

## Resources that can support NSW Health Healthy Eating and Active Living (HEAL)

Are able to be tailored to audiences and integrated into events, sessions, education; information stands; content for newsletters and social media etc.



<https://www.healthyliving.nsw.gov.au/>

### Health Promotion contact/s for relevant order forms and link pages:

- **Karen Bedford** [bedford@health.nsw.gov.au](mailto:bedford@health.nsw.gov.au)
- **Darrell Killick** [Darrell.Killick@health.nsw.gov.au](mailto:Darrell.Killick@health.nsw.gov.au) (to forward on to relevant Health Promotion. Health and Work Team Officer)

### Healthy Living food portion plates

- Order form (request from contact/s) [HEAL Portion Plate Order form 23.docx](#)
  - Complete form and CC Karen Bedford or Darrell Killick
  - Provide specific details of delivery in instructions e.g. Deliver to Mary Smiths desk
  - Send for despatch to email link on the order form [moh-healthyliving@health.nsw.gov.au](mailto:moh-healthyliving@health.nsw.gov.au)
  - 30 of each version (General and Aboriginal)
  -
- **HEAL poster** with QR code to Health Habits Quiz (request from contact/s) [2023.03.06 231227 Easter Show 2023 - Health eating A3 poster PRINT.pdf](#)
- **HEAL BMI card** for Health Habits quiz to improve (request from contact/s) [2023.03.06 231227 Easter Show 2023 - healthy life A6 postcard 2up PRINT.pdf](#)
- **Get Healthy** access to free dietician and exercise physiologists- interpreters and translated materials
  - Many brochures can be printed from the Get Healthy website <https://www.gethealthynsw.com.au/health-professionals/free-resources/>
  - English, Chinese in language, Aboriginal access to liaison officers; Diabetes, alcohol reduction; for cancer, positive mental health; referral pathways to Quitline
  - And brochures, magnets and posters can be ordered – Order forms attached.
  - Order form (request from contact/s) [Get-Healthy-Stakeholder-Resource-Order-Form.pdf](#)
  - can keep original copy and photo copy for each order, hand write it (or if you are able to use PDF convert)

LOCATED: <S:\PROGRAM AREAS\PARTNERSHIPSJB\PLANNING\DIABETES PREVENTION PLAN\REPORTING1>

- Complete form and scan and send for despatch to email link on the order form [MOH-PopulationHealthResources@health.nsw.gov.au](mailto:MOH-PopulationHealthResources@health.nsw.gov.au)
- Provide specific details of delivery in instructions eg Deliver to Mary Smiths desk
- **NSW Healthy Active Aging Programs:**
  - **Healthy Active Living (HAL)** able to order DL flyers, brochures and magnets **only**
  - **Stepping On** - falls Prevention
  - Order form (request from contact/s) [Active Ageing Resource Order form.docx](#)
  - **Click form** to enter amounts and scan and send to [MOH-PopulationHealthResources@health.nsw.gov.au](mailto:MOH-PopulationHealthResources@health.nsw.gov.au)
- **Healthy Eating:** <https://www.eatforhealth.gov.au/guidelines> (All life stages, in languages and Aboriginal and Torres Strait Islander versions - select and tailour for audience event, session, etc.)
- **Physical Activity Guidelines:** <https://www.health.gov.au/topics/physical-activity-and-exercise/physical-activity-and-exercise-guidelines-for-all-australians> (All life stages - select and tailour for audience event, session, etc.)
- **Healthy Living Links**
  - Link pages can be requested from contact/s; can send electronically or printed out
  - Request from contact/s
  - Partners and Programs including Active Travel, walking and cycling for government and non-government workers [Useful Links Guide V3.pdf](#)
  - Eating Healthy on a budget [Eating well on a budget V3.pdf](#)
  - Local Gardening [Local Gardening and Healthy Eating OCT2022 .pdf](#)
  - Healthy Eating Catering Guidelines [Catering Guidelines .pdf](#)
- **Diabetes Australia** resources <https://www.diabetesaustralia.com.au/resources/>
- **National Heart Foundation** resources <https://shop.heartfoundation.org.au/collections/resources>
- **Quitline** – brochures – English, multicultural and Aboriginal and Torres Islander <https://www.cancer.nsw.gov.au/prevention-and-screening/preventing-cancer/quit-smoking/nsw-quitline>
- **Vaping** English and many languages <https://www.health.nsw.gov.au/vaping>

Note: This is a guide. You are able to search other health and social content for all ages, available brochures to order or print; free resources and existing programs to integrate into sessions, events; foyers; community and cultural centres; accommodation; support community members with their health and social journeys etc.

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