

CONSTITUENT QUESTION

House of Assembly

ASKED BY: Rob Fairs MP

ANSWERED BY: Hon Roger Jaensch MP
Minister for Mental Health and Wellbeing

QUESTION:

1. A constituent of mine in Scottsdale was asking about the issue of obesity in Tasmania. Tasmania has high rates of obesity and other health risk factors, including poor nutrition, smoking and low physical activity. In 2022, approximately 29 per cent of Tasmanians reported having an obese body mass index. The constituent would like to know if there was any specific funding allocated to this issue, and what the Government is doing to assist and support Tasmanians who are at high risk of obesity and to deal with the underlying factors

ANSWER:

1. The causes of overweight and obesity are complex.
The Tasmanian Government acknowledges the need to shift from a system that reacts to health problems to one that prevents them from happening.
In 2022, Tasmania endorsed the National Obesity Strategy, which aims to halt the rise and reverse the trend in the prevalence of obesity in adults and to reduce overweight and obesity in children and adolescents by at least 5 per cent by 2030.

In Tasmania, we've taken significant steps to work towards the National Obesity Strategy goals to prevent obesity, improve nutrition and reduce smoking rates through the *Healthy Tasmania Five-Year Strategic Plan 2022–2026* (the Plan), which has been our State's main approach to prevention to date.

This was our second Plan.

The current Plan was launched in September 2022, with a vision to give all Tasmanians the opportunity to live healthy, active lives in communities that support connections to people, place and culture.

As part of the Plan, the Healthy Tasmania Fund has seen funding for 179 organisations and communities delivering 217 initiatives with a total of \$4.2 million awarded so far.

The successful recipients of the next round of Healthy Focus and Step Forward Grants will be announced in the very near future.

Health Focus grants will be between \$20 000 to \$100 000, from a total funding pool of \$1.5 million.

Step Forward grants are \$5000 each, with a total funding pool of \$150 000.

There was also a Healthy Together grant which provided seven communities \$300 000 each, over three years and a Lift Local grant which saw each local council offered \$20 000.

We are now beginning the process to develop our new 20-Year Preventive Health Strategy for Tasmania.

The Strategy marks the next chapter of Healthy Tasmania, strengthening and expanding on the progress already made.

With its long-term approach, the Strategy acknowledges that addressing root causes takes time, collaboration and sustained action across sectors to deliver meaningful and lasting benefits for all Tasmanians.

Consultation for the Strategy is open and I encourage you to participate.

For more information and to participate, visit: <https://www.health.tas.gov.au/20-year-preventive-health-strategy>.

A handwritten signature in blue ink, appearing to be 'R Jaensch', with a long horizontal stroke extending to the right.

Hon Roger Jaensch MP
Minister for Mental Health and Wellbeing