

Active Tasmania Project Summary

November 2014

As the sole university in the state, the University of Tasmania has a responsibility to actively contribute to the economic, cultural and social environment in Tasmania.

Through the Active Tasmania health-promotion initiative, the University seeks to partner with others to improve the health and wellbeing of communities through a capacity building process. Based on the success of the original project, Active Launceston (2008), and utilising the resources and knowledge base of the University, Active Tasmania provides consultancies, resources, and event and project management for organisations and communities. Active Tasmania currently includes; cross-sectional community-wide programs, workplace health and wellbeing initiatives, healthy lifestyle promotions, undergraduate units and post-graduate research.

Active Tasmania provides a number of community engagement, leadership, research and teaching outcomes for the University and the communities in which it serves. Active Tasmania enjoys support from across the faculties and regional jurisdictions of the University with staff and students from a variety of disciplines providing specialised input.

The current Active Tasmania commitments include:

- City of Launceston and University of Tasmania - **Active Launceston**
- University of Tasmania - **HealthyU** (staff health and wellbeing)
- University of Tasmania - **CXA003 Foundations of Active Living**
- Tasmanian Health Organisation North - **THO-N Staff Health and Wellbeing**
- Hawthorn Football Club - **Game Day Healthy Living Zones**

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