

## **Centre for Health Promotion publications**

The Centre for Health Promotion (CHP) provides quality health information to promote the health and wellbeing of children, youth and women in South Australia.

We provide a range of publications which are either free or available at low cost. All have been developed in consultation with consumers or educators and have undergone trialing and evaluation. Some are for families and the general community. Others have been developed for health services or education and care services such as schools, pre-schools, out of school hours (OSHC) and child care services where children spend much of their time.

Many of these publications, as well as a range of others are available on our website. We invite you to visit our site and join 'Keep up to date' to be kept informed.

You are also invited to contact our friendly staff at the Health Information Centre located at the Kermode Street entrance to the Women's and Children's Hospital for publications and information on a range of health topics. You may also be interested in attending our popular monthly health seminars for the SA community. These are advertised in the press.

*Dr Alison Smith*

Director Health Promotion

Women's and Children's Hospital

Children, Youth and Women's Health Service

## For the community

### Health information

#### 'Pregnancy and alcohol don't mix'

DL sized postcard and A3 poster for the general population and Aboriginal groups.



#### Healthy pregnancy:

##### 'Take folic acid', 'Avoid alcohol', 'Quit smoking'

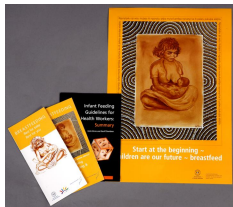
- Small postcard
- A3 poster



#### Breastfeeding

Materials developed with and for Indigenous community

- 'Breastfeeding: Best for baby, Best for you'. DL brochure. '
- Breastfeeding: What you need to know about smoking, drinking and drugs. DL brochure
- A3 poster depicting Indigenous woman breastfeeding her child. 'Children are our future: breastfeed'.



#### Health information brochures (A5)

- 'Baby basics Feeding'
- 'Baby basics: Sleeping'
- 'Child safety in the home'
- 'Eating well in pregnancy'
- 'Folic acid for women'
- 'Pregnancy and alcohol'
- 'Preparing for pregnancy brochure'
- 'Women's health in the middle years'

Downloadable from [www.wch.sa.gov.au/chp.html](http://www.wch.sa.gov.au/chp.html) - Resource Centre.



#### Healthy eating in early childhood

Illustrated, simple-English DL brochures produced by the SA Child Care Nutrition Partnership.



- 'Feeding your baby in the first year'
- 'Fussy eating'
- 'Give your baby's teeth a healthy start'
- 'Might your child have a food allergy?'
- 'Snacks for children aged 1 year and over'
- 'Constipation in children 6 months and over'

Downloadable from [www.wch.sa.gov.au/chp.html](http://www.wch.sa.gov.au/chp.html) - Resource Centre

#### Parent healthy eating fact sheets

Practical fact sheets for parents about providing healthy foods to children.

- 'CREATE healthy kids'
- 'CREATE healthy lunch boxes'
- 'CREATE healthy body image'
- 'CREATE healthy parties'

Downloadable from

[www.wch.sa.gov.au/chp.html](http://www.wch.sa.gov.au/chp.html) -Enjoy healthy eating



#### Free public health seminars

Free public health seminars are held monthly at the Women's and Children's Hospital. For topics and bookings contact the Health Information Centre.

#### Health Information Centre

Contact or visit the Centre for reliable health information on a range of topics.

Located at the Kermode Street entrance of the Women's & Children's Hospital  
72 King William Road, North Adelaide.

#### Opening hours:

9.30am to 4.00pm Monday to Friday

Ph: (08) 8161 6875 Fax: (08) 8161 6885

[cywhs.healthinformation@cywhs.sa.gov.au](mailto:cywhs.healthinformation@cywhs.sa.gov.au)



## For health and education services

### Promoting Australian Guidelines

The Centre for Health Promotion promotes Australian guidelines on healthy eating and physical activity. Guidelines provide information for educators and health professionals to use in their work, and health messages for the community. **Limited copies of the Guidelines on this page are available free from the CHP. For larger orders contact the Commonwealth on toll free: 1800 020 103 ext 8654, [phd.publications@health.gov.au](mailto:phd.publications@health.gov.au)**

### Dietary Guidelines for Australians

- 'Food for Health: Dietary Guidelines for Children and Adolescents in Australia' (DL brochure)
- 'Food for Health: Dietary Guidelines for Adults' (DL brochure)
- 'Food for Health: Dietary Guidelines for Australians' (A4 consumer booklet)
- 'Food for Health' (A3 poster)

Downloadable from

[www.nhmrc.gov.au/publications/nhome.htm](http://www.nhmrc.gov.au/publications/nhome.htm)



### Australian Guide to Healthy Eating (AGHE)

A package of materials about eating for good health. Provides the basis for consistent messages in education programs, nutrition resources and healthy menus.

Consists of:

- 'Summary information' (DL brochure)
- 'Background information for consumers' (A5 booklet)
- 'Australian Guide to Healthy Eating' (A4 poster and A1 poster)
- 'Background information for nutrition educators' (A4 booklet)

Downloadable from

[www.health.gov.au/pubhlth/strateg/food/guide](http://www.health.gov.au/pubhlth/strateg/food/guide)



### Australia's Physical Activity Recommendations for Children and Young People

DL brochures:

- 'Active kids are healthy kids' (5-12 years)
- 'Get out and get active' (12-18 years)

A2 poster:

- 'Get out and get active and surf more than the net' (5-18 years)

### National Physical Activity Guidelines for Adults

- 'An active way to better health' (DL brochure)
- 'An active way to better health' (A2 poster)

Downloadable from

[www.healthyactive.gov.au/news.htm](http://www.healthyactive.gov.au/news.htm)

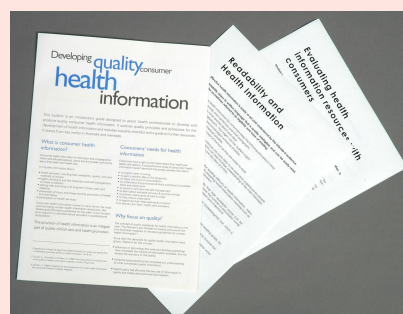


### Quality health information

CHP brochures supporting health professionals to develop quality health information. Includes information on involving consumers.

- 'Developing quality health information'
- 'Readability and health information'
- 'Evaluating health information resources with consumers'

Downloadable from [www.wch.sa.gov.au/chp.html](http://www.wch.sa.gov.au/chp.html) - Resource Centre.



## For health and education services continued

### For schools, out of school hours care and child care services

#### 'Be Active Take Steps'

A pedometer based health and physical education resource for school Years 4-8 to promote walking and active living. Based on research undertaken in 2003.



- Contains teacher's manual with physical activity, curriculum and classroom ideas, and photocopiable student diary. Cost: \$33.00
- Set of 30 student diaries. Cost: \$49.50

#### 'Drug Education R-12 Teacher Support Package'

An initiative of the Department of Education and Children's Services statewide Drug Strategy. A set of 4 teaching and learning activity manuals to support teachers to plan and deliver drug education.

- Early years
  - Primary years
  - Middle years
  - Senior years
- Cost: \$27.50 each

#### 'Food Matters'

A newsletter of the SA Child Care Nutrition Partnership promoting healthy eating in child care. Sent free to all SA early childhood settings. Includes illustrated simple-English inserts for families (see page 3). Recent issues:

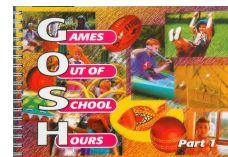


- 'Managing special diets in child care' 'Might your child have a food allergy?' (No 16)
- 'Feeding babies in their first year' (No 15)
- 'Dietary guidelines for children and adolescents'. 'Snacks for children aged 1 year and over' (No 14)
- 'Indigenous inclusion in early childhood services.' 'Give your baby's teeth a healthy start - Bottle rot' (No 13)

Downloadable from [www.wch.sa.gov.au/chp.html](http://www.wch.sa.gov.au/chp.html) - Quick link Food Matters.

#### 'Games Out of School Hours: Part 1'

83 active games for Out of School Hours Care services and schools. Based on research undertaken in 2001-02.



Games are designed for flexible numbers of children aged 5-12 years, variable 'spaces', minimal equipment and for use by non PE specialist teachers/carers. Cost: \$22.00

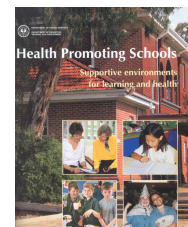
#### 'Guidelines for Food and Nutrition Policy in Child Care Centres'

A resource to help child care centres develop a healthy food and nutrition policy. Downloadable from: [www.wch.sa.gov.au/chp.html](http://www.wch.sa.gov.au/chp.html) - SA Child Care Nutrition Partnership.



#### 'Health Promoting Schools: Supportive environments for learning and health'

A manual for schools about the Health Promoting Schools approach. Includes case studies. Downloadable from [www.wch.sa.gov.au/chp.html](http://www.wch.sa.gov.au/chp.html) - Healthy environments. Cost: \$28.50



#### 'Health promotion: better health, better learning. Checklist'

A checklist for educators and health workers to complete together when planning or reviewing joint health promotion work with schools and preschools. Also downloadable from [www.wch.sa.gov.au/chp.html](http://www.wch.sa.gov.au/chp.html) - Healthy environments



#### 'Kids in the Kitchen' teaching kit

Contains:

- A teacher's manual about cooking with students, including healthy recipes.
- Supporting video.

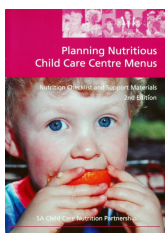
Cost: \$49.50



## For health and education services continued

### 'Planning nutritious child care centre menus' Nutrition checklist and support materials. 2<sup>nd</sup> edition.

A nutrition checklist and support materials for child care centres to plan healthy menus. Developed by SA Child Care Nutrition Partnership. Downloadable from [www.wch.sa.gov.au/chp.html](http://www.wch.sa.gov.au/chp.html) - SA Child Care Nutrition Partnership



### 'Sing Along, Move Along'

A teaching resource linking nutrition themes with music, movement and dance. Suitable for junior primary students and OSHC. Contains:

- Teacher's booklet of song lyrics, activity ideas and health information
- 1 CD of six original songs. Cost: \$22.00



### 'Virtually Healthy'

The CHP's newsletter promoting whole school approaches to health and wellbeing. Sent free to all SA schools, OSHC and community health services each term. Recent issues look at:

- Health/education partnerships (39)
- Whole school approaches (38)
- Resilience and optimism (37)
- Physical activity (36)
- Health promotion in schools (35)
- Healthy food at school (34)

Downloadable from [www.wch.sa.gov.au/chp.html](http://www.wch.sa.gov.au/chp.html) - Quick link Virtually Healthy.



### 'Walk and Talk'

A language, literacy and physical activity program for young children, developed in collaboration with Noarlunga Health Services.



Developed and trialed in 2004-05. Suitable for preschools, junior primary schools, OSHC and child care. Based on children, teachers/carers and families undertaking a 'walk and talk' in the local community. Includes:

- A manual with learning activities and everything you will need to plan and conduct your walk
  - 1 'Walk and Talk' backpack for your walk,
  - 1 'Wowie' bear (28cm)
  - 1 rubber stamp.
  - 4 'Walk and Talk' A3 posters to promote your walk.
- Cost: \$73.70

### 'Walking The Ghan'

A teaching resource (CDRom) for schools to use with their Year 6 to 9 students. Features a virtual walk from Adelaide to Darwin in which students use pedometers to measure their daily step count.



Students 'walk' along The Ghan and learn about:

- Health
- The Ghan Railway
- Traditional and contemporary Indigenous issues
- European settlement and historical towns.

Cost: \$29.70.

## Websites

- **Centre for Health Promotion:** [www.wch.sa.gov.au/chp.html](http://www.wch.sa.gov.au/chp.html)  
The CHP site has publications and other information for the community, and education and health services. Includes the sites of the **Coalition on Food Advertising to Children, and the SA Child Care Nutrition Partnership**. Join the 'Keep up to date' function to be kept informed!
- **SA Health Promoting Settings Network:** [www.sahps.net](http://www.sahps.net)  
The CHP manages this free email network and website for those interested in health promoting schools, health promoting health services, and other special interest health promotion networks. Interested persons welcome to join!
- **'The Human Race':** [www.human-race.org](http://www.human-race.org)  
The CHP's web based health education program for schools supporting physical activity, personal development, and links with the community.
- **Women's and Children's Hospital:** [www.wch.sa.gov.au](http://www.wch.sa.gov.au)  
The WCH site has health information, as well as information about hospital services for patients, families and health professionals.
- **Child and Youth Health:** [www.cyh.com](http://www.cyh.com)  
This site has information on an extensive range of health issues for young people and the community.
- **Children, Youth and Women's Health Service:** [www.cywhs.sa.gov.au](http://www.cywhs.sa.gov.au)  
The site of the new health service formed from the Women's and Children's Hospital and Child and Youth Health. The Centre for Health Promotion is part of the CYWHS.