



# ACT Preventive Health Action Plan 2023-2025 Consultation

YourSay group conversation survey



**ACT**  
Government

**ACT Health**



# YourSay group conversation survey

This survey is to be filled out by a nominated member of a group following a guided group conversation. It is designed to be used alongside the '[How to Host a Guided Group Conversation](#)' guide.

If you would prefer not to fill in this survey but would like to provide feedback, you can write it up in a format that suits your group and provide it as a YourSay group conversation submission instead by visiting: [yoursayconversations.act.gov.au/group-survey](https://yoursayconversations.act.gov.au/group-survey)

All responses submitted are confidential. You can find our full Privacy Policy on our website [www.act.gov.au/privacy](https://www.act.gov.au/privacy)

For more information about the preventive health action plan consultation, visit: [yoursayconversations.act.gov.au/preventive-health](https://yoursayconversations.act.gov.au/preventive-health)

## Did you know?

You do not need to answer all questions in this guide. You can complete one or more sections depending on what your group decides to discuss. All feedback is appreciated and will be used to inform the final ACT Preventive Health Action Plan 2023-2025.

## Group responses to the draft ACT Preventive Health Action Plan

Tell us about your group:

I am filling out this survey on behalf of a group following a guided group conversation

Yes      No      Other (please specify)

How many people are there in your group?

What age ranges are represented in your group?

- |   |                                |                                |                                      |
|---|--------------------------------|--------------------------------|--------------------------------------|
| <input type="checkbox"/> 18 years and under | <input type="checkbox"/> 19-24 | <input type="checkbox"/> 25-34 | <input type="checkbox"/> 35-44       |
| <input type="checkbox"/> 45-54              | <input type="checkbox"/> 55-64 | <input type="checkbox"/> 65-74 | <input type="checkbox"/> 75 and over |

Which genders are represented in your group?

- ☐ Male    ☐ Female    ☐ Non-binary    ☐ Other    ☐ Prefer not to say

Do any members of your group identify as Aboriginal or Torres Strait Islander?

No      Yes, both Aboriginal and Torres Strait Islander

Yes, Aboriginal      Yes, Torres Strait Islander      Prefer not to say

Is English the first language for all members of your group?

Yes      No      Prefer not to say

Do any members of your group identify as having a disability?

Yes

No

Unsure

Prefer not to say

In one or 2 sentences describe your group.

For example: sporting organisation, community group, work colleagues.

## Supporting children and families

Supporting a positive start in life helps children thrive, develop to their full potential and grow into healthy adults. Families need support to lay good foundations for life-long health during the early years starting from conception so children can enjoy the best possible health and wellbeing.

The [supporting material](#) provides more information about this priority area including what the ACT Government is already doing.

As outlined in the [draft action plan](#), actions under this priority area include:

- » Deliver earlier and better supports for children and families during the first 1000 day period and increase awareness about the importance of the first 1000 days for child development
- » Ensure all children have affordable access to quality early childhood education and care so they can successfully transition to school and experience improved lifelong education and wellbeing outcomes

Are there any other actions you think the ACT Government should include to support children and families to have the best possible health and wellbeing?

Do you think there are any barriers for families and caregivers when trying to support their children to have the best possible health?

*A barrier is something that makes it difficult to support children to be healthy.*

Yes

No

If yes, what do you think the ACT Government can do to remove any barriers?

## Enabling active living

Active living is about moving more and integrating physical activity into daily routines. This has a range of health benefits including helping to prevent chronic disease and maintain a healthy weight.

Even small increases in physical activity and movement can have long term benefits for health and wellbeing.

The [supporting material](#) provides more information about this priority area including what the ACT Government is already doing.

As outlined in the [draft action plan](#), actions under this priority area include:

- » Promote active travel through safer walking and cycling infrastructure, a better connected and maintained network, making active travel and bicycle parking easy and working with communities to support behaviour change
- » Increase and promote active recreation opportunities for all Canberrans, including identifying barriers to utilising open spaces, nature, and amenities
- » Increase the quality and quantity of living infrastructure, including tree canopy cover and surface permeability, to reduce urban heat and support the use of public spaces, including along active travel routes
- » Implement policies and professional development activities in schools that create and maintain supportive physical activity environments

Are there any other actions you think the ACT Government should include to support Canberrans to live active lifestyles?

Do you think there are any barriers for Canberrans trying to live a more active lifestyle?

*A barrier is something that makes it difficult for people to live active lifestyles.*

Yes      No

If yes, what do you think the ACT Government can do to remove any barriers?

## Increasing healthy eating

The food and drink we consume plays an important role in our health and wellbeing. A healthy diet can help to maintain a healthy weight throughout life, prevent chronic disease and protect against premature death.

The [supporting material](#) provides more information about this priority area including what the ACT Government is already doing.

As outlined in the [draft action plan](#), actions under this priority area include:

- » Implement evidence-based strategies to support healthier food and drink environments in the wider community
- » Implement evidence-based strategies that support a whole-school approach to creating and maintaining healthy food and drink environments in and around schools
- » Improve the availability and promotion of free drinking water in public places, sports facilities and food outlets
- » Continue to implement and monitor ACT healthy food and drink marketing policies on public buses and light rail; and explore opportunities to limit unhealthy food and drink marketing and sponsorship in ACT Government facilities and community settings including junior sports
- » 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
- » Undertake collaborative research to establish the prevalence and profile of households at risk of food insecurity in the ACT

Are there any other actions you think the ACT Government should include to support healthier eating across the Canberra community?

Do you think there are any barriers for Canberrans trying to choose to eat healthier food and drink?

*A barrier is something that makes it difficult for people to eat healthier food and drink.*

Yes      No

If yes, what do you think the ACT Government can do to remove any barriers?



## Reducing risky behaviours

Lifestyle behaviours such as smoking, drinking too much alcohol and having unsafe sex can contribute to chronic diseases that may reduce the quality of life of Canberrans. These risky lifestyle behaviours often emerge in adolescence and can cause health problems into adulthood.

The [supporting material](#) provides more information about this priority area including what the ACT Government is already doing.

As outlined in the [draft action plan](#), actions under this priority area include:

- » Increase promotion of the National Health and Medical Research Council guidelines to prevent and reduce health risks associated with drinking alcohol
- » Build a better picture of where alcohol-related harms occur in the ACT through geospatial mapping of emergency department data from the Driving Change study
- » Investigate options to address impacts of online alcohol orders and home delivery on health and wellbeing of Canberrans
- » Support community and sports organisations to deliver health promotion programs and initiatives that prevent and reduce harms from alcohol
- » Develop and implement approaches that educate and inform Canberrans, in particular young people and school communities, to prevent and reduce e-cigarette use
- » Advocate for stronger national regulation of e-cigarette products and review ACT legislation to ensure current arrangements are contributing to minimising the harm caused by e-cigarettes
- » Increase support for women and their family to quit smoking during pregnancy, especially cohorts with high pregnancy smoking rates
- » Transition to a smoke-free Alexander Maconochie Centre
- » Investigate approaches to support people with mental illness to quit smoking
- » Review ACT legislation to ensure current arrangements are contributing to minimising the harm caused by tobacco and smoking across our community
- » Improve linkages between community sexually transmitted infection/blood borne virus (STI/BBV) service providers and community organisations who support priority population groups (e.g. migrant support services and Aboriginal and Torres Strait Islander programs)
- » Explore possibilities to improve data infrastructure so that service level data and pathology testing data is routinely available to inform health system and policy responses to STIs and BBVs
- » Engage service users and community members in the co-design of health promotion campaigns and education materials to reduce the health and social burden of STIs and BBVs

Are there any other actions you think the ACT Government should include to support reducing risky behaviours across the Canberra community?

Do you think there are any barriers for Canberrans trying to limit these risky behaviours?

*A barrier is something that makes it difficult for people to limit risky behaviours.*

Yes

No

If yes, what do you think the ACT Government can do to remove any barriers?

## Promoting healthy ageing

As people get older (particularly from 45 years of age onwards) they are more likely to develop one or more chronic diseases, however this is not inevitable. Adopting healthy lifestyle behaviours early in life makes it less likely a person will develop chronic disease later in life. This includes getting enough physical activity, having a healthy diet and not smoking.

The [supporting material](#) provides more information about this priority area including what the ACT Government is already doing.

As outlined in the [draft action plan](#), actions under this priority area include :

- » Engage and support quality research to build the evidence base for healthy ageing initiatives, with a focus on the secondary prevention of chronic disease (Personality and Total Health Through Life 'PATH' study)
- » Promote vaccination and cancer screening in the community
- » Deliver healthy homes for all ages by developing and implementing programs to improve the thermal comfort of homes and reduce energy hardship for low income or otherwise vulnerable households, including support for people with specific chronic conditions
- » Support physical and mental health and facilitate healthy lifestyle behaviours in the workplace

Are there any other actions you think the ACT Government should include to support healthy ageing across the Canberra community?

Do you think there are any barriers for Canberrans trying to take steps to support healthy ageing?

*A barrier is something that makes it difficult for people to do things that support healthy ageing.*

Yes      No

If yes, what do you think the ACT Government can do to remove any barriers?

## Additional questions

Are there any additional preventive health actions you would like to see outside of the 5 priority areas within the action plan?

Is there any other feedback your group would like to share?

## Thank you

Thank you for taking the time to discuss these issues and share your thoughts with us.

Once you have completed your conversation, there are a few ways you can provide your feedback.

1. Complete the online YourSay group conversation survey and make sure you pick the “I’m filling this out through a guided group conversation” option at the start of the survey form here: [yoursayconversations.act.gov.au/group-survey](https://yoursayconversations.act.gov.au/group-survey)
2. Fill out a hard copy version of the YourSay group conversation survey and submit it by post to Preventive and Population Health Policy, Level 3, 6 Bowes Street, Phillip ACT 2606 or take a photo/scan of the survey and email to [acthealthphp@act.gov.au](mailto:acthealthphp@act.gov.au)
3. If your group would like to provide feedback but not use the group conversation survey questions, you can write your feedback in a format that suits the group and lodge it as a group conversation submission by emailing [acthealthphp@act.gov.au](mailto:acthealthphp@act.gov.au) or by posting to the above address.

For more information, you can contact the Preventive and Population Health Policy team at [acthealthphp@act.gov.au](mailto:acthealthphp@act.gov.au)