

Resources

[Raising children – the Australian parenting website](#)

[Physical activity, birth to 1 year – Department of Health, Australian Government](#)

[8 Healthy Habits 2–17-year-olds](#)

[NSW Health - Go4Fun](#)

[Healthdirect - Healthy Eating for Children](#)

[Sydney Children’s Hospital Network – weight management](#)

[Eat for Health – The Australian Dietary Guidelines](#)

[NSW Health - Information for health professionals – Overweight and Obesity](#)

[Healthdirect - Creating Healthy Habits](#)

[Australian Institute of Health & Welfare – Overweight and Obesity](#)

[Australian Government Department of Health and Aged Care - Physical activity and exercise guidelines for all Australians](#)

[National Health and Medical Research Council \(2013\). Clinical Practice Guidelines for the Management of Overweight and Obesity in Adults, Adolescents and Children in Australia. Melbourne: NHMRC.](#)

[Commonwealth of Australia 2022 The National Obesity Strategy 2022-2032.](#)

[NHMRC 2013 Australian Dietary Guidelines](#)

[RACGP - National guide to a preventive health assessment for Aboriginal and Torres Strait Islander people: Overweight and obesity](#)

[The PHN recorded education library](#)

[HNECCPHN Bounce Program \(Health Weight Initiative\)](#)

[University of Newcastle -Laureate Professor Clare Collins and the Nutrition and Dietetics research team - Healthy Eating Quiz](#)

[Heart Foundation – Healthy Eating and Living](#)

[Guidelines for preventive activities in general practice \(9th edition\)](#)

[Hunter New England Community Health Pathways](#)

[Central Coast Community Health Pathways](#)

[University of Newcastle -Laureate Professor Clare Collins and the Nutrition and Dietetics research team - No Money No Time](#)