

Resource list

Useful phone numbers

Australian Breastfeeding Association

Brisbane (07) 3844 6488
7-day Breastfeeding Helpline
(07) 3844 8166

13HEALTH 13 43 25 84

Lifeline 13 11 14

Child Health Information Service

Brisbane (07) 3862 2333
Freecall 1800 177 135

Kids Help Line 1800 55 1800

Parentline 1300 301 300

Poisons Information Centre 13 11 26

TravelSmart (07) 3253 4006

Sport and Recreation Queensland

1300 656 191

Women's Health

Brisbane (07) 3839 9988
Freecall 1800 017 676

Useful websites

The following websites contain a wide range of useful information on health, nutrition, and physical activity:

Australian Breastfeeding Association (ABA)

The Australian Breastfeeding Association is Australia's leading source of breastfeeding information and support to all sectors of the community. ABA is supported by health authorities and specialists in infant and child health and nutrition. ABA operates a 7-day Breastfeeding Helpline, where callers can contact volunteer breastfeeding counsellors to assist them with breastfeeding issues. ABA provides an electric breast pump hire service as well as mother-to-mother support through more than 75 Queensland groups.

Website: www.breastfeeding.asn.au



Australian Council for Health and Physical Education and Recreation (ACHPER) Queensland

ACHPER Queensland is a national, not-for-profit professional association representing people who work in the areas of health education, physical education, recreation, sport, dance, community fitness or movement science. The mission of the Council is to promote healthy lifestyles for all Australians and to study and promote its areas of focus. The ACHPER QLD website includes information about:

- events, such as the ACHPER QLD Women in Sport breakfast
- programs, such as Schools Network
- conferences, such as the ACHPER QLD State HPE Conference
- resources, such as the ACHPER Advocacy Kit.



Website: www.achper.org.au/

Australian Dental Association Queensland (ADAQ)

In Queensland, **ADAQ** is regarded as the recognised voice of dentistry. With around 90 per cent of registered dentists and dental specialists across the private and public sectors as members, the Association provides a most effective representative body.

ADAQ strives to promote the art and science of dentistry, to represent the profession and to provide services which promote the highest level of oral health in the community.



Website: www.ada.org.au/default.aspx

Australian Medical Association (AMA) Queensland

AMA Queensland is the peak medical body for doctors in Queensland and is committed to bettering public health in the State through a range of different initiatives. One of these is AMA Queensland's *Kids GP* campaign, which is aimed at providing an effective public health contribution towards the spiralling rates of overweight and obese children in Queensland. For more information about AMA Queensland's *Kids GP* campaign please visit *Kids GP* website.

Website: www.kidsgp.com.au/

Australian Indigenous Health *InfoNet*

The Australian Indigenous Health *InfoNet* is an innovative web resource that makes knowledge and information on Indigenous health easily accessible to inform practice and policy.

The web resource is a 'one-stop info-shop' for people interested in improving the health of Indigenous Australians. We provide quality, up-to-date knowledge and information about many aspects of Indigenous health, and support 'yarning places' (electronic networks) that encourage information-sharing and collaboration among people working in health and related sectors



Website: <http://www.healthinonet.ecu.edu.au/>

Brisbane Markets

Brisbane Markets Limited is involved in a range of activities to promote health and nutrition, support the fruit and vegetable industry and interact with our local community.

These include:

- The **Queensland Kids Fresh-Net** - a central information and materials resource for schools
- The **Fresh for Kids** program - multifaceted program to encourage school children to make healthy eating choices
- **Fresh Tastes** - a multifaceted program to provide support and reward excellence amongst independent fruit and vegetable retailers
- Local community and school sponsorships
- Sponsorship of **Life Education Queensland**

Website: www.brisbanemarkets.com.au/



The Cancer Council Queensland

The **Cancer Council Queensland** was established in 1961 and is the State's foremost anti-cancer organisation. It is an independent, community-based charity and is not government funded. The Cancer Council aims to reduce the impact of cancer - particularly the suffering it causes - and ultimately to eliminate the disease, by raising funds to advance cancer research; improve cancer treatment; support people with cancer, their family and friends; and increase community awareness of cancer, its prevention and early detection.

Website: www.cancerqld.org.au/default.asp



The Coeliac Society of Australia

The State Societies aim to give information and support to medically diagnosed coeliacs and their families, sufferers of dermatitis herpetiformis and those medically diagnosed as requiring a gluten free diet. Advice and information is given about the gluten free diet, ingredients, where to buy, recipes and cooking, overseas travel, educational material, as well as research information. Support groups have been set up throughout the States and Territories where members can meet to give support and exchange ideas and information.

Website: qld.coeliacsociety.com.au



Diabetes Australia Queensland

Diabetes Australia - Queensland is a not-for-profit organisation dedicated to improving the lives of people with diabetes. Diabetes Australia Queensland is a member-based association and is part of the national organisation, Diabetes Australia Ltd. Diabetes Australia Queensland was formed in 1968 and currently has over 44,000 members. The organisation's vision is an Australian community free from diabetes and its impacts.

Website: www.daq.org.au/



Dietitians Association of Australia (DAA)

DAA is the largest professional nutrition organisation in Australia with over 3000 members. Accredited practising dietitians (APDs) are university-qualified professionals committed to quality service and the DAA Code of Professional Practice. The DAA website gives practical, up-to-date information on nutrition and healthy eating and provides an online 'find an APD' service.



Website: www.daa.asn.au/

Eat Well Be Active

The Eat Well Be Active website is a goldmine of fact sheets, downloads, information, recipes and advice.



Website: www.health.qld.gov.au/eatwellbeactive/default.asp

Food Standards Australia and New Zealand

Food Standards Australia New Zealand (FSANZ) is an independent statutory agency established by the *Food Standards Australia New Zealand Act 1991*. Working within an integrated food regulatory system involving the governments of Australia and the New Zealand Governments, we set food standards for the two countries. FSANZ is part of the Australian Government's Health and Ageing portfolio.

The ultimate goal is: A safe food supply and well-informed consumers. FSANZ develops food standards, and joint codes of practice with industry, covering the content and labelling of food sold in Australia and New Zealand. In addition, we develop Australia-only food standards that address food safety issues – including requirements for primary production - and maximum residue limits for agricultural and veterinary drug residues.

Using our skills, knowledge, and scientific capabilities, we develop food standards for composition, labelling and contaminants, including microbiological limits, that apply to all foods produced or imported for sale in Australia and New Zealand.



Website: www.foodstandards.gov.au

Formula for Life

Formula for Life is one of Australia's most comprehensive dietary and analysis websites. In addition to nutrition information, Formula for Life also gives you free access to more than 140 recipes and healthy eating tips as well as lifestyle tips, information on food groups, nutrients, vitamins, minerals, vegetables, diet related diseases and more.

The site is consistent with contemporary Australian standards and has applied recognised government agency standards. However, given recent changes to the National Health and Medical Research Council's Nutrient Reference Values (2006), nutrient-specific analysis may not provide up-to-date information. The website is free to use. It is developed and supported by Queensland vegetable growers and Growcom, Queensland's peak horticulture body.



Website: www.formulaforlife.com.au/

Gut Foundation

The Gut Foundation provides professional and public education and promotes research into digestive disorders to improve gastrointestinal health. Information provided explores both a) terms of understanding the process of digestion and absorption and b) how that might affect the development of subsequent diseases.

There is also information on how to manage common problems, including the very common irritable bowel syndrome and dyspepsia, together with other more serious diseases, such as colorectal cancer. website features interactive presentations on anatomy, endoscopy, colonoscopy, sigmoidoscopy, wireless video capsule endoscopy, etc.

Website: www.gut.nsw.edu.au/



The Heart Foundation

The Heart Foundation, Australia's leading heart health organisation, has developed the *Walk of Life - for all walks of life* campaign and a booklet called *Losing Weight the Healthy Way*, with easy and clear tips to help you achieve and maintain a healthy weight and a healthy lifestyle.

The Heart Foundation saves lives by funding world-class research, guidelines for health professionals, informing the public and assisting people with cardiovascular disease. As a charity, the Heart Foundation relies on donations and gifts in wills to continue its lifesaving research, education and health promotion work.

For further information visit Heart Foundation or call 1300 36 27 87.

Website: www.heartfoundation.com.au/



International Lactation Consultants Association

The International Lactation Consultant Association (ILCA) is the professional association for International Board Certified Lactation Consultants (IBCLCs) and other health care professionals who care for breastfeeding families.

The vision is a worldwide network of lactation professionals. Their mission is to advance the profession of lactation consulting worldwide through leadership, advocacy, professional development, and research.

Website: www.ilca.org/



Lactation Resource Centre

Australian Breastfeeding Association's Melbourne-based Lactation Resource Centre specialises in providing comprehensive information and resources on all aspects of human lactation. Study modules and the latest research articles on breastfeeding are available for a fee.

Website: www.breastfeeding.asn.au/lrc/lrc.html



National Health and Medical Research Council (NHMRC)

NHMRC is Australia's peak body for supporting health and medical research; for developing health advice for the Australian community, health professionals and governments; and for providing advice on ethical behaviour in health care and in the conduct of health and medical research. Clinical Practice Publications are also available.

Website: www.nhmrc.gov.au/



Nutrition publications www.nhmrc.gov.au/publications/subjects/nutrition.htm

Nutrition Australia

Nutrition Australia (the registered business name for the Australian Nutrition Foundation Inc.) is a non-government, non-profit community-based organisation that aims to provide scientifically based nutrition information to encourage all Australians to achieve optimal health through food variety and physical activity.



Website: www.nutritionaustralia.com.au/

Queensland Divisions of General Practice (QDGP)

The QDGP is the peak representative body for divisions of general practice in Queensland. QDGP promotes the central role of general practice in primary health care by ensuring that key stakeholders and general practice work together in a supported environment.

Established in 1997 and representing 18 Divisions in Queensland, QDGP aims to influence and implement primary health care reform in Queensland.



Website: www.qdgp.org.au/

Queensland Health: Health Information Directory

The Health Information Directory provides access to online health and wellbeing information.

The fact sheets and other resources on this site are constantly expanded and regularly reviewed.



Website: www.health.qld.gov.au/healthtopics/result.asp?browseaz=N

Sport and Recreation New Zealand (SPARC)

The SPARC website is dedicated to getting New Zealanders moving. It features some great ways to help people get more active, including the Online Activator, which helps individuals to choose physical activities to suit their lifestyle; and Action Packs for Kids, which has loads of fun ideas to get kids active.



Website: www.sparc.org.nz/getting-active

Sport and Recreation Queensland

Sport, Recreation and Racing is proactively working towards helping Queenslanders become more active.

As the lead agency responsible for implementing the Queensland Government's sport and recreation policies, we work with sporting organisations, councils, schools, Indigenous organisations and the wider community to increase participation, develop better skills in the industry and create better places and opportunities for sport and recreation.



Website: www.sportrec.qld.gov.au/

Queensland Government programs

10,000 Steps

The *10,000 Steps* program aims to increase the day-to-day activity of Queenslanders and Australians by encouraging the accumulation of 'incidental' physical activity as part of everyday living. The program used the *10,000 Steps* per day message as a way to help people to increase their activity levels.

The Queensland Government supported the initial *10,000 Steps* Rockhampton project and then the further development of the *10,000 Steps* program and *10,000 Steps* website so that others can implement program activities and promote physical activity in their local communities. It is free for community groups and organisations to become a registered provider of *10,000 Steps* activities.

The *10,000 Steps* website has a range of physical activity resources and information, including an online Steplog, a workplace challenge, a pedometer library loan scheme and walkway signage; plus information packages for GPs and other health professionals.

Website: www.10000steps.org.au/



Easy Steps

Easy Steps is a toolkit for planning, designing and promoting safe walking is a resource that has been prepared by Queensland Transport to assist local local governments through the provision of a range of tools to help them improve walking environments in Queensland through the provision of through a range of tools, information and encouragement. The series of *Easy Steps* modules are designed to assist council managers, planners and engineers plan for, promote and provide for increased walking levels in their local area.

Website: www.transport.qld.gov.au/Home/Safety/Road/Pedestrians/Pedestrian_easy_steps



Go for 2&5® fruit and vegetable campaign

Queensland Health launched the *Go for 2&5®* fruit and vegetable campaign in October 2005 to increase awareness of the need to eat more fruit and vegetables; and to encourage all Queenslanders to increase their intake of fruit and vegetables by 1 serve per day.

The Australian Guide to Healthy Eating recommends eating at least 5 serves of vegetables and 2 serves of fruit per day. Prior to the campaign, Queensland adults were only eating 2.1 serves of vegetables and 1.4 serves of fruit each day.

Since the *Go for 2&5®* fruit and vegetable campaign was introduced there have already been improvements in Queenslanders' intake of fruit and vegetables. Phase 1 campaign results from a survey conducted in 2006 shows an increase in fruit intake by 0.1 serve per person a day, and an increase in vegetable intake by 0.3 per person per day. This amounts to an overall reported increase in consumption by 0.4 per person per serve, which is well on the way to achieving the campaign target.

The Phase 1 results show that the creative approach using the 'Vege Man' character has been successful in encouraging Queenslanders to eat more fruit and vegetables every day. Phase 2 of the 4.5 year campaign introduced the colourful 'Dame Edna' character and included the launch of the *Go for 2&5®* website in August 2006.

The website includes a large range of recipe ideas and helpful hints to include more serves of fruit and vegetables every day.

Website: www.qheps.health.qld.gov.au/gofor2and5/default.htm



Growing Strong, feeding you and your baby resources

Growing Strong resources have been developed by Queensland Health staff to provide evidence-based information about eating well during pregnancy as well as suggestions for dealing with some common food and nutrition related problems. Information is also provided about common breastfeeding issues including how to know when a baby gets enough breastmilk and correct positioning and attachment. The resources help to dispel myths and misinformation about feeding young children.

Currently the *Growing Strong* resources are designed for health workers to use with Aboriginal and Torres Strait Islander families. Fact sheets for community members are currently being developed.



Website: www.health.qld.gov.au and search 'Growing Strong'

Healthy Food Access Basket (HFAB) Surveys

HFAB surveys are conducted regularly to monitor the cost and availability of food throughout Queensland. The survey assesses the variability in costs and availability of a standard basket of basic healthy food items from nearly 100 stores in geographical locations across Queensland. The foods that are in the standard basket represent commonly available and popular foods.

As the HFAB survey has been repeated over time, the latest survey findings can be compared to survey findings from previous years. Reports from the 2000, 2001 and 2004 HFAB surveys are available on the Queensland Health website. A report from the latest HFAB survey, conducted in 2006, is currently under preparation. This will be available later in 2007.



Website: www.health.qld.gov.au and search 'Healthy Food Access Basket'

Lighten Up to a Healthy Lifestyle Program

Lighten Up to a Healthy Lifestyle is a group-based healthy lifestyle support program delivered by trained facilitators (community health nurses or allied health professionals) in selected community health centres in 27 Health Service Districts of Queensland Health. All Queenslanders who are either overweight or at risk of chronic diseases are eligible to participate in this community-based program.

Lighten Up to a Healthy Lifestyle does not focus on dieting or scales, but emphasises making healthy food choices, being physically active, setting realistic goals, modest weight loss, increasing self esteem and managing stress. The program is supported by a participant workbook which includes seven workshops covering increasing everyday physical activity, making better food choices, skills in reading food labels, shopping and adapting recipes, stress management and problem-solving.

Contact your local Community Health Centre (check the White Pages) to find out if the program is available in your area.



To order the *Lighten Up* workbook, phone 1800 679 778 or visit the [Queensland Government Publications](#) website, then choose 'Search catalogue' from the menu and enter LIGHTEN UP then SEARCH.

Smart Choices - healthy food and drink supply strategy for Queensland schools

Smart Choices, a major element of the Safe and Healthy Schools initiatives, is all about offering healthy food and drink choices to students in Queensland school settings. It applies to any place or event where food and drink is supplied in Queensland state schools, including tuckshops, fundraising, vending machines, excursions, camps, classroom rewards, sports days and curriculum activities.

Smart Choices is mandatory for all Queensland state schools from January 2007.

The Smart Choices website contains a resource package and tool kit that has been developed to help schools implement the strategy.

Website: www.education.qld.gov.au/schools/healthy/food-drink-strategy.html



TravelSmart

The TravelSmart program encourages and supports voluntary change in the behaviour of individuals and organisations to increase the use of environmentally-friendly transport such as walking, cycling and public transport. TravelSmart raises awareness through campaigns, improves access to information and promotes alternatives to car use. See the [TravelSmart website](#) for more information.

Website: www.transport.qld.gov.au/Home/General_information/Travelsmart/

