

**Proudly partnering to**

**make healthy happen**

## **Our programs**

### **My health for life**

My health for life is a free lifestyle program helping Queenslanders to live well and lessen their risk of developing a chronic disease. The program is delivered by qualified health professionals, empowering people with support, knowledge, and practical tools to achieve their health goals.

### **Deadly Choices**

Empowers First Nations people to make healthy choices for themselves, their families and communities – to eat good food, exercise daily and to stop smoking. Deadly Choices also encourages First Nations people to access their local Community Controlled Health Service and complete an annual Health Check.

### **10,000 Steps program**

Raises awareness and increases participation in physical activity by encouraging the accumulation of incidental activity as part of everyday living through a free program for individuals, workplaces and communities with step-counting, challenges and walkway signage.

### **QCWA Country Kitchens program**

Builds the capacity of the QCWA volunteer members to support regional, rural and remote Queensland communities to improve their health by adopting healthier lifestyle practices.

### **Healthier Tuckshops program**

Supports school tuckshop convenors, volunteers and operating organisations to increase opportunities for tuckshops to offer and promote healthy food and drinks in Queensland school tuckshops.

### **Clinicians Hub**

A digital ecosystem of initiatives, resources and tools for multi-disciplinary health professionals to support best-practice prevention, identification, treatment and management of overweight or obesity.

### **A Better Choice**

A Queensland public health approach designed to make it easier for Queenslanders to access healthy food and drink options in places outside the home. A Better Choice focuses on promoting food and drinks in line with the Australian Guide to Healthy Eating, and uses a traffic light system to classify products according to their nutritional value.

### **Gather + Grow**

Focuses on improving food insecurity in remote Aboriginal and Torres Strait Islander communities in the Torres Strait, Cape York and Lower Gulf regions of Queensland.

### **Pick of the Crop**

Provides a whole school healthy eating program aimed at increasing the opportunities for Queensland primary school students to learn about and eat more vegetables and fruit.

### **Podsquad**

Podsquad is a free play-based learning app to help families create healthy habits. Using behavioural science, the Podsquad app explores the topics of nutrition, physical activity and sleep, to encourage children and families to make lasting changes that support their health and wellbeing.



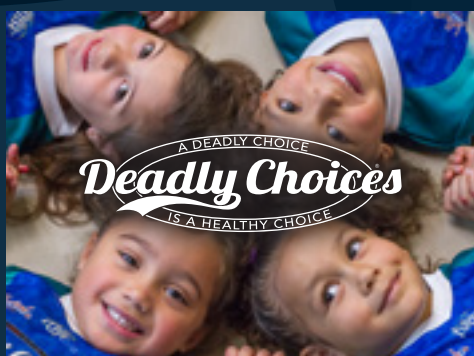
Find out more, and  
**#boostyourhealthy**  
**[www.hw.qld.gov.au](http://www.hw.qld.gov.au)**



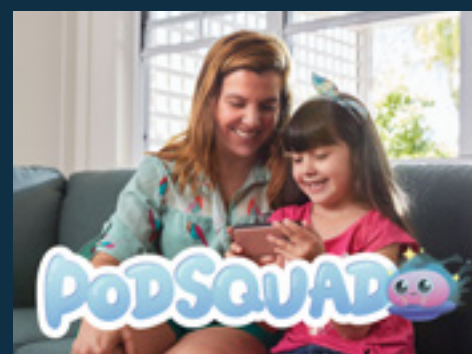
**Queensland  
Government**

It's not just our name

It's our promise



Whether it's our very own programs, or supporting and funding community-based prevention programs already achieving amazing results – Health and Wellbeing Queensland is committed to working together to *make healthy happen.*



Find out more, and  
#boostyourhealthy  
[www.hw.qld.gov.au](http://www.hw.qld.gov.au)



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