Join the Kids – ‘Go for your life’
Health Professionals’ Network

Leading the way in promoting physical activity and healthy eating to Victorian children and families

YES I wish to register as a member of the Kids – ‘Go for your life’ Health Professional’s Network

Contact Details

Name: __________________________

Position: _______________________ 

Organisation: ____________________

Address: _________________________

Phone: __________________________

Email: __________________________

Local Government Area/s: ________

Please indicate your profession:

☐ MCH Nurse
☐ Health Promotion Officer
☐ Health and Social Planner
☐ Active After School Coordinator
☐ Aboriginal Health Worker
☐ Pediatrician
☐ Project Officer/Coordinator
☐ Physiotherapist
☐ Occupational Therapist
☐ Exercise Physiologist

☐ Community Dietitian
☐ School Nurse
☐ Community Nurse
☐ Sport and Recreation Officer
☐ Psychologist
☐ General Practitioner
☐ Project/Program Manager
☐ Speech Pathologist
☐ Dentist

Other (Please specify) ________________________

Do you currently provide support to the following children’s settings?

☐ Primary Schools
☐ Early Childhood Services

Kids – ‘Go for your life’

Kids – ‘Go for your life’ is a statewide initiative funded by the State Government and managed by Diabetes Australia – Vic and The Cancer Council Victoria. Kids – ‘Go for your life’ is leading the way to create healthier Victorian children who enjoy healthy eating and physical activity every day.

Kids – ‘Go for your life’ supports children’s settings, such as child care centers, kindergartens, family day care and primary schools, as well as local communities, health professionals and families in the promotion of healthy eating and physical activity to children. The aim is for children to establish healthy habits at an early age so the principles of good health are taken into adulthood. The initiative targets children aged 0–12 years.

The Kids – ‘Go for your life’ Health Professionals’ Network provides an opportunity for health professionals to be part of the Kids – ‘Go for your life’ Health Professionals’ Network membership.

Benefits of membership

- Kids – ‘Go for your life’ Health Professionals’ Network welcome pack
- Kids – ‘Go for your life’ Health Professionals’ Network membership certificate
- Access to advice from Kids – ‘Go for your life’ State Team
- Regular newsletters and email updates
- Local and state-wide media promotional opportunities
- An opportunity to register your contact details and how you can support settings on the Award Program members CDs
- Kids – ‘Go for your life’ award program resources, presentations, posters, handouts, parent tip sheets and more
- FREE professional development including regional forums and six monthly Kids – ‘Go for your life’ Health Professionals’ Network forums
- Ideas and strategies for linking with the Kids – ‘Go for your life’ social marketing plan
- Planning tools to assist coordination of local healthy eating and physical activity initiatives
- A chance to share ideas and achievements with others

How to get involved

Complete the Kids – ‘Go for your life’ Health Professionals’ Network application form.

Fax back to: 03 8648 1826
Or post to: Kids – ‘Go for your life’ Health Professionals’ Network
570 Elizabeth St, Melbourne, VIC, 3000

Healthy families and children
Help families be active and eat well by providing information and resources

Healthy communities
Develop professional networks and employ local coordinators to create local environments that support healthy eating and physical activity

Healthy children’s settings
Support and award children’s settings (e.g. primary schools, early childhood services) to make healthy eating and physical activity a regular part of every child’s day

Healthy message campaign
Increase awareness and adoption of Kids – ‘Go for your life’ healthy eating and physical activity messages

Leadership and coordination
Lead and coordinate statewide healthy eating and physical activity programs and resources for children and families

Health professionals
Provide information, training and support to health professionals to promote healthy eating and physical activity to children and families

What type of support do you/could you provide to children’s settings?

Early childhood
- Awareness raising activities
- Staff in-services
- Parent workshops
- Links to community services/networks
- Assistance with planning
- Support healthy eating and physical activity award criteria
- Support for food service provision
- Support physical activity award criteria
- Assistance with policy development
- Referral services for families

Primary schools
- Awareness raising activities
- Staff in-services
- Parent and prep transition day workshops
- Link to community services/networks
- Assistance with planning
- Support healthy eating award criteria
- Support for healthy canteen/food services
- Support physical activity award criteria
- Assistance with policy development
- Referral services for families

Would you like to have your contact details and what you could offer as support registered on the Award Program Member CD (this CD is received by children’s settings that are members of the Award Program and is linked to website)?
- Yes
- No

To promote local partnerships and encourage networking, do you give Kids – ‘Go for your life’ permission to add your contact details to the list of health professionals that have joined the network in your local area (list will be on website)?
- Yes
- No

Kids – ‘Go for your life’ Health Professionals’ Network Agreement

I understand as a member of the Kids – ‘Go for your life’ Health Professionals’ Network I will:
- Maintain integrity of the Kids – ‘Go for your life’ healthy messages, resources and programs.
- Provide information consistent with state and national guidelines including the Australian Guide to Healthy Eating and Australia’s Physical activity recommendations for children and young people.

_________________________ ____________________
Signed Date

_________________________
Name