Healthier Work website</li> <li>» March 2020 – launch of initiative’s online self-assessment tool for pledging workplaces</li> <li>» May 2020 – two online mental health training programs – Mindarma (mental fitness training) and Question, Persuade, Refer (suicide prevention training) made available free of charge to local workplaces. Note: QPR is a component of the ACT LifeSpan initiative and is promoted by Healthier Work under an agreement with Black Dog Institute.</li> <li>» To date, 16 workplaces have taken the pledge and are on track to completing requirements of undertaking the online self-assessment and submitting a 12-month action plan</li> </ul>

# Appendix B

## Table of Healthy Canberra Grants

### Healthy Canberra Grants

#### Multiyear grants provided under 2018/19 – 2020/21 Healthy Canberra Grants

Project Title	Recipient	Project Purpose/Summary	Amount (\$)	Preventive Health Plan Priority Area
Meet & Move	Blueearth Foundation	Meet & Move provides opportunities for parents and carers and their children to get involved in active play in their local environment.	120,103	Supporting children and families Enabling active living
Addressing the Booming Booze culture among ACT women: combining innovative technology with an awareness raising campaign	Foundation for Alcohol Research and Education (FARE)	This project aims to reduce alcohol-related harm through a combined intervention program and targeted awareness raising campaign	191,694	Reducing risky behaviours: Alcohol Supporting children and families
Nourishing Little Minds	Nutrition Australia ACT	Nourishing Little Minds combines early childhood literacy with experiential learning. It enriches children's awareness, interest, and enjoyment of healthy foods in a safe and familiar environment.	32,600	Supporting children and families Increasing healthy eating
Circus for Health – Schools Spin Out Extension Program	Warehouse Circus	The Circus for Health – Schools Spin Out Extension is a community-based circus therapy and nutrition program targeting young people in the ACT with complex and multiple disabilities.	109,094	Supporting children and families Enabling active living Increasing healthy eating

## Multiyear grants provided under Healthy Canberra Grants: Focus on Reducing Alcohol-Related Harm

Project Title	Recipient	Project Purpose/Summary	Amount (\$)	Preventive Health Plan Priority Area
Not So Straight Up	AIDS Action Council of the ACT	The Not So Straight Up program is a multi-faceted campaign that uses a peer-led approach to reduce risky drinking behaviour and lifetime alcohol-related harm within the ACT's LGBTIQ communities.	57,577.40	Reducing risky behaviours: Alcohol
save-a-mate (SAM)	Australian Red Cross Society	save-a-mate is an alcohol and other drugs (AOD) education program to equip young people and those at risk with the knowledge and skills to prevent, recognise and respond to AOD emergencies through a harm reduction framework.	54,907.95	Reducing risky behaviours: Alcohol
Prevent Alcohol and Risk-Related Trauma in Youth (P.A.R.T.Y.) Canberra Outreach	Canberra Health Services	The P.A.R.T.Y. Canberra Outreach program is an in-school injury prevention strategy for senior high school students.	49,018.00	Reducing risky behaviours: Alcohol
Preventing alcohol-related chronic disease – PARK-D	Foundation for Alcohol Research and Education (FARE)	The PARK-D program is a public education campaign designed to raise awareness of the long-term harms of alcohol consumption, such as chronic disease including cancer.	232,231.76	Reducing risky behaviours: Alcohol
Winnunga AHCS - Reducing alcohol-related harm for Aboriginal and Torres Strait Islander peoples	Winnunga Nimmityjah Aboriginal Health and Community Services	This program targets Aboriginal and Torres Strait Islander peoples to help prevent excessive alcohol consumption, provide education about risky drinking, and reduce the harm associated with risky drinking.	150,980.00	Reducing risky behaviours: Alcohol



## Multiyear grants provided under Healthy Canberra Grants: Focus on Preventing Diabetes

Project Title	Recipient	Project Purpose/Summary	Amount (\$)	Preventive Health Plan Priority Area
Preventing Diabetes in women of reproductive age (16-44 years) who have Asthma in the ACT	Asthma Australia	The Asthma Australia program provides lifestyle coaching to women of reproductive age in the ACT who have asthma and are at risk of developing diabetes.	29,000.40	Supporting children and families Enabling active living Increasing healthy eating Promoting healthy ageing
Women's Healthy Life	Companion House Assisting Survivors of Torture and Trauma	The Women's Healthy Life program trains bilingual community educators to deliver diabetes education and prevention sessions to women from refugee backgrounds	32,098.95	Enabling active living Increasing healthy eating Promoting healthy ageing
Healthy Women, Healthy Mums, Healthy Families	Diabetes NSW & ACT	The Healthy Women, Healthy Mums, Healthy Families program includes a social marketing campaign to increase knowledge and attitudes of women toward healthy weight. It also includes a six-month lifestyle modification program.	273,897.00	Supporting children and families Enabling active living Increasing healthy eating Promoting healthy ageing
Nourish 'n' Nurture	Nutrition Australia ACT	Nourish 'n' Nurture includes skills-based food literacy activities targeting women of reproductive age from Aboriginal and Torres Strait Islander, and culturally and linguistically diverse backgrounds. It also provides nutrition-focused professional development sessions for support workers that engage with the target groups.	30,289.35	Supporting children and families Enabling active living Increasing healthy eating Promoting healthy ageing

Project Title	Recipient	Project Purpose/Summary	Amount (\$)	Preventive Health Plan Priority Area
Live Life Well	Tuggeranong Child and Family Centre	Live Life Well creates a health-promoting environment that reduces the risk of diabetes through education, practical support to improve eating habits, and physical activity.	9,740.25	Supporting children and families Enabling active living Increasing healthy eating Promoting healthy ageing

## Multiyear grants provided under 2019/20 – 2021/22 Healthy Canberra Grants

Project Title	Recipient	Project Purpose/Summary	Amount (\$)	Preventive Health Plan Priority Area
Healthy Happy Life تدي عس ةاي ح ةي ح ص	Companion House Assisting Survivors of Torture and Trauma	Healthy Happy Life is an Arabic language-based program focused on encouraging physical activity and healthy eating for families with children and young people.	36,981	Supporting children and families Enabling active living Increasing healthy eating
Pregnant Pause - be a hero, take zero	Foundation for Alcohol Research and Education (FARE)	Pregnant Pause is a campaign focused on creating an environment where women are supported by the whole community to have alcohol-free pregnancies.	94,797	Reducing risky behaviours: Alcohol Supporting children and families
Reaching Men in the ACT	Foundation for Alcohol Research and Education (FARE)	Reaching Men in the ACT is exploring the most effective methods to engage with men about their drinking habits and to increase their awareness of the harms associated with risky drinking.	49,815	Reducing risky behaviours: Alcohol Promoting healthy ageing

Project Title	Recipient	Project Purpose/Summary	Amount (\$)	Preventive Health Plan Priority Area
Healthy Eating and Active Living (HEAL)	MARSS Australia	HEAL is a nutrition education and physical activity program for migrants and refugees from various culturally and linguistically diverse backgrounds.	32,785	Enabling active living Increasing healthy eating
Community Health Activation Network (CHANGE Program)	Northside Community Service	The CHANGE program supports marginalised or at-risk members of the community to access, engage in and lead a healthy and active lifestyle.	92,720	Enabling active living Increasing healthy eating
Nourishing Little Minds in Early Childhood Settings	Nutrition Australia ACT	This program is focused on creating a positive food and healthy eating culture within early childhood settings.	34,400	Supporting children and families Increasing healthy eating
NEST 2.0 (Nutrition Education Skills Training)	OzHarvest	NEST 2.0 includes a range of activities focused on improving the food literacy and dietary behaviours of vulnerable adults.	45,000	Increasing healthy eating
Stronger Us	The Woden School	Stronger Us is a whole school community program primarily focused on creating an environment that provides healthy nutrition and physical activity opportunities.	19,720	Enabling active living Increasing healthy eating
United Healthy Ageing Project	Uniting Church Kippax	The United Healthy Ageing Project is a holistic program focused on supporting healthy ageing in adults aged 50 years and above.	48,055	Promoting healthy ageing
Smoke, Booze and Drug Free Prison Post-Release	Worldview Foundation	This program provides pre and post release alcohol and other drug related support to Aboriginal and Torres Strait Islander detainees at the Alexander Maconochie Centre.	81,471	Reducing risky behaviours: Alcohol and other drugs

