



### ***What is HealthInsite?***

HealthInsite ([www.healthinsite.gov.au](http://www.healthinsite.gov.au)) is an Internet gateway designed to help you find reliable, high quality Australian health information for your family.

The site links to information on all sorts of health and lifestyle issues – over 11,000 resources provided by HealthInsite partners including government agencies, private non-profit organisations and support groups.

HealthInsite is managed by the Australian Department of Health and Ageing, and all partners have been approved to ensure they provide good quality health information.

### ***How does HealthInsite work?***

It's easy! Just type a topic in the search box, or use the pathways to find information about a whole range of healthy lifestyle issues like diseases, life stages and population groups.

### ***How healthy and active is your family?***

HealthInsite is not just about diseases. You can access information and quizzes on how healthy your family is, and how you can lead a healthier lifestyle through nutrition and being more physically active.

Some useful links include:

Body Mass Index

<http://www.health.gov.au/pubhlth/strateg/hlthwt/obesity.htm>

Body Image

[http://www.healthinsite.gov.au/topics/Body\\_Image](http://www.healthinsite.gov.au/topics/Body_Image)

Children, Young People and Obesity

[http://www.healthinsite.gov.au/topics/Children\\_Young\\_People\\_and\\_Obesity](http://www.healthinsite.gov.au/topics/Children_Young_People_and_Obesity)

Exercise, Fitness and Sports

[http://www.healthinsite.gov.au/topics/Exercise\\_Fitness\\_and\\_Sports](http://www.healthinsite.gov.au/topics/Exercise_Fitness_and_Sports)

Exercise for Children

[http://www.healthinsite.gov.au/topics/Exercise\\_for\\_Children](http://www.healthinsite.gov.au/topics/Exercise_for_Children)

Exercise for Young People

[http://www.healthinsite.gov.au/topics/Exercise\\_for\\_Young\\_People](http://www.healthinsite.gov.au/topics/Exercise_for_Young_People)

Eating Well for Children

[http://www.healthinsite.gov.au/topics/Eating\\_Well\\_for\\_Children](http://www.healthinsite.gov.au/topics/Eating_Well_for_Children)

Eating Well for Young People

[http://www.healthinsite.gov.au/topics/Eating\\_Well\\_for\\_Young\\_People](http://www.healthinsite.gov.au/topics/Eating_Well_for_Young_People)

### ***More information***

Visit [www.healthinsite.gov.au](http://www.healthinsite.gov.au). You can also subscribe to Health*Insite*'s free monthly e-newsletter, full of useful hints and tips on leading a healthy and active lifestyle, and the latest news from our information partners.

If you would like some Health*Insite* materials for your school or community organisation, brochures, pens, fridge magnets and posters are available by contacting the Health*Insite* team on 02 6289 7125.