



TASMANIA'S HEALTH PLAN

Health Promotion

What is the Community Health Services Health Promotion Framework?

The Health Promotion Framework outlines what we will do to:

- promote safe, healthy communities and individuals;
- promote mental health and wellbeing;
- reduce the use of tobacco and alcohol;
- prevent the development of chronic disease; and
- increase the capacity for self management of chronic conditions like diabetes.

Tools that support the Health Promotion Framework include:

- the 'Health Promotion Action Guides ('best buys') of practical key strategies based on best evidence for different issues, settings etc;
- a 'Train-the-Trainer' program in Health Promotion; and a Health Promotion Module as part of primary health care training to provide a common language and background to health promotion for staff.

How will it help Tasmanians?

The framework and tools will support staff across Community Health Services to carry out their roles in Health Promotion – giving them access to skills and information to work with the community in health promoting ways. It will help target interventions towards where they are needed most, and in ways that can be most effective.

Key activities completed/in progress:

The first draft of the Health Promotion Framework will be released in February 2008 for discussion and consultation.

What will happen next?

- Finalisation of the Health Promotion Framework following consultation in February.
- Conducting the inaugural Health Promotion Train-the-Trainer program for key Health Promotion staff in first half of 2008.
- Working with Health Promotion staff to support the local use of the Health Promotion Framework and raise awareness about best value and most effective interventions for clients and communities.
- Identification of service and staff training and support needs and establishment of ongoing ways to meet these.
- Recruitment of additional staff as Health Promotion Officers.

For further information contact:

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