

GO4FUN[®] Referral Process

Measure

Track and record child's growth by conducting routine height and weight checks.

For information on how to appropriately assess the child, visit: <https://pro.healthykids.nsw.gov.au>

Eligibility

Is the child 7-13 years old?
Is the child's BMI above a healthy weight range?

If you answered YES to BOTH of these questions, the child is eligible for the Go4Fun Program.

Refer

Complete the referral form in pack or download from <http://www.wslhd.health.nsw.gov.au/resources> and fax or email (details found on Referral Form).

What next?

Child is registered into a program. You will receive a letter confirming the child has been registered.

Child and family attend the 10 week program.

At program completion you will receive a report outlining the changes your patient has made during the program.

Included is pre and post measurements:

- BMI
- waist measurements
- recovery heart rate
- health related behaviour changes

For more information please visit <http://www.wslhd.health.nsw.gov.au/refer> OR email wslhd-go4fun@health.nsw.gov.au



HEALTHYEATING
ACTIVE LIVING