

Healthy Kids, Healthy Families Program (Logan)

Our Healthy Kids, Healthy Families Program is a free community program that empowers families on their journey to a healthy lifestyle.

Referral criteria

Any Maori and Pacific Islander families with children whose ages range from 4 up to 18 years old.

Session details

We offer a free culturally tailored program for Maori and Pacific Islander families to learn about health, nutrition and physical activity. The program runs over an eight week period covering the following topics:

Culture and health

Exploring how cultural values influence the health of Maori and Pacific Islander families.

Healthy drinks

Aims to provide helpful tips for swapping out sugary drinks with water and the benefits this has on living a healthy lifestyle.

Healthy eating

Empowering families to live a healthy lifestyle through healthy eating practices. This includes planning and preparing healthy meals and snacks.

Physical activity and sedentary behaviour

Supporting families with practical tips in being more physically active and less sedentary.

Positive parenting and behaviour Practices

Looking how each family member can contribute to the family values through role modeling positive language and behaviour.

Program details

Programs are run as home visits during the week including after school. Families can determine a time suitable for them. The team consists of three multicultural health workers with support from a nutritionist.

Referral information

CHQ referrals

Complete the *CHQ Referral to Allied Health Services form for Nutrition and Dietetics* https://qheps.health.qld.gov.au/_data/assets/pdf_file/0027/715833/500015.pdf

External referrers

Complete a general referral letter and clearly identify the referral is for the Good Start Program – Healthy Kids, Healthy Families Program (Logan).

Submit your completed referral and supporting information to the Queensland Children's Hospital Referral Centre via email:
CHQ-LCCH-REF@health.qld.gov.au

Please note that families can also self refer themselves to the program by contacting the Good Start Program via the contact details below.



Contact us

t 0408 918 401
e goodstart@health.qld.gov.au
w www.childrens.health.qld.gov.au