



Objective 1 - Empowering and enabling people to live healthy lives

| Policy priorities | Priority activities |
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| 1.1 Healthy eating | <ol style="list-style-type: none">1. Foster environments that promote and support healthy eating patterns2. Increase availability and accessibility of quality, affordable, nutritious food3. Increase the knowledge and skills necessary to choose a healthy diet |
| 1.2 A more active WA | <ol style="list-style-type: none">1. Promote environments that support physical activity and reduced sedentary behaviour2. Reduce barriers and increase opportunities for physical activity across all populations3. Increase understanding of the benefits of physical activity and encourage increased activity at all stages of life4. Motivate lifestyle changes to reduce sedentary behaviour |
| 1.3 Curbing the rise in overweight and obesity | <ol style="list-style-type: none">1. Promote environments that support people to achieve and maintain a healthy weight2. Prevent and reverse childhood overweight and obesity3. Motivate behaviour to achieve and maintain a healthy weight among adults |
| 1.4 Making smoking history | <ol style="list-style-type: none">1. Continue efforts to lower smoking rates2. Eliminate exposure to second-hand smoke in places where the health of others can be affected3. Reduce smoking in groups with higher smoking rates4. Improve regulation of contents, product disclosure and supply5. Monitor emerging products and trends |
| 1.5 Reducing harmful alcohol use | <ol style="list-style-type: none">1. Change community attitudes towards alcohol use2. Influence the supply of alcohol in accordance with the <i>Liquor Control Act 1998</i>3. Reduce demand for alcohol4. Promote environments that support people not to drink or to drink at low-risk levels |



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| 1.6 Reduce use of illicit drugs, misuse of pharmaceuticals and other drugs of concern | <ol style="list-style-type: none">1. Increase helpseeking behaviour and reduce stigma around illicit drugs and emerging drugs of concern.2. Support state-wide evidence-based strategies to prevent and reduce illicit drug use and related harms3. Increase awareness of the harms associated with illicit drug use, while not being stigmatising4. Continue to mobilise communities and other stakeholders to work in partnership on evidence-based prevention activities addressing drug use and related harm5. Develop personal skills, targeted public awareness and engagement regarding misuse of pharmaceuticals and other drugs of concern |
| 1.7 Optimise mental health and wellbeing | <ol style="list-style-type: none">1. Increase public awareness about mental health and wellbeing, and suicide prevention2. Build community capacity to reduce stigma, increase awareness of where to go for help, and promote strategies to optimise mental health and wellbeing3. Create and maintain supportive environments that increase social connectedness and inclusion, community participation and networks |
| 1.8 Preventing injuries and promoting safer communities | <ol style="list-style-type: none">1. Protect children from injury2. Prevent falls in older people3. Reduce road crashes and road trauma4. Improve safety in, on and around water5. Reduce interpersonal violence6. Develop the injury prevention and safe communities sector7. Monitor emerging issues in injury prevention8. Promote sun protection in the community9. Prevent and reduce alcohol intoxication |