References

The Move Well Eat Well Award Program was developed through an extensive consultation and review process. It is based significantly on the Victorian Kids-‘Go for your life’ program.

Key references used for the adaptation of materials to the Tasmanian context

**General**


**Tap into Water Everyday**

Move Well Eat Well

Plant Fruit and Veg in Your Lunchbox


Limit ‘Occasional’ Foods


Move, Play and Go


Turn Off, Switch to Play

Move Well Eat Well

Stride and Ride


Health Promoting School


OTHER REFERENCES USED IN THE DEVELOPMENT OF VICTORIAN ‘KIDS GO FOR YOUR LIFE’ SOURCE MATERIALS:

Childhood overweight and obesity


Magarey, A. M, Daniels, L. A., & Boulton T. J. (2001) Prevalence of overweight and obesity in Australian Children and Adolescents:


VicHealth Fact Sheet: Obesity, VicHealth.


Eating disorders


Health Promoting Schools


**Childhood obesity prevention in school settings**


**Physical activity**


NSW Centre for Overweight and Obesity, (2004), NSW Schools Physical Activity and Nutrition Survey (SPANS) 2004; Full report. NSW Department of
Move Well Eat Well


Healthy Eating


