

Supporting  
your state  
of wellbeing

# Wellbeing SA

Strategic Plan  
2020–2025



Government  
of South Australia

Wellbeing SA

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# Foreword from the Minister for Health and Wellbeing

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We want all South Australians to be supported to improve and maintain good physical, mental and social health and wellbeing.

The establishment of Wellbeing SA is a commitment of the state government in its *Better Prevention for a Healthy South Australia* and *Targeted Health Prevention* policies, as the primary mechanism to deliver on commitments for a renewed focus and action on prevention. These policy platforms define Wellbeing SA as ‘a prevention, health promotion and primary health care agency, but separate to hospitals.’

The Wellbeing SA Strategic Plan 2020–2025 (the Plan) is an exciting step towards a significant and renewed focus on prevention in South Australia. Wellbeing SA has a long-term vision to create a balanced health and wellbeing system that supports improved physical, mental and social wellbeing for all South Australians. A balanced system means all agencies and communities are co-investing and contributing to health and wellbeing, in particular increasing our focus on early action and mental wellbeing. The Plan articulates the need to enact the system change required to realise this vision.

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This type of system change requires courage, commitment and collaboration. The Plan outlines the strategic objectives and priority actions that will guide the work of Wellbeing SA over the first five years, and implementation will be co-designed, implemented and evaluated in partnership with stakeholders and the South Australian community. Achieving wellbeing is a responsibility shared with individuals, communities, State, Commonwealth and local governments, non-government organisations, private sector, and universities. Wellbeing SA will work with all of these stakeholders to support a greater focus on prevention and wellbeing.

I would like to thank the many stakeholders who contributed to the development of this Plan and I want to especially acknowledge the important role of the Wellbeing SA Community Panel in contributing to the strategic directions of this Plan.

## Hon Stephen Wade MLC



Minister for Health and Wellbeing

# Message from the Chief Executive, Wellbeing SA



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I am delighted to present the first Strategic Plan for Wellbeing SA, a new agency established to deliver a renewed focus and action on prevention in South Australia and a broad understanding of wellbeing.

The agency goal for the first five years is to lead the system change required to support health and wellbeing and embed prevention across the life course.

This Plan sets the foundation for future plans towards the 2040 outcomes of improved physical, mental and social wellbeing, reduced preventable burden of disease, and improved quality of life and social connectedness.

Wellbeing SA will use a population health approach to improve the health of the entire population, leading community-wide action on the determinants and risk factors of good health and wellbeing.

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A priority for Wellbeing SA is to take action to reduce disparities in health outcomes, and to be responsive to the needs of priority populations, especially for Aboriginal South Australians.

This Plan provides the scaffolding to support and enable a significant change in the policy and planning environment for prevention and wellbeing in South Australia, recognising other existing state-wide prevention policies and plans.

Implementation of this Plan will be through the delivery of priority actions to achieve improved health and wellbeing outcomes for South Australians. Annual reporting will enable transparency and accountability to stakeholders about implementation of the Plan and the achievements of Wellbeing SA over the next five years.

**Lyn Dean**



Chief Executive, Wellbeing SA

# Introduction

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Wellbeing SA will drive the rebalancing of the health and wellbeing system from treating people when they become unwell to one that also promotes physical, mental and social wellbeing, prevents ill health and supports people to maintain wellbeing and lead healthier lives.

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Wellbeing SA will work across the disease continuum, in primary, secondary and tertiary prevention to:

- promote wellbeing and prevent risk factors in well people
- identify people who have risk factors or an illness early so that it can be cured or best managed
- ensure people who have an established disease receive the best care, close to their home and community.

Wellbeing SA will employ the following approaches to its work:

**Lead** – provide system leadership in prevention, the collection and use of data and evidence to inform practice and out of hospital strategies and services.

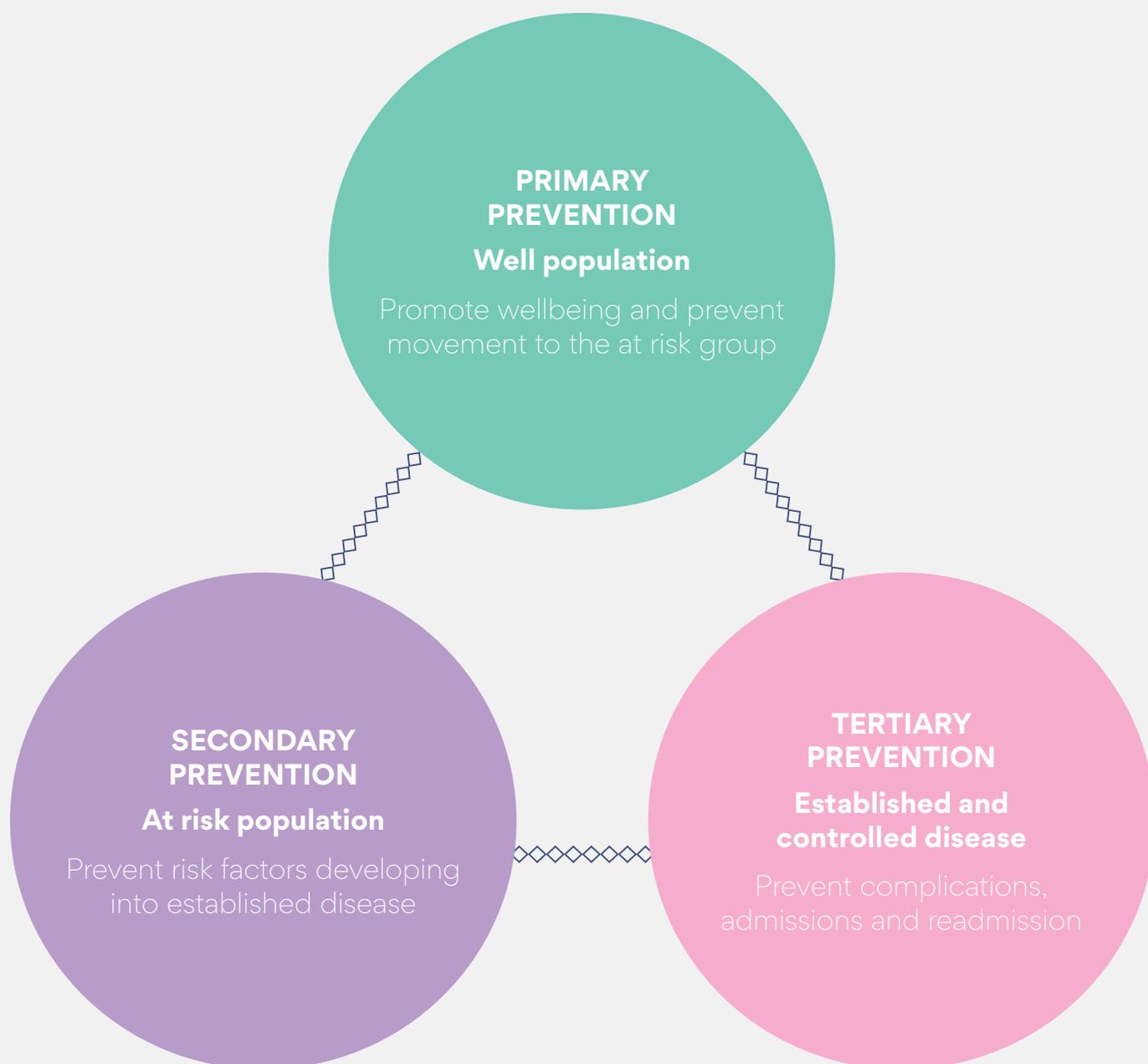
**Commission** – fund approaches and services for prevention, health promotion, early intervention and hospital avoidance.

**Partner** – work collaboratively with community and stakeholders to impact health and wellbeing and coordination of care.

**Deliver** – support the implementation of evidence-based approaches for health promotion and integrated community-based health care.

**Prioritise** – focus on priority settings and priority population groups who experience poorer health outcomes and are at higher risk of preventable hospital admissions.

# Prevention continuum



# The case for change

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South Australians generally experience good health and wellbeing with one of the safest and most advanced health systems in the world. However, like the rest of Australia and many other countries, South Australia is faced with significant challenges with increasing health system demand, which has resulted in high utilisation of hospital services and rising health care costs.

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## **An unbalanced system**

Health care costs are escalating in South Australia, as they are in the rest of Australia. In 2017–18, South Australian state and local government expenditure on health was \$4.33 billion, equating to \$2,500 per person. Of this, approximately \$1,700 per person was spent on public hospital services, and approximately \$58 per person was spent on public health or prevention (including funding for immunisation, cancer screening, infectious disease control and promotion)<sup>1</sup>.

The personal cost of an unbalanced system on the quality of life for individuals and families is significant, and the cost on the economy is unsustainable. It has been estimated that the cost of mental illness alone in Australia is approximately \$180 billion a year (\$500 million a day) or 10 per cent of Australian GDP<sup>2</sup>.

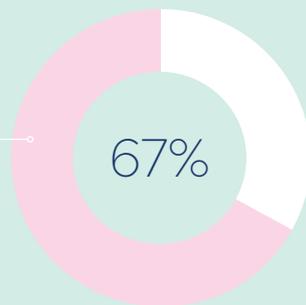


### Increasing life expectancy (2008–2018)

Females		Males	
2008	83.8 YEARS	2008	79.2 YEARS
2018	84.7 YEARS	2018	80.4 YEARS

Increasing life expectancy in South Australia – between 2008 and 2018, females increased from 83.8 to 84.7 years and males from 79.2 to 80.4 years.<sup>3</sup>

### Changing and increasing burden of disease



Disease groups causing the most burden:

1. cancer
2. cardiovascular diseases
3. mental and substance use disorders
4. musculoskeletal conditions
5. injuries

Together these account for 67 per cent of the total burden of disease in South Australia.<sup>4</sup>

### Mental health



Nearly half of all South Australians will experience mental illness in their lifetime, now the second largest contributor to years lived in ill-health.<sup>2</sup>

### Aboriginal South Australians



Aboriginal South Australians experience a higher rate of burden of disease than non-Aboriginal South Australians across nearly all age groups.<sup>5</sup>

### Regional South Australians



On average, South Australians living in rural and remote areas have poorer health outcomes compared with people living in metropolitan areas.<sup>6</sup>

### Lower socio economic status



People who experience poorer social or economic circumstances are at greater risk of poor health, higher rates of illness, disability and death, and shorter lives than those who have more advantaged circumstances and these inequalities in health are widening.<sup>7</sup>

# The case for change

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## Reprioritising the system to focus on prevention

Reprioritising the health system to focus on prevention, health promotion and hospital avoidance can significantly reduce the volume and severity of preventable chronic disease, mental illness and injuries.

This will not only reduce the physical, mental, emotional, social and financial impacts of chronic disease on individuals and families, it also builds an economically viable and sustainable health system.

Much of the current and future projected burden of disease is preventable through evidence-driven, coordinated and cost-effective policy, legislation and practice. Whilst the rates of chronic conditions are increasing, the most prevalent chronic conditions share common and preventable risk factors, including poor diet, physical inactivity, smoking, alcohol and drug use, overweight and obesity, high blood pressure, high blood glucose and high cholesterol. Thirty-one per cent of the burden experienced by the population could be prevented by reducing exposure to these modifiable risk factors.<sup>4</sup>

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Additionally the burden of disease is influenced by the conditions in which people are born, grow, live, work and age, with socioeconomic factors having the largest impact on health.<sup>8</sup> Whilst many of these changes will be generational, and long-term investment is required, comprehensive action implemented now will deliver immediate and medium-term impacts, especially with priority population groups.

Health problems such as obesity, heart disease, diabetes and mental health issues have their origins in early childhood, and therefore investment in the early years can establish good health and resilience providing benefits throughout life.

## Investing in the prevention continuum

There is growing evidence about the cost-effectiveness of prevention of illness interventions.<sup>9</sup> It is expected that the health of South Australians could be improved both by reconfiguring existing health promotion, primary, secondary and tertiary prevention activities, and by increasing spending on those activities shown to be the most cost-effective.

# Consultation findings



## Listening to the Community Panel

‘Communities are empowered and incentivised to ensure that the healthiest quality of life is available to everyone’

The ideas and enthusiasm of public health stakeholders has been crucial in designing Wellbeing SA and mapping its future directions.

A Wellbeing SA Community Panel was formed to contribute to the development of the Plan and provide advice about community engagement principles for the agency. Multiple workshops were also held with a broad range of stakeholders to identify expected outcomes in the first five years, and the priority areas of focus for the agency. The consultation themes are summarised below.

### Optimism for Change

- A return to a focus on prevention.
- A clear evaluation framework for all Wellbeing SA programs and strategies.
- A commitment to investment in prevention and health promotion.

### Defining Wellbeing

- Cultural, social, spiritual, emotional, physical, mental and financial wellbeing.
- Everyone reaching their potential.
- Health and happiness.
- Illness prevention.
- Quality of life available to everyone.
- A sense of community and belonging.

### Expected Outcomes

- Investment and a focus on wellbeing in all systems, policies and approaches of government.
- A focus on priority populations.
- Communities are empowered and incentivised to ensure that the healthiest quality of life is available to all.
- Data collection and evidence translation.
- Everyone is doing their bit to achieve wellbeing.
- Individuals and communities have a better understanding of wellbeing and prevention.
- The community is inspired to look after their wellbeing, individually and collectively.

### Priority Issues

- SNAPS risk factors (Smoking, Nutrition/healthy eating, Alcohol, Physical activity and Stress).
- Screening.
- Hospital Avoidance and Community health programs, including mental health.
- Mental health and wellbeing.
- Suicide prevention.
- Injury Prevention.
- Focus on the early years.
- Social connectedness and decreasing social isolation.
- Health Literacy.
- Preventable chronic disease.

# Wellbeing SA Strategic Plan 2020–2025

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## Vision 2040

A balanced health and wellbeing system that supports improved physical, mental and social wellbeing for all South Australians.

## Goal 2025

Lead the system change required to support health and wellbeing and embed prevention across the life course.

## Mission

Build and maintain partnerships for investment and take action to reduce the preventable burden of disease and injury and promote health and wellbeing.

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## Priority focus areas



The early years



Mental health and wellbeing and suicide prevention



Chronic disease, integrated care and injury prevention.

## Strategic enablers



Community engagement and participation



Partnerships



Evidence based action



Investment

# Population health approach



## Listening to the Community Panel

‘Fairness and equity in society where everyone deserves to live well, and quality of life is available to all’

Using a population health approach, Wellbeing SA will lead community-wide action on the determinants and risk factors of good health and wellbeing and models for care in the community.

Wellbeing SA will be responsive to the unique and significant health needs of priority population groups including:

- South Australia’s Aboriginal population
- people living in rural and regional South Australia
- people experiencing socioeconomic disadvantage
- people from culturally and linguistically diverse backgrounds
- people who identify as LGBTIQ
- people with a disability
- people experiencing mental health issues.

The following actions will be implemented to ensure that Wellbeing SA has the essential infrastructure in place to support establishment and a population health approach.

1. Create a Health Promotion Branch within Wellbeing SA.
2. Create an Aboriginal health promotion team in Wellbeing SA with a focus on strengthening cultural resilience and capacity.
3. Develop and maintain a Wellbeing SA web presence, containing evidence-based wellbeing information and advice relevant to all South Australians.
4. Develop an Integrated Care strategic plan to guide the design and implementation of a wide range of community-based care approaches that respond to the needs of target populations.

# Priority focus areas



# The early years

Wellbeing SA will work in partnership to support all South Australian children to have the best start in life, for optimal growth and development.

## The case for change

- Healthy early child development includes the physical, social, emotional, and language/ cognitive domains of development. Combined, these domains strongly influence future wellbeing<sup>10</sup> and therefore, improving the health outcomes for children can flourish only through effective collaboration and shared contributions made by a wide range of partners.<sup>11</sup>
- Health problems such as obesity, heart disease, diabetes and mental health issues often have their origins in early childhood. The health of a child starts before birth, with the health of parents before conception, during pregnancy, affecting the health of the baby at birth and through their early years.<sup>11</sup>
- The 1,000 days between pregnancy and a child's second birthday offer a unique window of opportunity as it is when a child's brain begins to grow and develop, and when the foundations for their lifelong health and wellbeing are built.<sup>12</sup>



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### **Examples of Wellbeing SA initiatives underway**

- Pregnancy outcomes statistics – state-wide monitoring of pregnancy characteristics and outcomes to identify population groups most at risk and determine preventive interventions through data collections such as Perinatal Statistics Collection.
- Healthy Kids Menu Initiative – a co-design process which brought together expertise and practical wisdom from parents, local restaurants, cafés, hotels, clubs and health bodies to support participating businesses to ensure meal choices for children are healthy and water is free and readily accessible.

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### **Priority Actions – 2020–2025**

1. Undertake scoping of current evidence and initiatives and bring a range of partners together to develop a comprehensive state-wide action plan for wellbeing in the early years, in coordination with other state-wide initiatives.
2. Work in partnership to promote positive health and wellbeing practices and support earlier, targeted support to vulnerable families during preconception, pregnancy and infancy with a focus on the determinants and risk factors for health and wellbeing.
3. Support actions that focus on promoting health and wellbeing for parents and caregivers including initiatives that recognise the important role of grandparents (and other carers) in children’s development, health and wellbeing.

# Mental health and wellbeing and suicide prevention

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Wellbeing SA will foster and coordinate the partnerships required to build resilient and connected communities and work to improve South Australians' mental health and wellbeing.

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## The case for change

- Mental ill health affects almost half of the Australian population at some point in their lifetime and one in five people in any one year.<sup>7</sup> The most common mental illnesses are depression, anxiety and substance use disorders. Seventy-five per cent of people who develop a mental illness do so before the age of 25 years.<sup>13</sup>
- People living with mental illness have poorer physical health than other Australians, as their physical health needs are often overshadowed by their mental health condition. Physical health treatment rates for people living with mental illness are reported to be around fifty per cent lower than for people with only a physical illness.<sup>14</sup>
- Suicide is a significant health and social policy issue. It is the leading cause of death for people aged 15 to 44 years and the third leading cause of death for people aged 45 to 55 years.<sup>14</sup>
- Suicide is complex and does not result from one single cause. Understanding the range of difficulties helps us understand the solutions. Raising awareness, breaking-down the stigma, increasing connection and responding compassionately can save lives.<sup>15</sup>



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### Examples of Wellbeing SA initiatives underway

- Supporting the Mental Health Commissioners to implement the South Australian Mental Health Strategic Plan 2017–2022 and working with a collaboration of government and non-government partners to ensure information is easily available to improve the mental health and wellbeing of people in a range of diverse agencies and organisations.
- Five Ways to Wellbeing in Nature campaign developed and promoted in partnership with a broad range of stakeholders and partners in the mental health and environment sectors, focusing on the positive mental health benefits of spending more time in or with nature.

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### Priority Actions – 2020–2025

1. Implement and support community education and early intervention initiatives that strengthen mental health and wellbeing, prevent mental illness, raise awareness and reduce stigma.
2. Assist individuals and communities in accessing the right mental health support at the time it is needed.
3. In partnership and by focusing on the determinants of health, support multifaceted and population-wide approaches which support early identification and appropriate responses for communities in distress.
4. In collaboration with universities, academic centres, industry and across government, ensure that evidence-based suicide prevention initiatives are implemented across the State.



# Chronic disease, integrated care and injury prevention

Wellbeing SA will focus on preventable chronic disease and injury by acting on risk factors, improving access to screening, delivery of community-based models of integrated care and promotion of health and wellbeing to improve outcomes for all South Australians.

## The case for change

- Chronic conditions are a substantial health issue, contributing to premature mortality and morbidity. Globally, they are the leading causes of disease burden, responsible for around seventy per cent of deaths worldwide.
- Many chronic conditions share common risk factors that are largely preventable, such as tobacco smoking, excessive alcohol consumption, overweight and obesity, physical inactivity and high blood pressure. Almost one-third of the overall disease burden in Australia could be prevented by reducing exposure to modifiable risk factors.<sup>6</sup>
- Better integrated care can improve outcomes for participants.





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### Examples of Wellbeing SA initiatives underway

- Initiatives that support action on modifiable risk factors such as the Get Healthy information and coaching service, SA Healthy Towns Challenge, Healthy Workers initiative and Strength for Life program.
- Nutrition initiatives improving food security, the provision of healthy food in South Australian prisons and reducing children's exposure to unhealthy food and drink in schools.
- The *HealthPathways* program delivering easy access to evidence-based pathways for clinical care supporting a consistent approach to risk factor management, screening and care.
- Priority Care Centres providing easily accessible community-based care alternatives to Emergency Departments for urgent (but not emergency) care that is integrated across sectors.

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### Priority Actions – 2020–2025

1. Support implementation of policies, strategies and public health legislation that:
  - address risk factors for wellbeing, across the disease continuum and life course focusing on improving population nutrition, increasing physical activity levels, decreasing tobacco smoking, and decreasing excessive alcohol consumption.
  - create healthier communities and environments, focusing on settings such as hospitals and health services, workplaces, education sites and parks, community spaces and recreation facilities.
2. Build an injury prevention system across the life course focusing on children and on the prevention of falls in older adults.
3. Scale up the *HealthPathways* program to better support General Practice, Primary Health Networks and Local Health Networks working together in the delivery of integrated care.
4. Design and implement a range of integrated strategies to reduce potentially preventable presentations to hospital, with a focus on priority populations.
5. Further develop relationships with General Practice and Primary Care partners, working on models of care that address improved integration of care and chronic disease prevention and management.

# Strategic enablers



# Community engagement and participation

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Wellbeing SA will embed community engagement and co-design processes into policy and practice.

Flexible and responsive approaches to participation and engagement are necessary to ensure all South Australians are included and involved. This strategic enabler is highlighted separate to the Partnership enabler as it requires a dedicated focus to develop and embed best practice engagement and co-design processes across Wellbeing SA.

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## Examples of Strategic enablers in action

- The Aboriginal Well Women's Screening Program works across metropolitan, rural and remote areas in partnership with community controlled, government and non-government organisations, Aboriginal Health Workers, Doctors and Registered Nurses. This program enables consultation with community women and creates a culturally safe and respectful space for Aboriginal women to attend clinical services, health promotion and education sessions.
- The Community Advisory Committee and Youth Advisory Group provide advice and guidance to the Mental Health and Wellbeing Directorate on co-designing and implementing the work of the Directorate. These groups provide important connections with community sectors, including young people. Members of both groups often participate in initiatives such as Mental Health Week promotion activities, blogs on social media and contributing to submissions.



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## Priority Actions – 2020–2025

1. Establish a Wellbeing SA advisory structure that ensures the needs and priorities of the community guide the implementation of the Plan and monitor its progress and implementation.
2. Build the skills of Wellbeing SA staff to implement strong community engagement and co-design processes into the work of the agency.
3. Develop a suite of strategies to support regular and genuine community engagement and participation in all aspects of Wellbeing SA's work.
4. Act as a conduit for information and innovation sharing between communities and share wellbeing data, research, information and findings to inform the development of localised strategies that foster resilience, inclusion and connectedness.

### Listening to the Community Panel

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‘Create a sense of community and belonging through fulfilment, connection and togetherness in society’



# Partnerships

Wellbeing SA will develop strong and sustainable partnerships in prevention and integrated care.

Strengthening existing partnerships and developing new partnerships is a key focus for Wellbeing SA. To achieve the vision of a balanced health and wellbeing system, collaboration will continue with a broad range of government and non-government partners and community members, through both formal and informal partnerships.

## Examples of Strategic enablers in action

- South Australian Health in All Policies approach and World Health Organization Collaborating Centre.
- Public Health Partner Authorities across state government and the non-government and university sectors.
- Partnerships with General Practice, Local Health Networks and the Adelaide Primary Health Network in the design and development of Priority Care Centres.
- Lived Experience Leadership and Advocacy Network in partnership with University of South Australia, which aims to improve the voice of lived experience leadership in mental health systems.





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## Priority Actions – 2020–2025

1. Build on current Health in All Policies practice and partnerships, to support South Australian government programs and policies to encourage, enable and improve wellbeing for all South Australians with a focus on physical activity and mental wellbeing.
2. Forge new and strengthen existing partnerships towards an integrated prevention care network across the health system including government, non-government organisations, General Practice, Primary Health Networks, Local Health Networks and the community. This may involve co-investment by partners and engagement with a range of government and philanthropic organisations.
3. Work in partnership on the development and implementation of public policy to improve population health and wellbeing outcomes by acting on the social and cultural determinants of health.
4. Focus attention on the development of coalitions of partners to work collectively on priority health issues and with priority populations, especially Aboriginal communities.

## Listening to the Community Panel

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‘Wellbeing is in all systems, policies and approaches to government, at all levels, where everyone is doing their bit’

# Evidence based action

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Wellbeing SA will lead population-based data collections, including the evaluation and translation of evidence and research into practice and policy.

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## Examples of Strategic enablers in action

- The South Australian Population Health Survey is a state-wide survey where around 7,000 South Australians are interviewed per year about their health and wellbeing. Data collected includes chronic conditions, risk factors, mental health, wellbeing and disadvantage and inequity. The survey is complimented by subscriber survey modules, where government and non-government organisations may submit a module(s) of questions to be included in a survey.
- The South Australian Public Health Indicator Framework was developed for the purpose of monitoring the health and wellbeing of South Australians. In this framework 'wellbeing' is interpreted as a broad concept incorporating physical, mental and social elements, and these are reflected in the framework. Whenever possible, measures are examined for indicators according to disadvantage or inequity of health outcomes, the health status of Aboriginal people and small geographic areas for planning purposes.



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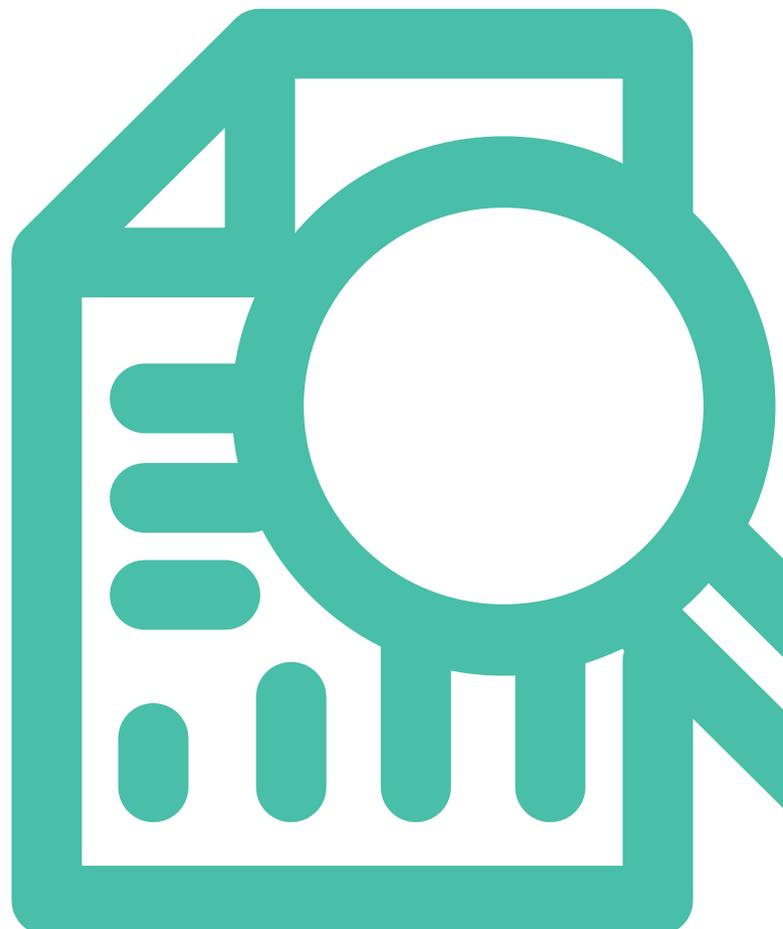
## Priority Actions – 2020–2025

1. Establish a Wellbeing SA Evaluation Collaborative function to provide expertise to Wellbeing SA and its partners across government agencies and non-government commissioned agencies, to achieve an increased capacity to collect data, in a timely way, in relation to the wellbeing of South Australians.
2. Lead the development of a South Australian whole of government Wellbeing Index for South Australia to measure the collaborative and collective impact from all partners on wellbeing outcomes.
3. As a critical component of the Wellbeing SA website, develop a Wellbeing Knowledge Sharing and Reporting portal with online resources and tools for communities and partners, ensuring transparency of information, reporting and access to data.
4. In partnership with universities, translation centres and across government, use data to conduct research to ensure support for best practice evidence to underpin and drive innovative solutions to new models of care and prevention approaches.

### Listening to the Community Panel

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‘Inspire the community to look after their wellbeing by building understanding and knowledge’



# Investment

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Wellbeing SA will lead the remodelling, redesign and rebalancing required to support evidence-based reinvestment in prevention, co-funding and the re-orientation of resources.

Prevention can be cost-effective, provide value for money and give returns on investment in the short and longer term. For every dollar invested in health promotion, it is estimated that over five dollars in health spending can be saved. Co-funding with partners and the re-orientation of resources will assist in the reprioritising of the health and wellbeing system to have a greater focus on prevention.

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## Examples of Strategic enablers in action

- Priority Care Centres are a new co-funded program that provides community-based healthcare and treatment for eligible patients who would otherwise be seeking a service from an Emergency Department. The Centres are led by General Practitioners with additional support from SA Health hospital staff specially trained in acute assessment and care. They also offer a range of other services that can support care and treatment.
- The One Stop Screening Shop is a key initiative under the Premier's South Australian Aboriginal Affairs Action Plan 2019–20, which aims to increase accessibility and utilisation of cancer screening services for Aboriginal South Australians. Developed in partnership with Aboriginal Chronic Disease Consortium, Wardliparingga Aboriginal Research team at the South Australian Health and Medical Research Institute, Cancer Council SA, Adelaide Primary Health Network, Country Primary Health Care Network and Aboriginal Health Council, One Stop Screening Shops are based around the BreastScreen Mobile Service in rural, remote and low socio-economic metropolitan communities and utilise excess capacity in metropolitan fixed clinics, enabling the sharing of infrastructure and resources.



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## Priority Actions – 2020–2025

1. Assess impacts of current strategies to inform the development of pilots or redesigned services that re-balance towards primary prevention and integrated care.
2. Lead and support the development of collaborative, evidence and value-based funding and service models to improve the prevention capacity of the health system.
3. Support and assist communities and partners seeking to refocus and reorient towards an increased focus on primary prevention and wellbeing.
4. Work with universities, training industries and peak professional bodies to develop and sustain a multidisciplinary wellbeing workforce for the future.
5. Develop, identify and showcase successful models that support integrated, co-invested and co-designed prevention and integrated care strategies.

### Listening to the Community Panel

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‘Reduce the burden of preventable illness on society – create health and happiness’



# Summary Wellbeing SA Strategic Plan 2020–2025

## Directions

## Vision 2040

A balanced health and wellbeing system that supports improved physical, mental and social wellbeing for all South Australians.

## Goal 2025

Lead the system change required to support health and wellbeing and embed prevention across the life course.

## Mission

Build and maintain partnerships for investment and take action to reduce the preventable burden of disease and injury and promote health and wellbeing.

## Listening to the Community Panel

‘Communities are empowered and incentivised to ensure that the healthiest quality of life is available to everyone’

‘Create sense of community and belonging through fulfilment, connection and togetherness in society’

‘Inspire the community to look after their wellbeing by building understanding and knowledge’

‘Fairness and equity in society where everyone deserves to live well and quality of life is available to all’

‘Wellbeing is in all systems, policies and approaches to government, at all levels where everyone is doing their bit’

‘Reduce the burden of preventable illness on society – create health and happiness’

## Role

### Population health approach

Including being responsive to the needs of priority groups such as the Aboriginal population.

## Priority focus area



The early years



Mental health and wellbeing and suicide prevention



Chronic disease, integrated care and injury prevention

## Strategic enablers



Community engagement and participation



Partnerships



Evidence based action



Investment

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## Wellbeing SA