

# Resources for adolescent health and wellbeing

## Nutrition

- The Australian Dietary Guidelines:  
[www.eatforhealth.gov.au/sites/default/files/content/The%20Guidelines/n55f\\_children\\_brochure.pdf](http://www.eatforhealth.gov.au/sites/default/files/content/The%20Guidelines/n55f_children_brochure.pdf)
- Health Direct  
<https://www.healthdirect.gov.au/hydration-tips-for-children>
- Women, Youth and Children Nutrition, Canberra Health Services - Foodwise Fact Sheets  
[www.health.act.gov.au/services-and-programs/nutrition/women-youth-and-children-nutrition](http://www.health.act.gov.au/services-and-programs/nutrition/women-youth-and-children-nutrition)
- Healthy Kids, NSW Government  
[www.healthykids.nsw.gov.au/parents-carers/healthy-eating-and-drinking.aspx](http://www.healthykids.nsw.gov.au/parents-carers/healthy-eating-and-drinking.aspx)
- Better Health Victoria, VIC Government  
[www.betterhealth.vic.gov.au/health/healthyliving/Teenagers-and-healthy-eating](http://www.betterhealth.vic.gov.au/health/healthyliving/Teenagers-and-healthy-eating)
- Dietitians Association Australia  
[www.daa.asn.au/smart-eating-for-you/smart-eating-fast-facts/teens/](http://www.daa.asn.au/smart-eating-for-you/smart-eating-fast-facts/teens/)
- ACT Nutrition Support Service, Nutrition Australia  
[www.actnss.org/home/nutrition-info-hub/](http://www.actnss.org/home/nutrition-info-hub/)
- Healthy Kids Association  
[www.healthy-kids.com.au/food-nutrition/](http://www.healthy-kids.com.au/food-nutrition/)
- The Victorian Aboriginal Community Controlled Health Organisation  
[www.vaccho.org.au/resources/npa/ttts/](http://www.vaccho.org.au/resources/npa/ttts/)
- Raising Children Network  
[www.raisingchildren.net.au/teens](http://www.raisingchildren.net.au/teens)
- Connect up 4 Kids, Capital Health Network  
[www.chnact.org.au/connect-up-4-kids-family-resources](http://www.chnact.org.au/connect-up-4-kids-family-resources)

## Physical activity and sedentary behaviour

- The National Physical Activity, Sedentary Behaviour, and Sleep Recommendations for Children and Young People (5-17 years)  
[www.health.gov.au/internet/main/publishing.nsf/Content/F01F92328EDADA5BCA257BF0001E720D/\\$File/brochure-24hr-guidelines-5-17yrs.pdf](http://www.health.gov.au/internet/main/publishing.nsf/Content/F01F92328EDADA5BCA257BF0001E720D/$File/brochure-24hr-guidelines-5-17yrs.pdf)

- The National Physical Activity, Sedentary Behaviour, and Sleep Recommendations for Families  
[www1.health.gov.au/internet/main/publishing.nsf/Content/F01F92328EDADA5BCA257BF0001E720D/\\$File/brochure%20PA%20Guidelines\\_A5\\_Families.PDF](http://www1.health.gov.au/internet/main/publishing.nsf/Content/F01F92328EDADA5BCA257BF0001E720D/$File/brochure%20PA%20Guidelines_A5_Families.PDF)
- Girls make your move, Department of Health  
[www.campaigns.health.gov.au/girlsmove](http://www.campaigns.health.gov.au/girlsmove)
- Healthy Kids, NSW Government  
[www.healthykids.nsw.gov.au/kids-teens/stats-and-facts-teens/teens-physical-activity/guidelines-and-recommendations.aspx](http://www.healthykids.nsw.gov.au/kids-teens/stats-and-facts-teens/teens-physical-activity/guidelines-and-recommendations.aspx)
- Raising Children Network  
[www.raisingchildren.net.au/teens/healthy-lifestyle/physical-activity/physical-activity-teens](http://www.raisingchildren.net.au/teens/healthy-lifestyle/physical-activity/physical-activity-teens)
- Sports Dietitians Australia  
[www.sportsdietitians.com.au/section/children/](http://www.sportsdietitians.com.au/section/children/)

## Sleep

- Health Direct  
[www.healthdirect.gov.au/healthy-sleep-habits](http://www.healthdirect.gov.au/healthy-sleep-habits)
- Better Health Victoria, VIC Government  
[www.betterhealth.vic.gov.au/health/healthyliving/teenagers-and-sleep](http://www.betterhealth.vic.gov.au/health/healthyliving/teenagers-and-sleep)
- Queensland Health  
[www.health.qld.gov.au/news-events/news/health-in-your-teens-sleep](http://www.health.qld.gov.au/news-events/news/health-in-your-teens-sleep)
- SA Health  
[www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/healthy+living/healthy+sleep](http://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/healthy+living/healthy+sleep)
- Sleep Health Foundation  
[www.sleephealthfoundation.org.au/teenage-sleep.html](http://www.sleephealthfoundation.org.au/teenage-sleep.html)
- Raising Children Network  
[www.raisingchildren.net.au/teens/healthy-lifestyle/sleep/sleep-teens](http://www.raisingchildren.net.au/teens/healthy-lifestyle/sleep/sleep-teens)

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