

# Department of Health and Human Services

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Ms Jenny Leaman  
Committee Secretary  
Legislative Council

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Dear Ms Leaman

## **Subject: Parliamentary Joint Select Committee Preventative Health Care**

On 2 April 2015, I received an invitation from the Hon. Ruth Forrest MP to provide a written submission or verbal evidence to the Parliamentary Joint Select Committee on Preventative Health Care on the *Move Well Eat Well* program.

*Move Well Eat Well* is a Tasmanian Government initiative that supports the healthy development of children and young people by promoting physical activity and healthy eating as a normal, positive part of every day. It is managed by Public Health Services, in the Department of Health and Human Services, with the cooperation and support of a range of partner organisations and services.

The *Move Well Eat Well* award is available to Tasmanian early childhood services and primary schools. Schools and services are supported to meet key criteria which reinforce healthy eating and promote physical activity. The program is a comprehensive, straightforward guide to creating a healthier environment for children.

Across Tasmania, over 90 early childhood services and 165 primary schools now participate in *Move Well Eat Well*. The program's success is testament to the effectiveness of health promotion programs and highlights what can be achieved with adequate resourcing and commitment over time. Further information about *Move Well Eat Well*, including success stories, is available at: [www.movewelleatwell.tas.gov.au](http://www.movewelleatwell.tas.gov.au)

*Move Well Eat Well* is just one of many health promotion initiatives funded, managed or supported by Public Health Services. Other examples include: tobacco control and smoking cessation (e.g. smoke free areas, tobacco licensing, social marketing); nutrition programs (e.g. Tasmanian Breastfeeding Coalition, Family Food Patch program); physical activity programs (e.g. Get Active Program, Being Active Matters); and healthy community initiatives (e.g. Aboriginal health, sexual health, health literacy).

I would welcome the opportunity to speak to the Parliamentary Joint Select Committee on Preventative Health Care on the broad work of Public Health Services, including *Move Well Eat Well* and our other programs and services. Public Health Services is the leading authority on preventative health care in this State and has led several reviews into how the health and wellbeing of Tasmania can be improved.

In the meantime, I would like to refer you to the Tasmanian Government's submission to this Committee prepared by the Minister for Health, the Hon. Michael Ferguson MP on 25 February 2015. I would also like to refer you to the previous Tasmanian Government submission dated March 2013, which was led by Public Health Services in conjunction with the Department of Premier and Cabinet.

I would like to thank the Chair for the invitation to submit evidence to the Joint Select Committee on Preventative Health Care and look forward to providing further detail in person.

Yours sincerely

A handwritten signature in cursive script, appearing to read 'Siobhan Harpur'.

Siobhan Harpur  
**Director, Public Health Services**

24 April 2015