

# Queensland Obesity Prevention Strategy 2023-2032 (working title)

## STRENGTHEN 2023-2025 ACTION PLAN

### Three ambitions

### Priorities 2023-25

The Strengthen 2023-25 Action Plan (working title) is the foundational action which aims to establish and reinforce strong foundations for systems change. The plan sets out the priority focus areas and 39 actions for the first two years of the strategy.

There is much change already underway, and this plan focusses on leveraging the infrastructure, investment and initiatives that exist in Queensland, whilst working across government, community and industry to create the conditions to support innovative change in subsequent plans.

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To read the complete Queensland Obesity Prevention Strategy, please visit <https://hw.qld.gov.au/queensland-obesity-prevention-strategy/>

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#### Create supportive, sustainable and healthy environments

Aim: To create environments that make it easier to live healthier lives.

#### 1: Drive collaborative leadership for obesity prevention across government

Demonstrating collective leadership and collaboration across government, sectors and society to drive meaningful action

#### 2: Disrupt unhealthy environments

Leading policy change and influencing industry and private sectors to improve access to healthy and sustainable food and a strong and equitable physical activity system

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#### Empower people to stay healthy

Aim: To build knowledge, skills, strengths and community connections to support healthy weight, healthy eating and physical activity.

#### 3: Foster local and community-led solutions

Empowering communities to deliver local change through co-design and investment

#### 4: Empower children, young people, families and adults to make healthy choices

Investing in healthy lifestyles programs, reducing barriers and increasing opportunities for healthy eating and physical activity

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#### Enable access to prevention, early intervention and care

Aim: To strengthen prevention and healthcare services to support people living with or at greater risk of higher body weight.

#### 5: Support and inspire Queenslanders

Creating a positive social dialogue about health and wellbeing and enabling better access to credible information through tailored, relevant and integrated communications and engagement

#### 6: Empower healthcare professionals

Building prevention and healthy weight capacity and capability of healthcare professionals

#### 7: Improve access to better support and services

Enabling access to prevention, early intervention and healthcare services that are affordable, accessible and supportive