

# HEALTHY, WELL AND THRIVING.

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

2024-2030





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# Acknowledgement of Country

NT Health acknowledges the Traditional Owners of the Northern Territory and pays respect to all Aboriginal and Torres Strait Islander people and their cultures, their Elders past, present and emerging and to future generations.

We recognise Aboriginal people's continuing connection to their lands, waters and communities in which we live.

The framework recognises the great diversity of nations within Australia and the term Aboriginal should be taken to be inclusive of Torres Strait Islander people.

# Foreword

Good health and wellbeing allows us to lead lives that we value with our families, friends and communities. It supports children to grow well, learn well, play well and thrive, and adults to live as long as possible in good health.

Chronic conditions such as diabetes, cardiovascular disease, cancer and chronic kidney disease are some of the key drivers of the burden of disease in the Territory. These conditions have a significant impact on people, families and communities while also placing an increasing burden on our health system. Yet in many instances, these conditions can be prevented. The Northern Territory Government's vision is for a Territory where all individuals, families and communities are healthy, well and thriving.

This new framework aims to keep people healthy and well for as long as possible by focusing on prevention and early intervention. To do this, we are delivering a range of actions aimed at improving health and wellbeing across the whole of the Territory, across our communities, and for our people and families. We are also rethinking how our system operates so we can generate the greatest possible outcomes from our investments.

By working together with our key partners – Aboriginal Medical Services Alliance Northern Territory (AMSANT) and the Northern Territory Primary Health Network (NT PHN) – and other organisations and agencies across the Territory, we can deliver health improvements for all Territorians.

I am pleased to present Healthy, Well and Thriving – The Northern Territory's prevention and early intervention framework for chronic conditions 2024-2030.



**Hon Selena Uibo (MLA)**  
Minister for Health

# Message from our partners

*Our shared vision is for a Territory where all individuals, families and communities are healthy, well and thriving.*

The Northern Territory Government, Aboriginal Medical Services Alliance Northern Territory (AMSANT) and the Northern Territory Primary Health Network (NT PHN) and our partners (including the Good Health Alliance NT and Menzies School of Health Research) have come together with the shared goal of improving the health and wellbeing of Territorians.

The COVID-19 pandemic demonstrated the ability of the Territory health sector to keep people safe and healthy via prevention. Our efforts during the pandemic also demonstrated the strengths of the people and organisations that make up our health system and communities, and particularly the leadership, advocacy and prevention efforts of Aboriginal communities and the community-controlled health sector. It also showed that when our health sector came together around a shared goal, we provided an effective, coordinated response that delivered results for our population.

This renewed effort aims to strengthen the health system's approach to chronic conditions by focusing on the key recommendations from the evaluation of the previous strategy. These include:

- providing a whole of health sector response
- focusing on prevention
- strengthening Aboriginal leadership and
- increasing collaboration.

This will lay the foundations for a more effective, coordinated response to chronic conditions and better position our sector to leverage cross sector partnerships and investments now and into the future. This will ensure we can meet the challenges of the growing burden of chronic disease and improve health and health equity across the population.

**Dr Marco Briceno**  
Chief Executive Officer  
NT Health

**Dr John Paterson**  
Chief Executive Officer  
AMSANT

**Gill Yearsley**  
Chief Executive Officer  
NT PHN





# 1.

## A renewed focus on prevention and early intervention

Good health and wellbeing supports Territorians to live lives they value with their families, friends and communities. It supports adults to live longer with good health, and children to grow well, learn well, play well, and thrive.

The framework prioritises the key risk factors that are driving our burden of disease: unhealthy food and drink, tobacco, sedentary lifestyles, harmful alcohol use and social and emotional wellbeing<sup>1</sup>. It also aims to strengthen our health system to provide a more coordinated, effective response to chronic preventable conditions. This approach will help us to address preventable conditions such as cardiovascular disease, type 2 diabetes, and a range of cancers.

By focusing on prevention and early intervention we will be helping to ensure Territorians are living long and fulfilled lives with a minimal burden of chronic conditions. This will improve health and health equity outcomes, reduce the social cost of chronic conditions on individuals, families and communities, and reduce the pressure on the health system.

*This framework aims to guide our health system from a focus on disease to a focus on health, with the goal of keeping Territorians healthier for longer.*



# 2.

## Northern Territory report card

While many aspects of health are improving in the Northern Territory (NT), chronic conditions remain a significant burden. This is particularly concerning as chronic conditions do not impact on our population equally. Some population groups - including Aboriginal people, culturally and linguistically diverse populations, those from low socio-economic groups and those in rural and remote areas - are more greatly impacted. Chronic conditions also increase with age. In 2018-19, total health system spending due to avoidable risk factors in Australia was \$24 billion<sup>2</sup>. A third of this was due to two risk factors: unhealthy weight - linked to unhealthy eating and sedentary lifestyles - and smoking<sup>3</sup>. In Australia, approximately 85 per cent of the total burden of disease is due to chronic conditions<sup>4</sup>. The following data points provide an overview of the current state of our health in the NT.



¼ of Territorians eat fast food at least 2x per week.



The proportion of underweight NT children under 5 declined from 4.4% in 2010 to 3.7% in 2021.



80% of the mortality gap between Aboriginal and non-Aboriginal Australians is due to chronic conditions.



In the NT, Aboriginal women have higher rates of breastfeeding at birth (98%) than non-Aboriginal women (81%).



1 in 2 NT Aboriginal people rate their health as very good or excellent, an increase from previous years.



⅓ of Aboriginal Territorians living in remote areas are living with type 2 diabetes, the highest reported rate in the world.



The cost of healthy food in remote NT communities is 56% greater than urban centres.



Rates of end stage kidney disease for Aboriginal people in remote NT is up to 30x the national average.



Adults drink 10.72 litres of pure alcohol each year in the NT, more than any other Australian jurisdiction.



Over 60% of adult Territorians are either obese or overweight.



¼ of adult Territorians smoke tobacco; almost ½ of adult Aboriginal Territorians smoke tobacco.



Mortality rates of Aboriginal children in the NT decreased by 19% between 2006 and 2019.



23% of Territorians were diagnosed with a mental health condition in the last 12 months.



There was a threefold increase in Aboriginal adult health checks from 2010 to 2022 in the NT.



Rates of gestational diabetes have increased among Aboriginal women in the NT from 3.4% in 1987 to 13% in 2016.



Almost all Aboriginal children in the NT are fully immunised at 5 years of age.



More than 1/3 of Territorian adults drink sugary drinks daily.



Less than 50% of Territorians meet the recommended amount of weekly physical activity.



Adult health checks and routine screening fell during the COVID-19 pandemic and globally, the health workforce has not recovered.



Only 5% of Territorians eat the recommended 5 serves of vegetables and legumes per day.



1/3 of daily energy intake for Aboriginal people living in remote NT is from foods high in sugar, fat and salt.



The life expectancy gap between Aboriginal and non-Aboriginal people narrowed by 26% for men and 21% for women between 1999 and 2018 in the NT.



The rates of type 2 diabetes among people aged 15-24 increased by 97% between 2014 and 2021 in the NT.



There has been a 10% increase in the number of NT Aboriginal women attending antenatal appointments within the first 13 weeks of gestation since 2010.



# 3.

## Policy landscape

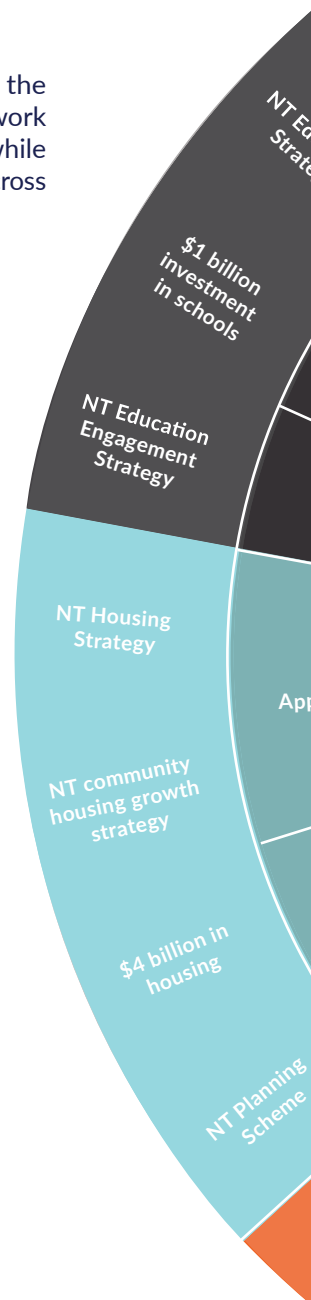
The National Preventive Health Strategy 2021-2030 shines a spotlight on prevention across the country. It aims to ensure all Australians have the best start in life and live in good health for as long as possible. It also focuses on addressing inequities in health outcomes and commits to increasing investment in preventive health to 5% of total health expenditure across Commonwealth, state and territory governments by 2030<sup>5</sup>. This strategy, together with others at the national level have informed our approach and ensure alignment of our efforts and investments.

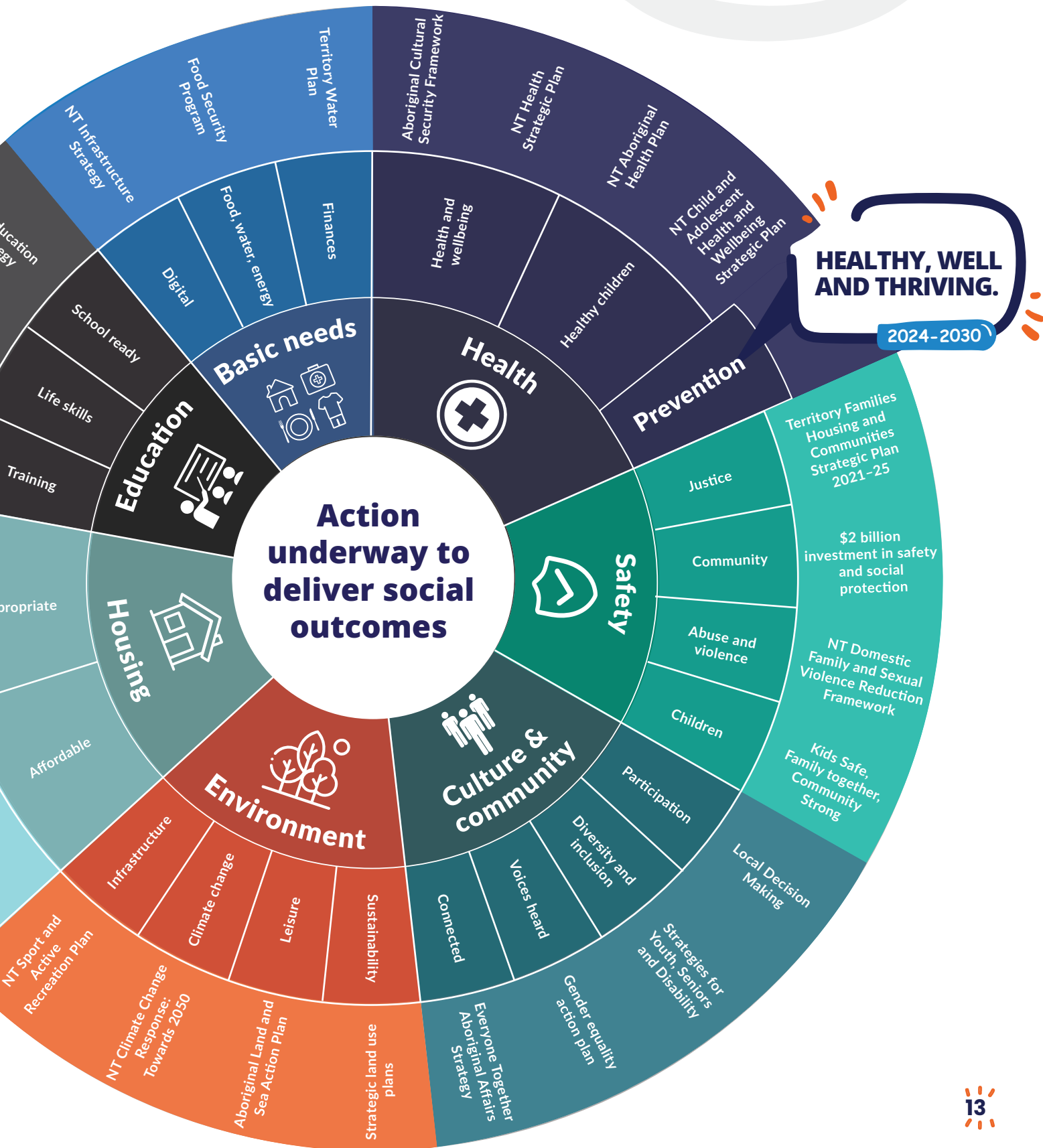
### Australia

- National Preventive Health Strategy 2021–2030
- National Obesity Strategy 2022–2032
- National Agreement on Closing the Gap
- Australia’s Primary Care 10 Year Plan 2022–2032
- Strengthening Medicare Taskforce Report
- National Aboriginal & Torres Strait Islander Health Plan 2021–2031
- National Tobacco Strategy 2023–2030
- National Alcohol Strategy 2019–2028
- National Mental Health and Suicide Prevention Agreement
- National Aboriginal and Torres Strait Islander Health Workforce Strategic Framework and Implementation Plan 2021-2031

At a Territory level, this framework sits amongst a range of strategies and investments that aim to improve social outcomes for Territorians. These strategies and investments address many of the determinants of health, with efforts aligned around the Northern Territory Social Outcomes Framework.

The following diagram maps some of the key strategies and identifies this framework within the broader strategic context, while also linking it to other efforts occurring across government and other sectors.







# 4.

## Closing the Gap

The NT Government, NT PHN and AMSANT have a shared commitment to work together to address the entrenched inequality faced by Aboriginal and Torres Strait Islander people through the National Agreement on Closing the Gap. The agreement is based on the understanding that Aboriginal people and organisations are best positioned to make the decisions that improve the health and wellbeing of their communities.

Through this agreement, government is committed to four priority reforms - shared decision-making with Aboriginal people and communities; strengthening the community-controlled sector to deliver services; transforming mainstream government organisations to respond to the needs of Aboriginal people; and sharing data and information to support the achievement of all of these reforms.

Aboriginal people bear the greatest burden of disease when it comes to preventable chronic conditions in the NT. This makes the National Agreement on Closing the Gap particularly critical in delivering prevention, with the priority reforms embedded throughout this framework.

In addition, the Productivity Commission<sup>6</sup> has identified that Closing the Gap requires fundamental changes to government systems, policies and ways of working to address ongoing power imbalances. Redressing these imbalances will be key to addressing chronic preventable conditions now and into the future. To this end, partners commit to working together to identify new ways of working to improve health and wellbeing outcomes for Aboriginal people.





# 5.

## What we heard

The development of this new framework to tackle chronic conditions has been led by a consultative committee co-chaired by the Northern Territory Government and AMSANT and involving key partners including NT PHN, the Good Health Alliance NT and Menzies School of Health Research. It was informed by a review of best practice approaches and a Territory-wide consultation process with stakeholders.

There was consensus that a whole-of-Territory systems approach to prevention is vital, that we must build on the strengths and partnerships already in place, and that a focus on holistic, person, family and community-centred care is critical.



We need to focus on the whole person and rethink how we provide services around people, families and communities.

Gaining support and buy-in from stakeholders and groups outside of the health sector will be an important step forward.

We need to build on previous successes such as good collaboration between health and education and successful programs.

“Provide that Territory-wide guidance, but then let communities decide how to action that.”

Enhanced information technology will be crucial for the success of the next framework.

“If we [NT Health and ACCHOs] could employ someone together that would be great! Why are we competing for the same workers?”

Support stronger emphasis on coordinated prevention activities and effort across the health and non-health sector.

Strong leadership, governance and embedded mechanisms will bring different sectors together.

As chronic conditions are interrelated, the most cost-effective efforts will support the holistic needs of patients.

Emerging priorities and innovative solutions can be accommodated in a flexible, localised framework.

Additional skillsets in prevention and health promotion for all front-line staff may be needed to move the system towards prevention and wellbeing.

“It always comes down to leadership – if you want us to contribute to prevention and management, that directive needs to come from up above.”

“We know what works for our communities. We were healthy for hundreds of thousands of years. Listen to us, learn from us – we’ve got things to teach.”

The new approach should maintain a focus on holistic health, considering physical and social and emotional wellbeing.

Actions will be successful if they are grounded in partnership approaches and align with broader system-wide efforts.

Systematic processes to translate evidence into policy and practice will lead to lasting change.

The Territory will benefit from new and innovative employment arrangements to support prevention.

Community-driven research data for the Territory is still emerging and will contribute to the evidence base for success.

“NT Health can’t solve this alone – we need to think strategically across the Territory, and with partners like the community-controlled sector.”

Communities will engage when they are empowered to design initiatives, implement change and decide on how to direct funding.

Our workforce will grow with successful campaigns such as targeted recruitment and retention; partnering with universities to expand training places; enhanced career development and pathways.

“Data is at the core of any new approach. We need the data to know if what we as a sector are doing, is making a difference.”

Key success factors will be more community decision-making and self-determination.

Bolstering recruitment and retention of the Aboriginal health workforce will be crucial for success.

“The research is there, there have been numerous papers written. We don’t lack research in the Territory; we lack the systems and the will to turn that into policy.”

Communication with Aboriginal communities and multicultural communities needs to be culturally safe, empathetic, respectful and without stigma.

Measuring outcomes in addition to outputs will support greater collaboration within health, and across sectors and stakeholder groups.

“By working together, we should deliver more than the sum of our parts.”

# 6.

## Our approach

To achieve our vision of a Territory where individuals, families and communities are healthy, well and thriving, we are making a concerted effort to shift our health system towards prevention and early intervention.

### Focus on prevention

Central to this framework is a focus on prevention and early intervention. While acknowledging the breadth of prevention extends into tertiary and quaternary prevention to minimise the impact of existing conditions, the emphasis of this framework will be on strengthening primordial, primary and secondary prevention and early intervention. This means a focus on health promoting environments and settings, embedding prevention within the health care system, and strengthening screening and early intervention to keep people as healthy as possible for as long as possible.

We are also taking a life course approach that acknowledges there are critical times in people's lives when good health can be best supported. This includes the first 2000 days of life, as well as key points such as beginning school or transitioning to adulthood. The framework recognises the value of health and wellbeing at all stages of life, from the earliest years onwards, and aims to intervene as early as possible to ensure all Territorians are healthy, well and thriving.



#### **Primordial prevention** Creating healthy environments

Targeting whole populations and focusing on addressing the environmental and social factors that impact on health.

Examples include creating bike paths to boost active living, increasing access to affordable, healthy food and improving housing.



#### **Primary prevention** Keeping people healthy

Targeting individuals and cohorts and focusing on preventing disease before it can occur by eliminating or reducing specific risk factors or boosting protective factors.

Examples include discouraging uptake of smoking/vaping, unsafe alcohol use, supporting healthy lifestyle choices and active communities, and immunisations.



#### **Secondary prevention** Intervening as early as possible

Targeting individuals and cohorts and focusing on reducing the progress of a disease through early detection and intervention.

Examples include screening for chronic diseases and cancers, brief interventions for modifiable risk factors, treatment to lower risk/progression of disease.



## Influencing health and wellbeing where we live our lives

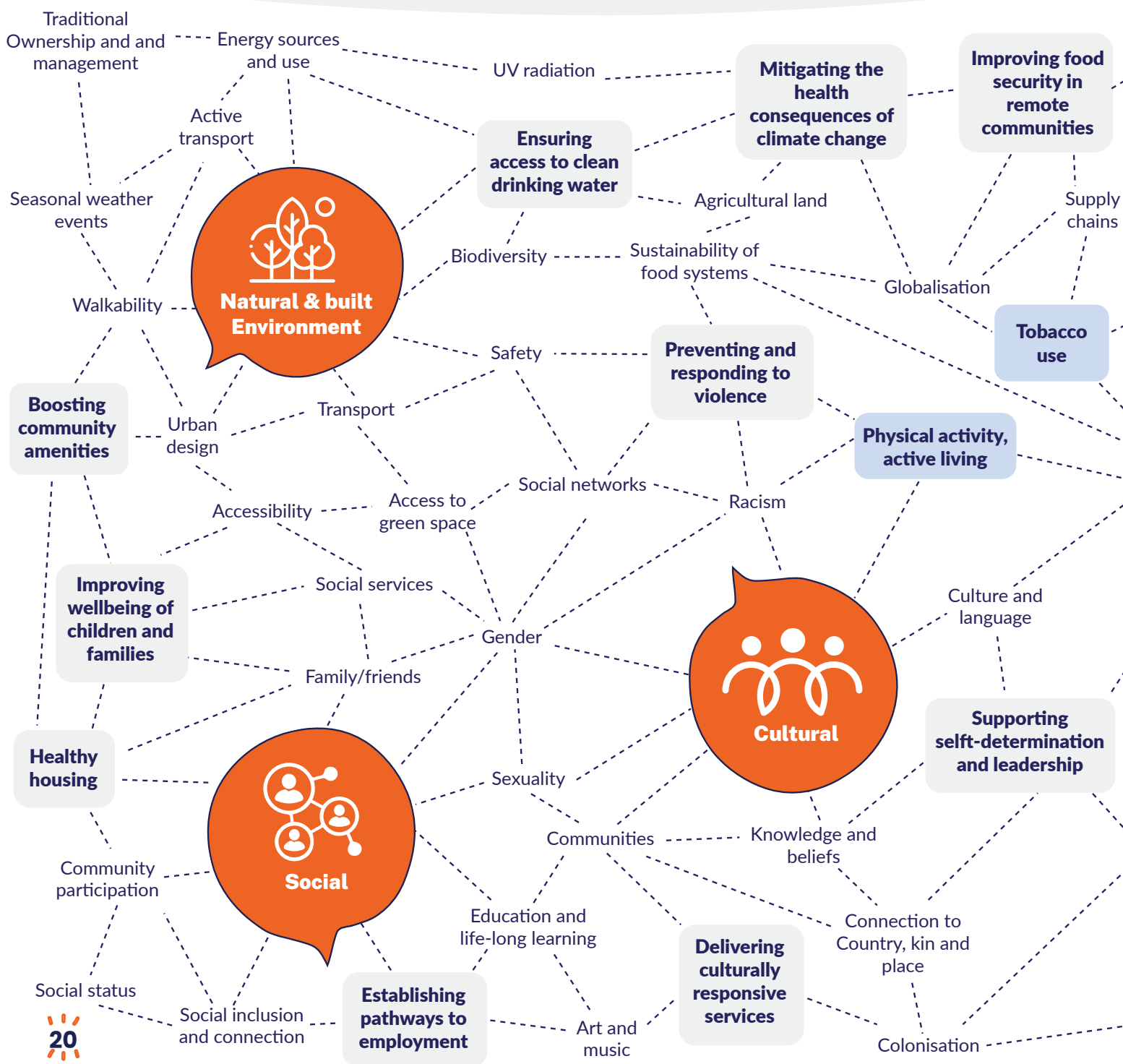
The causes of chronic preventable conditions are complex and the result of many interconnected factors that influence our health and wellbeing. Only a small part of health is the result of personal decision-making; a much larger part is the result of social, environmental, structural, economic, biological, cultural and commercial factors that can both support and harm our health.

Taking a systems approach allows us to look beyond individual behaviours to the underlying determinants that drive inequalities in health and health outcomes. Factors such as education, employment, environment, food security, access to safe and palatable drinking water and overcrowding, heavily influence health and wellbeing. Ongoing racism and discrimination, such as the intergenerational trauma experienced by Aboriginal people as a consequence of colonisation, also has lasting impacts on health.

A systems approach encourages us to recognise the inter-related causes of preventable chronic conditions and explore solutions at a systems level to create lasting change. It requires that we engage with stakeholders across sectors to impact on health outcomes and encourages us to take a compassionate, trauma-informed approach in considering the inequities in health and wellbeing outcomes across populations. A systems approach also encourages us to be flexible and adaptive, and develop solutions that meet local needs and produce local outcomes.

# Influencing health and well-being where we live our lives

Health and wellbeing is influenced by a broad range of interconnected factors. Taking a systems approach to prevention, we can identify where best to intervene to improve health. For example, to improve healthy eating we may take action on food systems, health and improve supply chains, while improving active living may mean exploring the built environment and addressing safety concerns. Some of the factors that influence health and wellbeing are captured here, along with our focus areas (highlighted in grey).





## Focus areas

Alongside the determinants of health that contribute to ongoing health inequities, many preventable chronic conditions share the same risk factors, with tobacco use and obesity, linked to unhealthy food and drink and sedentary behaviour, being among the leading causes of the burden of disease<sup>1</sup>. The framework also recognises that taking action on these risk factors supports improvements to social and emotional wellbeing.



### Healthy eating

A healthy diet contributes significantly to overall physical and mental wellbeing and plays a crucial role throughout the life course. Unfortunately, the food system in the NT faces a range of challenges to providing healthy, affordable food due to location, seasonal weather and our small and dispersed population living in remote locations. We are also challenged by organisations and environments that promote and support access to cheap, unhealthy food and drink. There are many opportunities to improve our food system by, for example, taking action on the commercial determinants of health, strengthening our supply chains, improving housing, and supporting healthier retail environments. We are committed to collaborating broadly to support healthier options for Territorians.



### Active living

Being physically active is essential to maintaining good mental and physical health and wellbeing. Despite this, our environments and lifestyles often support us to be less active. We are committed to working with partners across communities to ensure Territorians can be more active throughout their lives. This could include actions to improve community safety, increase access to sports fields, or improve design features such as paving, shade and lighting to encourage more people to be more active, more often.



### Tobacco and vaping

Smoking rates in the NT are higher than in any other Australian jurisdiction, and smoking remains the largest preventable cause of disease and death in Australia<sup>7</sup>. The Territory remains committed to reducing tobacco and vaping use across the population via a multifaceted approach that includes increasing smoke free policies and spaces, considering gender, culture and social/familial connections, reducing the supply of vapes, and targeting young people to prevent initial uptake.



### Harmful alcohol use

The NT has the highest rates of alcohol consumption in Australia, and reducing harmful alcohol consumption will benefit individuals, families and communities<sup>7</sup>. We know that the best outcomes are achieved when government, non-government organisations, community, industry and support services work together, to support community-driven approaches that address the underlying drivers of harmful alcohol use. We are committed to working across sectors and communities to reduce harmful alcohol use and promote improved wellbeing.



### Social and emotional wellbeing

There is a well-established link between mental health, chronic conditions and key risk factors. This connection is complex and bi-directional, meaning that mental health problems contribute to chronic conditions, and chronic conditions contribute to mental health issues. By focusing on prevention and early intervention, and ensuring a holistic approach that considers both physical and mental health, we can reduce the burden of chronic conditions and improve the mental health and wellbeing of our population.

# Principles for implementation

- 1 Equity**

Our efforts are underpinned by the need to address inequities in health outcomes. We are committed to understanding and acting on the broad drivers of health and ensuring our interventions have a positive impact on health equity.
- 2 Outcomes-focused**

We are committed to delivering health outcomes for Territorians, and measuring our progress towards these outcomes so we know we are on the right track. This means a shift from measuring inputs and outputs, to measuring outcomes that are meaningful for Territorians.
- 3 Holistic and culturally secure**

For many Territorians, health is about more than an absence of disease – it is about physical, social, emotional, cultural and spiritual wellbeing. We are committed to delivering services and supports that are holistic and culturally responsive, and meet the needs of the NT's population in terms of access and coordination.
- 4 Collaboration for collective impact**

Effective prevention requires action across organisations and across sectors. We are committed to working together with a broad range of partners to deliver a collective impact on health. This includes agreeing to common goals and measures, sharing decision-making and delivering mutually reinforcing actions for health and wellbeing.
- 5 Embedded health literacy**

We are committed to ensuring our services and initiatives are responsive to the health literacy needs of our communities. This means embedding health literacy into the design and delivery of preventive health initiatives to support people to make informed decisions about their health and wellbeing.
- 6 Prevention at scale**

To meet the challenge of chronic conditions and create a healthier Territory, we need to prioritise actions that impact on the health of whole cohorts, communities and populations. This means designing and delivering initiatives at scale, and creating environments and settings that support good health.
- 7 Learning and adaptation**

To ensure we continue to improve our efforts, we are committed to creating a culture of learning and adaptation. This means making use of the best available data, evidence and emerging practice and sharing our knowledge and expertise across the Territory.



# Measurable outcomes

The framework includes short, medium and long-term outcomes, each of which will be matched with measures to assess progress and success. The intent is to achieve short term outcomes within the first three years of the framework and medium term outcomes by the end of the framework. This should let us know we are on track to achieve our long term outcomes from about 10 years onwards. Outcomes are aligned with the Northern Territory Social Outcomes Framework<sup>8</sup>.

Short term 2027	Medium term 2030	Long term 2034
Environments and settings are supporting healthier food and drink options.	Territorians have a healthier diet.	Territorians are living long and fulfilled lives with a minimal burden of chronic conditions.
Environments and settings are supporting active living.	Territorians are more active.	
Environments and settings are supporting behaviour change with regards to tobacco (including vaping) and alcohol.	Territorians' behaviour is changed with regards to tobacco (including vaping) and alcohol.	
Child and family health services and settings are supporting health and development.	Children and adolescents are healthy and thriving.	
Environments and settings are supporting social and emotional wellbeing.	More Territorians are reporting good social and emotional wellbeing.	
Health services are screening and intervening earlier.	Territorians with chronic conditions are identified and supported as early as possible.	

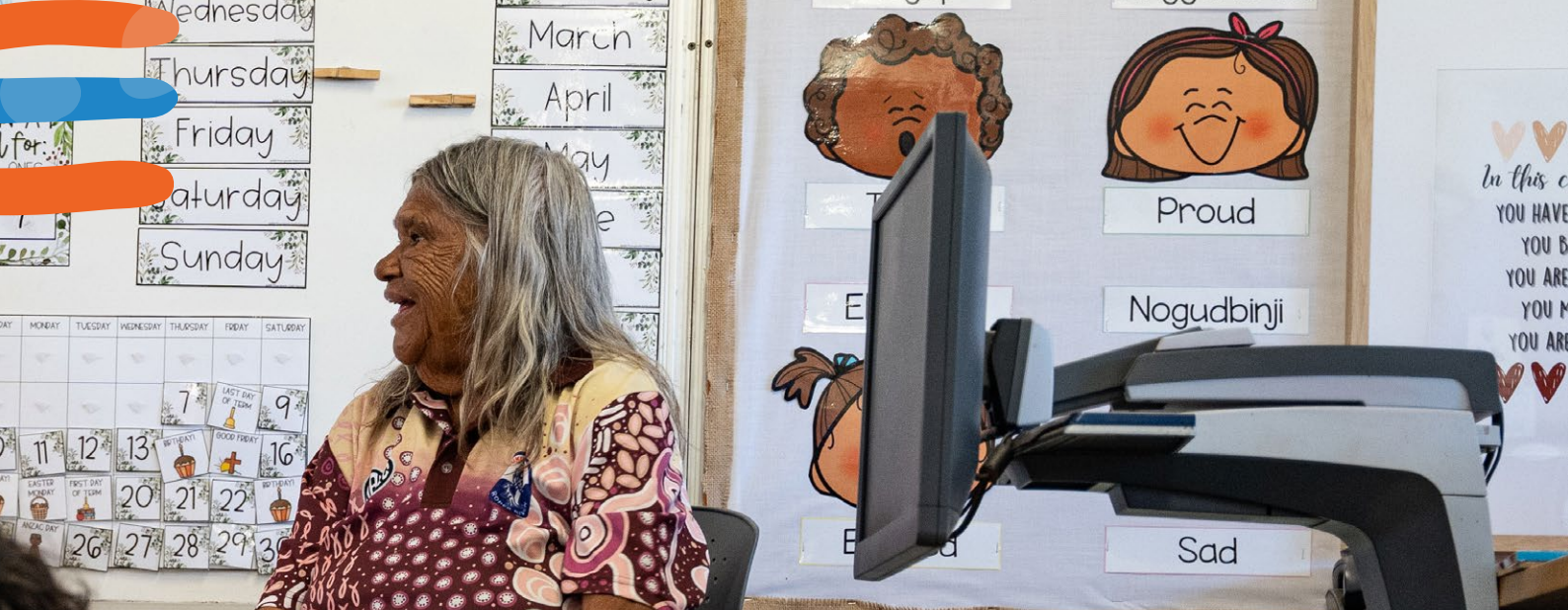




# 7.

## Priority actions

The following priority actions are designed to support us to reach the outcomes of improving healthy eating, active living and social and emotional wellbeing, reducing tobacco and harmful alcohol use, supporting children and young people, and identifying chronic conditions and intervening as early as possible to support good health and wellbeing. These actions have emerged from a review of the preventive health approaches - including 'best buy' initiatives, a Territory-wide consultation process with stakeholders, expert advice and alignment with key national strategies.



**Territory-wide actions**

Use legislative and regulatory levers to reduce unhealthy product availability, such as tobacco (including vaping) and unhealthy food and drinks, increase active living and promote safer use of alcohol.

Remove unhealthy products and promotions from NT Government and partner sites, resources and events.

Strengthen food security, with an initial focus on supporting access to affordable, healthy food and drinks in remote communities.

Improve housing in Aboriginal communities to reduce overcrowding and improve living conditions.

Prioritise the health and development of infants, children and young people inclusive of the first 2000 days onwards through improved screening and support.

Deliver social marketing approaches to tackle the key risk factors for chronic conditions and support health and wellbeing.

**Community-based actions**

Develop and deliver community-based initiatives that align with the framework, meet local needs, and support healthier environments and populations, including community-driven efforts to boost healthy eating and active living, and reduce tobacco (including vaping) and alcohol use.

Develop and implement settings-based health promotion initiatives tackling key risk factors, and supporting physical health and social and emotional wellbeing.

**Person, family, and community-centred actions**

Embed preventive health throughout the health care system to support improved health and social and emotional wellbeing outcomes, including brief interventions and social prescribing.

Establish a chronic conditions prevention initiative to support people at high risk of diabetes and cardiovascular disease, including a focus on gestational diabetes.

Strengthen screening for chronic conditions, especially for vulnerable populations.

Focus on holistic, culturally responsive and trauma-informed early intervention approaches, including innovative approaches that meet the needs of the population, such as coaching, peer support and group initiatives.

# 8.

## Actions for system strengthening

Alongside the priority actions for health and wellbeing are a range of actions to strengthen how our system operates to deliver effective, impactful, preventive health initiatives. This includes establishing effective governance, strengthening our approach to investment, building effective, cross-sector partnerships, supporting our workforce, improving access to data and evidence and enhancing service delivery. These actions were raised throughout a Territory-wide consultation process with stakeholders and align with key local and national strategies.



## Leadership and governance

The most successful prevention efforts are those that are the focus of sustained commitment and leadership from government and the health sector.

Establish cross-sector governance to guide preventive health efforts across the Territory.

Establish an outcomes-based monitoring and evaluation plan for the framework and align KPIs to outcomes.

Explore opportunities to strengthen leadership for prevention across sectors and across the Territory.

## Investment

Investment in chronic conditions prevention is fragmented across the system, resulting in the potential for duplication of efforts and investments, as well as the potential for gaps in effort and investment. With a growing burden of chronic disease and rising cost in delivering care, we need to ensure we are getting the best value from investment.

Develop a commissioning framework for prevention to drive policy alignment and outcomes, strengthen accountability for public resources, and maximise funding opportunities.

Map prevention investment across the NT to gain a more complete picture of current investments.

Track prevention investment as a proportion of health expenditure over time.

Explore opportunities to grow investment in prevention to 5% of health expenditure across all jurisdictions to meet the national commitment.

## Partnerships

Preventing chronic conditions requires action across the Territory, as well as across regions and communities.

Develop innovative partnerships across agencies and across sectors to address social, environmental, structural, economic, cultural and commercial determinants of health and wellbeing.

Establish or strengthen cross-sector collective impact approaches to drive prevention efforts that address local needs, build on local strengths, respond to local context and support local decision making.

## Workforce

Our workforce is our greatest asset. To deliver effective prevention, we need to ensure we have a workforce that is dedicated to delivering population level prevention initiatives across communities, as well as a workforce equipped to deliver holistic, culturally responsive preventive health services.

Establish a distinct prevention workforce to improve community-based prevention.

Develop the capacity of the primary health care workforce to deliver holistic and culturally responsive and trauma-informed prevention, screening and early intervention approaches.

Develop innovative pathways to employment to establish and retain local Aboriginal workers in community-based prevention, health promotion and primary health care.

Implement strategies to attract and retain a prevention and primary health care workforce.

Build practice networks across the NT to link policy, evidence, expertise and practice and build a culture of reflection and adaptation.

## Data and evidence

Delivering best practice prevention requires access to quality data and evidence.

Integrate data systems, sharing data across agencies – including consideration of Aboriginal data sovereignty, community input and capacity and data security.

Regularly collect and report on population health in partnership with the Aboriginal Community Controlled Health services sector via a Territory-wide population health survey.

Ensure the measurement of outcomes and progress towards outcomes is visible at a Territory, regional and local level to track impact over time.

Explore opportunities to strengthen the evidence base for prevention, including economic analysis.



# 9.

## How will the framework be implemented?

Implementation of this framework is reliant on close collaboration with key partners and stakeholders across the Territory. The intent is to build on, and strengthen existing governance arrangements to drive a comprehensive approach to prevention within regions and across the Territory.

### Regional implementation

At a regional level, prevention coalitions, chaired or co-chaired by Aboriginal Community Controlled Health Services, will bring key stakeholders together to deliver a collective impact on chronic conditions. These coalitions should include, at a minimum, representation from NT Health, NT PHN, government agencies such as the Department of Education, Department of Families, Housing and Communities and Department of Chief Minister and Cabinet, local governments, Aboriginal Community-Controlled Organisations and non-government organisations from the health prevention sector.

The coalitions may also include local business groups and employers, community members or community groups, land councils and others with a role to play in supporting the health and wellbeing of the local population. By bringing together a cross-sector group of stakeholders, these coalitions will be well-positioned to address the local determinants of health that contribute to high rates of chronic conditions across the Territory.

The coalitions will be responsible for driving prevention activity across the region and ensuring the local approach is committed to the principles of Closing the Gap. The work of these coalitions will include agreeing to common goals and measures aligned with the framework, sharing decision-making and data, and coordinating focus efforts and investment to deliver a concentrated effort to address risk factors and improve health and wellbeing.

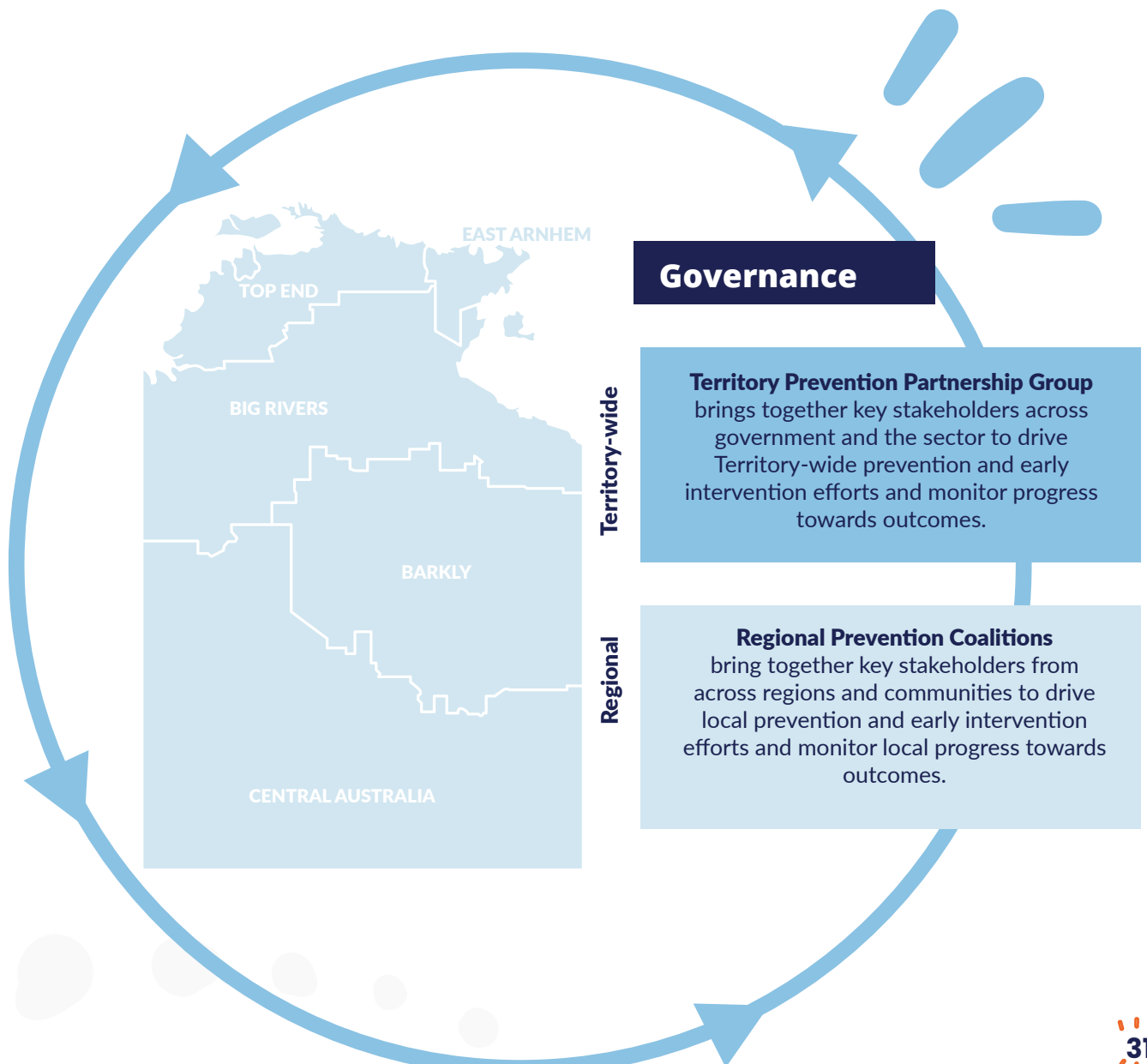
The coalitions will develop and deliver initiatives that respond to local needs, deliver community and settings-based health promotion interventions, and support local prevention activities aligned with the framework. The work of the coalitions will be captured in an annual prevention roadmap for the region that will encourage regular reflection and adaptation, and allow for the monitoring of local progress against outcomes.



# Territory-wide implementation

At a Territory level, a partnership group will drive Territory-wide prevention efforts and ensure alignment with the Closing the Gap principles. This group will share decision-making, coordinate action, align activities and investment around priorities, and monitor progress towards our shared outcomes. This group will also provide prevention expertise to support implementation across the Territory.

The group will be chaired or co-chaired by an Aboriginal Community-Controlled Organisation, and include representation from key health stakeholders, a range of government and non-government organisations, academic partners and others with a role to play in preventive health, and addressing the broad range of factors that determine health. The collective efforts of these stakeholders will be captured in an annual Territory-wide roadmap to ensure a focused and flexible approach to implementation. This partnership group will be aligned with existing health governance mechanisms, including the Northern Territory Aboriginal Health Forum, and link with cross-government and cross-sector groups to support action on the determinants of health.







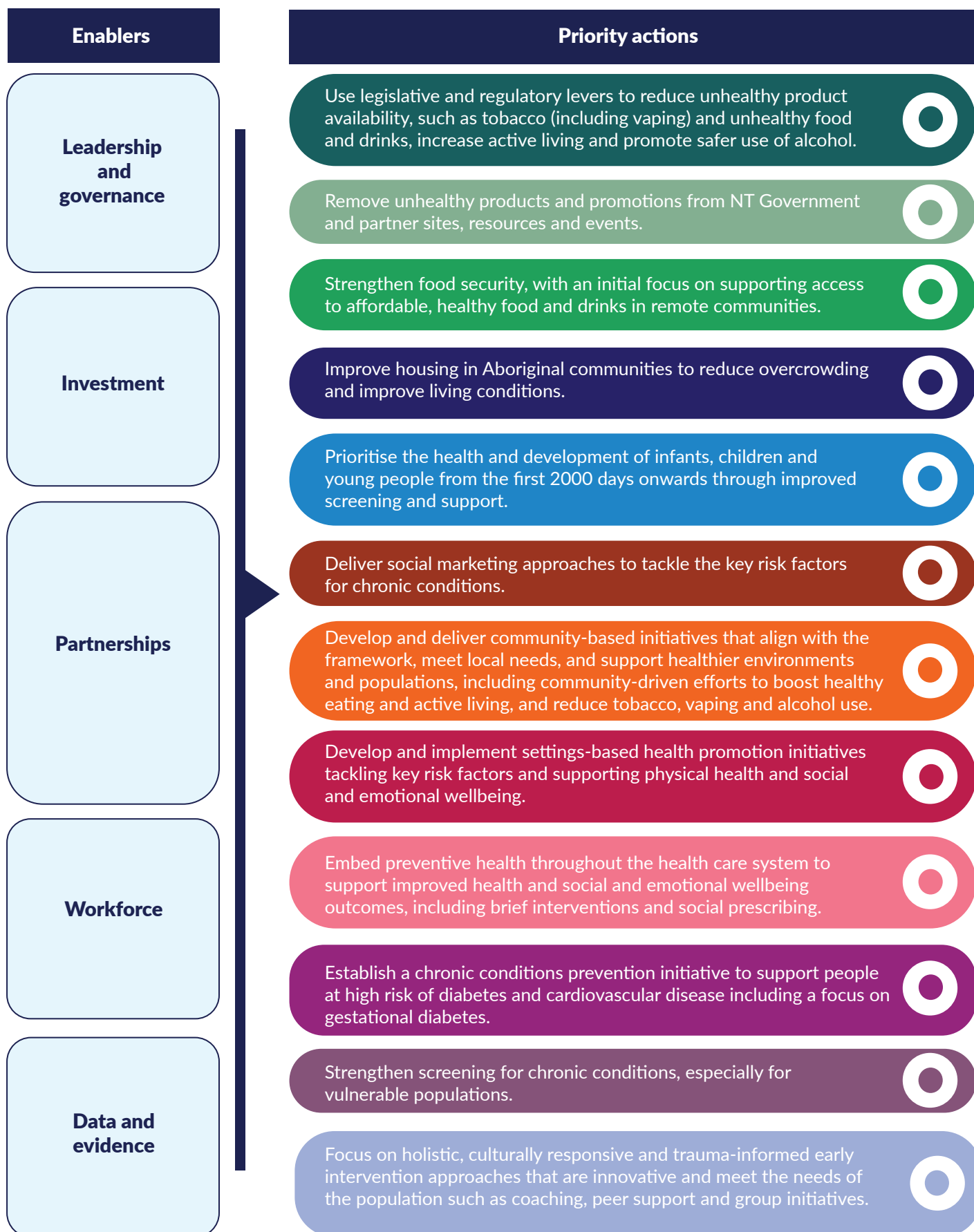
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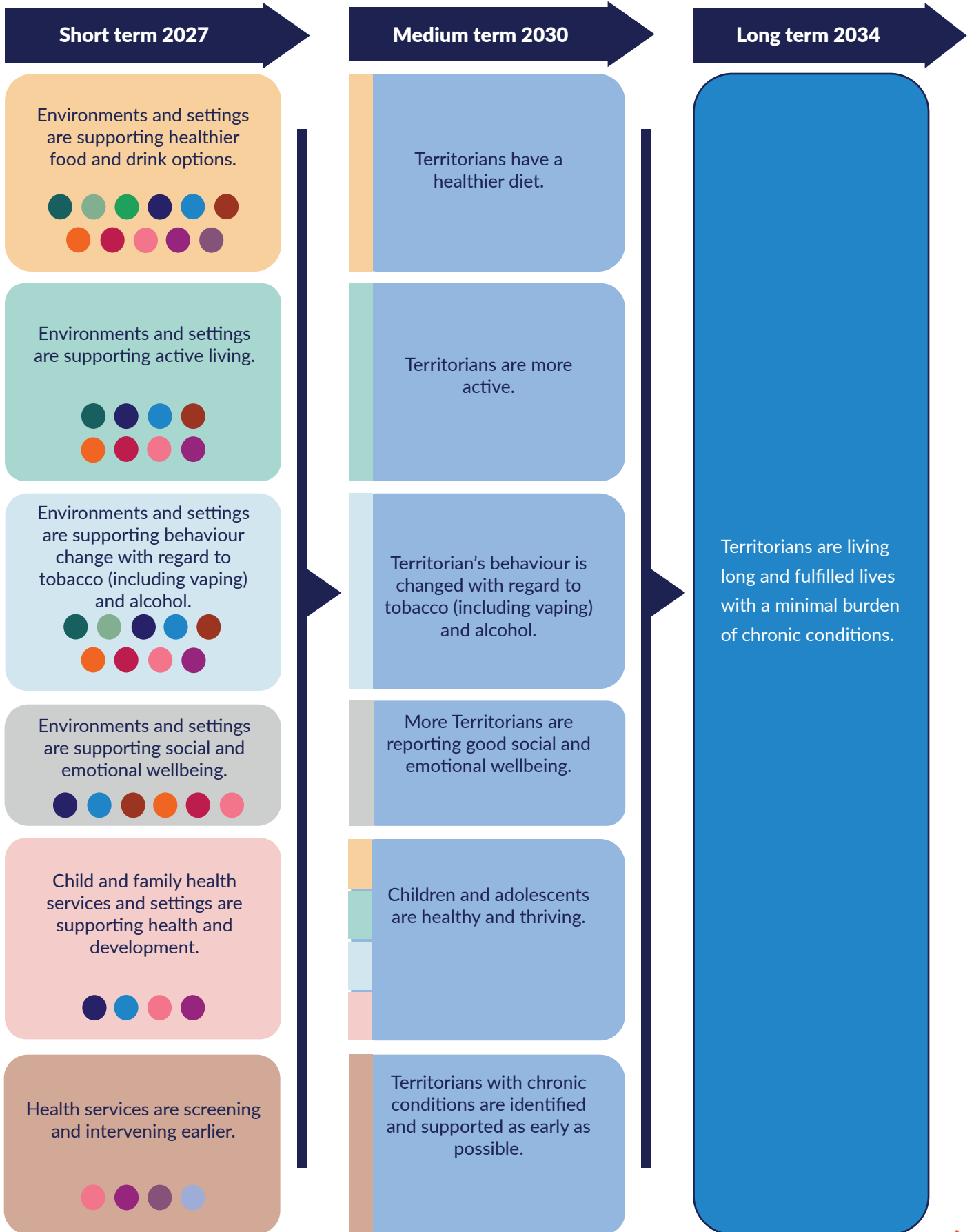
## Measuring progress

Monitoring, evaluation and reporting on progress is crucial to understanding if we are having an impact, and achieving the goals we are setting for ourselves. A robust monitoring and evaluation plan, with regular and public reporting, will ensure we are on track to achieve the short-term, medium-term and long-term outcomes of the framework. The monitoring and evaluation plan will also be aligned with the Northern Territory Social Outcomes Framework to support delivery against Northern Territory priorities.

Aligned with the regional and Territory-wide approach to implementation, the Regional Prevention Coalitions will monitor and report on local progress against outcomes. This will feed into the NT-wide monitoring and reporting process led by the Territory Prevention Partnership Group. Progress against outcomes will be publicly reported at both a regional and Territory level to support reflection, adaptation and continuous improvement.

## Actions to outcomes







# 11.

## Next Steps



The next 3-6 months will be focused on establishing the foundations for the new framework.

### Step 1

Establishing Territory-wide governance for health and wellbeing, bringing together key partners to drive change, monitor progress and report on success.

### Step 2

Building local coalitions for prevention at a regional level to advance shared decision making, and deliver a collective impact on the health and wellbeing of local people and communities.

### Step 3

Creating a monitoring and evaluation plan to track progress towards outcomes.

### Step 4

Developing approaches to support implementation and aligned action across the Territory.





# 12.

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