



Australian Government  
Preventative Health Taskforce

# AUSTRALIA: THE HEALTHIEST COUNTRY BY 2020



**National Preventative Health Strategy –  
the roadmap for action**  
30 June 2009

*prepared by the National Preventative Health Taskforce*

Australia: The Healthiest Country by 2020 –  
National Preventative Health Strategy – the roadmap for action

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# NATIONAL PREVENTATIVE HEALTH TASKFORCE

The Strategy was prepared on behalf of the National Preventative Health Taskforce for the Minister for Health and Ageing, the Hon Nicola Roxon.

## TASKFORCE

Professor Rob Moodie, Chair

Professor Mike Daube, Deputy Chair

Ms Kate Carnell AO

Dr Christine Connors

Dr Shaun Larkin

Dr Lyn Roberts AM

Professor Leonie Segal

Dr Linda Selvey

Professor Paul Zimmet AO

## RESEARCH AND WRITING TEAM

Ms Meriel Schultz – Coordinator

Ms Janet Austin

Ms Tessa Letcher

Ms Yolanda Mansfield

Ms Kate Purcell

Ms Michelle Scollo

Ms Claire Tobin

Mr Brian Vandenberg

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# Australia: The Healthiest Country by 2020 National Preventative Health Strategy

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## Chair's Foreword



The National Preventative Health Taskforce was established in April 2008 and given the challenge to develop the National Preventative Health Strategy, focusing initially on obesity, tobacco and excessive consumption of alcohol. The Strategy is directed at primary prevention, and addresses all relevant arms of policy and all available points of leverage, in both the health and non-health sectors.

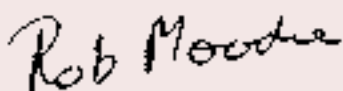
The Strategy is the outcome of a great deal of thinking, debate, evidence gathering and consultation across a wide range of Australians, from individuals and local communities to major organisations, corporations, NGOs and governments. This has been accompanied by international experience and evidence, as there are many countries from which we can learn a great deal.

The Taskforce acknowledges the work to date of governments at all levels, of individuals and groups leading community initiatives, of industries that want a healthier Australia, and of researchers and academics who seek to build our knowledge base.

The Taskforce has considered a rapidly growing volume of evidence, as can be witnessed in the Technical Reports and addenda available online at [www.preventativehealth.org.au](http://www.preventativehealth.org.au). Opposing and diverse views have been taken into account, and the Strategy is built on the best available evidence and experience. The Taskforce does not presume that it will not be challenged by different interest groups. Where the evidence is still developing or is hotly debated, we seek to learn by doing – to build evidence for future action.

The Taskforce invites your help in making Australia a healthier country. It is keen to hear, and to tell others, of your contribution. An online national forum for organisations, local governments, businesses and industry, community groups, families and individuals will be developed to share your commitments and plans to making Australia healthy.

The Strategy is presented with the direct intention of reaching the goal of Australia being the healthiest nation by 2020, with ambitious targets that respond to the need for urgent, comprehensive and sustained action. We have developed the strategy across three multi-year phases until 2020. Not surprisingly, many of the actions are required in the first four-year phase. The Taskforce appreciates the level of resources and the workload required to successfully implement the Strategy and reach the targets that have been set by the Council of Australian Governments. However, sitting on our hands is not an option.

A handwritten signature in black ink that reads "Rob Moodie". The signature is written in a cursive, slightly slanted style.

**ROB MOODIE**

Chair

National Preventative Health Taskforce