

POLICY POSITION

Minimum requirements for evidence informed practice, health policy and environmental sustainability

Version: 1

Current as of: February 2023

Next revision: January 2025

Purpose of this policy

1. **To guide Act Belong Commit on the eligibility criteria for partners.**
2. **To inform the suitability of the settings, activities and promotional assets used to promote the Act Belong Commit message.**

Background

The Act Belong Commit program operates through the support of a range of funders and partners, all working together to create a more mentally healthy WA.

As a recipient of State Government (Western Australian) funding Act Belong Commit must ensure our program, including the activities of organisations engaged through the Partnership Program, aligns with Healthway and the Mental Health Commission's core purpose of improving health and wellbeing.

The Mental Health Commission *The Western Australian Mental Health Promotion, Mental Illness, Alcohol and Other Drug Prevention Plan 2018-2025 (Prevention Plan)* and the Healthway *Policy position: Minimum Health Requirements* have informed this policy.

Evidence informed practice

Act Belong Commit is an evidence-based health promotion campaign designed to encourage people to take action to improve and protect their mental health and wellbeing.

It is important any project, program or activity aligned with Act Belong Commit does not cause, or increase the risk of, harm and is established by evidence to contribute to people's mental health and wellbeing.

Before committing to a partnership Act Belong Commit will consult various sources, such as the Prevention Plan to determine if an activity is supported by evidence.

Health policy

This section outlines the minimum health requirements for all Partners and settings where Act Belong Commit messaging is used.

Increasing healthy eating

- Healthy food and drink options are available.
- Unhealthy food/drink (or vouchers for same) are not provided as prizes or awards.
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Preventing harm from alcohol

- Avoid normalising alcohol consumption as part of functions.
- Avoid the consumption of alcohol in front of children and young people.
- Alcohol (or vouchers for same) is not provided as prizes or awards.
- Low strength alcohol and non-alcoholic choices are available.
- There are no activities or promotions that encourage rapid consumption of alcohol (e.g., discounted drink prices, happy hours, drinking competitions).
- Alcoholic drinks are served in standard-sized drink portions.

Sun smart

- Adequate sunshade is available.
- Free sunscreen is available.

Environmental sustainability

- Avoid or limit single-use plastics.
- Minimise printed promotional merchandise (no single-use plastics like balloons).