

We Help People and Places Improve Their Quality of Life

Healthy Futures Australia partners with health, education and community organisations to translate evidence into action, across strategy, research and systems design.

THE CHALLENGE

Organisations across health, education and community sectors are navigating faster-moving reform, tighter scrutiny, and rising expectations that decisions are genuinely evidence-based, and genuinely adopted, not just designed and shelved.

OUR THREE CORE AREAS

Strategy, Planning & Futures	Research, Insight & Impact	People, Systems & Capability
• Health & community strategic planning • Healthcare reform readiness • Strategic foresight & future readiness • Organisational roadmaps & partnerships	• Needs assessments & community research • Models of care design • Program evaluation & impact measurement • Stakeholder engagement	• Human-centred design & service redesign • Change & innovation adoption • Governance & maturity assessments • Executive mentoring & leadership development

HOW WE WORK

1. Assess	2. Design	3. Align	4. Adopt
Rapid needs assessment and evidence review - what's needed, and why.	Strategy, model of care, or systems response built for your context.	Stakeholder engagement to pressure-test the design and build genuine buy-in.	Change support so the work is actually used, not just delivered as a report.

PROVEN IN PRACTICE

"Kylie's human-centred design approach, grounded in years of experience across primary and acute health care settings, meant the Healthy Outback Communities model of care is truly anchored in community needs." — **Sandy Gillies, CEO, WQPHN**

SELECTED EXPERIENCE

- **Healthy Outback Communities:** model of care design, Western Queensland PHN
- **Workplace Wellbeing Plans:** psychosocial safety design using the Dimensions of Wellbeing and Safety model, Independent Schools Queensland
- **Clear the Clutter:** whole-of-service improvement program surveying 949 staff and 150 consumers, Metro South Hospital and Health Service

OUR TEAM

Dr Kylie Armstrong — Applied Health Scientist & Health Systems Designer, specialising in preventative wellbeing and population health. Two decades across models of care, healthcare reform and systems design, grounded in a PhD in exercise, mood and mental health and training as a Lifestyle Medicine Educator.

Simon Armstrong — Executive Adviser, Governance & Leadership Development, with a focus on educators, executive and emerging leaders. Former School Principal, CEO & Head of a tertiary residential college. Fellow, Australian Institute of Management; Harvard Graduate School of Education Leadership Program.