

HEALTHY, WELL AND THRIVING 2024 - 2030

The Northern Territory's prevention and early intervention framework for chronic conditions

Focus areas



Healthy eating



Active living



Tobacco and vaping control



Harmful alcohol use



Social and emotional wellbeing

Measurable outcomes

Territory individuals, families and communities are healthy, well and thriving

- Territorians are eating and drinking healthier, more nutritious foods and drinks
- Territorians are more active in their day to day lives
- Fewer Territorians are using tobacco and Territorians are consuming alcohol more safely
- More Territorians are reporting good social and emotional wellbeing
- Children and adolescents are healthy and thriving
- Territorians with chronic conditions are identified and supported as early as possible

Key directions

Taking a systems approach to prevention, focusing on intervening as early as possible across the lifecycle and across the prevention spectrum



Primordial prevention
Creating healthy environments



Primary prevention
Keeping people healthy



Secondary prevention
Intervening as early as possible

Intervening as early as possible

Principles for implementation

- Equity
- Outcomes-focused
- Holistic and culturally secure
- Collaboration for collective impact
- Embedded health literacy
- Prevention at scale
- Learning and adaptation

Priority actions

- 1 Use legislative and regulatory levers to reduce unhealthy product availability
- 2 Remove unhealthy products and promotions from sites and events
- 3 Strengthen food security, particularly access to healthy products in remote communities
- 4 Prioritise the health and development of infants, children and young people
- 5 Deliver social marketing approaches to tackle key risk factors and support health
- 6 Develop and deliver community-based initiatives to support healthier environments
- 7 Develop and implement settings-based health promotion initiatives
- 8 Embed preventive health throughout the health care system
- 9 Embed a chronic conditions prevention initiative to support those at high risk
- 10 Strengthen screening for chronic conditions, especially for vulnerable populations
- 11 Focus on holistic and culturally responsive early intervention approaches

Actions for system strengthening

