



Government of **Western Australia**
Department of **Health**

Western Australian Health Promotion Strategic Framework in brief

2022 – 2026



A 5-year plan to reduce preventable chronic disease and injury due to common risk factors in our communities

Western Australian Health Promotion Strategic Framework

This is a summary version of the *Western Australian Health Promotion Strategic Framework 2022–2026*. You can find the full version [here](#).

Purpose and goal of the strategic framework

Preventing chronic disease and injury is one of Australia's biggest health challenges. Chronic disease and injury have a major impact on individuals, their families and carers. They also cost the WA healthcare system around \$2 billion every year. The *Western Australian Health Promotion Strategic Framework 2022–2026* (HPSF) sets out the WA Department of Health's strategic directions and priorities for chronic disease and injury prevention for the next 5 years.

- The goal of the HPSF is to empower and enable Western Australians to lead healthier lives by supporting equitable and sustainable improvements in health behaviours and environments.
- The target population of the HPSF is people who are currently well, and those who are at risk of developing preventable chronic disease or being injured.



Chronic disease and injury in Western Australia

Chronic diseases are health conditions that usually have a number of contributing factors, develop slowly over time, and have long-lasting effects. Chronic diseases are the leading cause of sickness, disability and early death in our community. Cardiovascular disease, type 2 diabetes, and bowel cancer are common chronic diseases.

Injuries happen when sudden harm is caused to the body from outside forces (like a road crash or falling over) or an event (such as drowning or poisoning). Some chronic diseases and injuries have common risk factors that can be avoided or reduced. For example, alcohol use can increase the risk of injury in the short-term (through alcohol-related road traffic crashes, falls, drowning and violence) and it also increases the risk of chronic disease in the long-term (from cardiovascular disease and some cancers).

Western Australians are living longer and healthier lives than ever before, but some groups are at greater risk than others. Aboriginal people, people who live outside of cities, people living in lower socioeconomic conditions, and people with a disability are more likely to develop a chronic disease or be injured. People with mental health issues are also more likely to have one or more risk factors for chronic disease and injury.

Climate change is an important issue that effects everyone, and its impact on the environment influences health and wellbeing. Planning for liveable neighbourhoods, a reliable supply of healthy local foods and a climate resilient community will help to improve health and wellbeing in the community.

Our priorities for 2022–2026

Reducing tobacco use and making smoking history

- Reduce tobacco use in WA, particularly among populations at higher risk of harm due to tobacco use.
- Eliminate exposure to second-hand tobacco smoke where the health of others can be affected.
- Strengthen regulation to reduce supply of and access to tobacco products.
- Strengthen regulation of alternative nicotine and non-nicotine delivery products, including e-cigarettes.

Healthy eating and active living to halt the rise in obesity

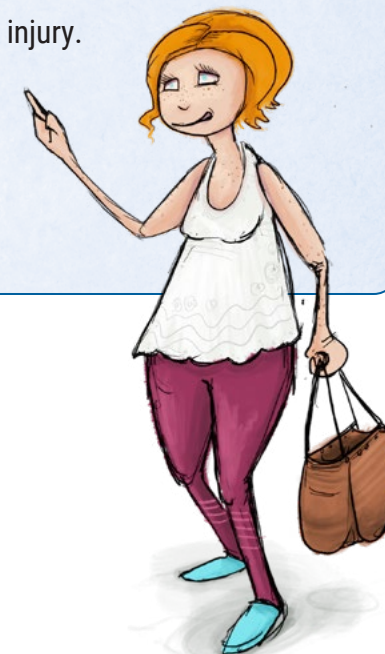
- Promote environments that support healthy eating and active living.
- Increase availability and accessibility of quality, affordable and nutritious food for all.
- Increase the knowledge and skills necessary to choose healthy food and drinks.
- Encourage and support active living across the lifespan.
- Motivate behaviour to achieve and maintain a healthy weight among adults.
- Prevent and reverse childhood obesity.

Reducing harmful alcohol use

- Increase community awareness of alcohol-related health risks and harms.
- Prevent and delay uptake of alcohol by children and young people.
- Develop supportive environments to reduce demand for alcohol.
- Manage the supply and availability of alcohol.

Preventing injury and promoting safer communities

- Protect children and young people from injury.
- Prevent falls in older people.
- Improve safety in, on and around water.
- Reduce road crashes and road trauma.
- Promote a safer built environment.



Guiding principles and domains for action

The HPSF is supported by 4 guiding principles. These are:

1

Taking a comprehensive, whole-of-population approach.

This is the most effective way of improving health and wellbeing for all Western Australians.

2

Intervening early and throughout life.

A life course approach to health promotion recognises the need to prevent chronic disease and injury from early in life through to healthy ageing.

3

Promoting equity and inclusivity.

Health inequalities and inequities can arise from social, environmental and economic conditions that people are born, grow, live, work and age in.

4

Collaborative partnerships and strategic coordination.

Working in partnerships across all levels of government and with a range of other organisations, agencies and groups with shared goals, will allow us to combine efforts to develop strong and sustainable health outcomes.

The HPSF also provides a range of action areas, or domains for action. These domains are the different areas where health promotion helps to improve people's health. They work best when action happens across all of these areas.

- Legislation and regulation
- Healthy policies
- Economic interventions
- Supportive environments
- Public awareness and engagement
- Community development
- Targeted interventions
- Building capacity and workforce development
- Research and evaluation.



Monitoring progress

Monitoring and reporting frameworks

The WA Department of Health measures changes in the common risk factors for chronic disease and injury, and trends in health outcomes using state and Australian data. The Department of Health reports against targets set by the State and the Australian Government.

Research and evaluation

Programs funded by the Department of Health are based on best evidence, and evaluated to make sure that they are working as they should and provide value for money for the community. Research and evaluation allow for continuous improvement in health promotion policy and planning.



Tracking health promotion activity in WA

The WA Department of Health tracks health promotion initiatives in WA in the [Health Promotion Directory](#). You can search the directory to find information about health promotion programs across WA that aim to reduce the incidence of chronic disease and injury.

Tracking the benefits of prevention

Prevention works, but it takes a long time to change the complicated behaviours and environments that will help reduce chronic disease and injury in WA. Health promotion programs funded by the WA Department of Health to reduce the risk factors for chronic disease and injury include surveys about attitudes, knowledge and beliefs about risk factors, intention to change, and public opinion about possible policy options to influence behaviour change as part of their evaluation.



If you would like to find out more about how the WA Department of Health is working to reduce preventable chronic disease and injury, visit the Department's webpage on [health promotion](#).

This document can be made available in alternative formats.

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