

## Nutrition and Dietetics John Hunter Children's Hospital

### Referrals:

Please include: medical history, medications, growth charts/ centiles - longitudinal data better, relevant biochemistry

### Referral prioritises:

1. Failure to thrive < 1yr + Growth issues due to medical conditions
2. Growth issues for specialty services without dietitian attached
3. Growth issues 1+year

Referrals not seen: fussy eating, issues without medical or growth issues

Health pathways log in:      username: hnehealth

   Password: p1thw1ys

Health eating	
Nutrition screening health pathway	<a href="https://hne.communityhealthpathways.org/42485.htm">https://hne.communityhealthpathways.org/42485.htm</a>
HNEkids - health eating healthy weight	<a href="http://www.hnekidshealth.nsw.gov.au/eathealthy">http://www.hnekidshealth.nsw.gov.au/eathealthy</a>
Healthy kids for professionals	<a href="https://pro.healthykids.nsw.gov.au/arrange/">https://pro.healthykids.nsw.gov.au/arrange/</a>
Good for kids good for life	<a href="http://www.goodforkids.nsw.gov.au/">http://www.goodforkids.nsw.gov.au/</a>
Dairy Australia:foods that do good - no. serves	<a href="http://www.dairyhealth.com.au/professionals/dietitians/resources-for-your-patients">http://www.dairyhealth.com.au/professionals/dietitians/resources-for-your-patients</a>
Meat and Livestock Australia: meal planning	<a href="https://www.mlahealthymeals.com.au/healthy-eating/">https://www.mlahealthymeals.com.au/healthy-eating/</a>
Make healthy normal	<a href="https://www.makehealthynormal.nsw.gov.au/">https://www.makehealthynormal.nsw.gov.au/</a>
HNE kids factsheets:	<a href="http://www.hnekidshealth.nsw.gov.au/site/fact-sheets">http://www.hnekidshealth.nsw.gov.au/site/fact-sheets</a>
Raising Children Network	<a href="https://raisingchildren.net.au/">https://raisingchildren.net.au/</a>
Royal Childrens Hospital Factsheets	<a href="https://www.rch.org.au/kidsinfo/">https://www.rch.org.au/kidsinfo/</a>

Better Health Channel	<a href="https://www.betterhealth.vic.gov.au/healthyliving/healthy-eating">https://www.betterhealth.vic.gov.au/healthyliving/healthy-eating</a>
Healthy Kids - eat well, get active	<a href="https://www.healthykids.nsw.gov.au/">https://www.healthykids.nsw.gov.au/</a>
Australian Dietary Guidelines	<a href="https://www.eatforhealth.gov.au/">https://www.eatforhealth.gov.au/</a>
Live Lighter	<a href="https://livelighter.com.au/">https://livelighter.com.au/</a>
Girls Make Your Move:	<a href="https://campaigns.health.gov.au/girlsmove">https://campaigns.health.gov.au/girlsmove</a>
Centre for Eating and Dieting Disorders	<a href="http://cedd.org.au">http://cedd.org.au</a>
<b>Calculators and checklists</b>	
Healthy Weight (BMI) Calculator for Age and Gender:	<a href="http://pro.healthykids.nsw.gov.au/calculator">http://pro.healthykids.nsw.gov.au/calculator</a>
Nutrition Calculators: energy and nutrient requirements	<a href="https://www.eatforhealth.gov.au/eat-health-calculators">https://www.eatforhealth.gov.au/eat-health-calculators</a>
Sugary Drinks Calculator:	<a href="https://livelighter.com.au/SugaryDrinks/Calculator">https://livelighter.com.au/SugaryDrinks/Calculator</a>
Junk Food Calculator	<a href="https://livelighter.com.au/junkfood/calculator">https://livelighter.com.au/junkfood/calculator</a>
<b>Programs</b>	
Go4Fun	<a href="https://go4fun.com.au/">https://go4fun.com.au/</a>
Get Healthy Information and Coaching Service NSW:	<a href="https://www.gethealthynsw.com.au">https://www.gethealthynsw.com.au</a>
Back2Basics Family Online Nutrition Program	<a href="https://www.newcastle.edu.au/newsroom/current-staff/Back2Basics-family-online-nutrition-program">https://www.newcastle.edu.au/newsroom/current-staff/Back2Basics-family-online-nutrition-program</a>
Dads and Daughters Exercising and Empowered	<a href="https://www.dadee.net.au/">https://www.dadee.net.au/</a>

<b>infants</b>	
Childrens Health Queensland hospital and health services	<a href="https://www.childrens.health.qld.gov.au/chq/our-services/community-health-services/centre-childrens-health-wellbeing/babys-first-foods/">https://www.childrens.health.qld.gov.au/chq/our-services/community-health-services/centre-childrens-health-wellbeing/babys-first-foods/</a>
Better Health channel:	<a href="https://www.betterhealth.vic.gov.au/healthyliving/healthy-eating">https://www.betterhealth.vic.gov.au/healthyliving/healthy-eating</a>
HNEkids factsheet- starting solids	<a href="http://www.hnekidshealth.nsw.gov.au/site/content.cfm?page_id=680559&amp;current_category_code=16117">http://www.hnekidshealth.nsw.gov.au/site/content.cfm?page_id=680559&amp;current_category_code=16117</a>
<b>Fussy eating</b>	
HNEkidsfact sheet	<a href="http://www.hnekidshealth.nsw.gov.au/site/content.cfm?page_id=680560&amp;current_category_code=16117">http://www.hnekidshealth.nsw.gov.au/site/content.cfm?page_id=680560&amp;current_category_code=16117</a>
<b>Poor weight gain</b>	
HNEkids factsheet : infants	<a href="http://www.hnekidshealth.nsw.gov.au/site/content.cfm?page_id=680564&amp;current_category_code=16117">http://www.hnekidshealth.nsw.gov.au/site/content.cfm?page_id=680564&amp;current_category_code=16117</a>
HNEKids factsheets : children	<a href="http://www.hnekidshealth.nsw.gov.au/site/content.cfm?page_id=680563&amp;current_category_code=16117">http://www.hnekidshealth.nsw.gov.au/site/content.cfm?page_id=680563&amp;current_category_code=16117</a>
<b>Iron deficiency</b>	
HNEkids factsheet:	<a href="http://www.hnekidshealth.nsw.gov.au/site/content.cfm?page_id=680567&amp;current_category_code=16117">http://www.hnekidshealth.nsw.gov.au/site/content.cfm?page_id=680567&amp;current_category_code=16117</a>
Meat and Livestock Australia: meal planning	<a href="https://www.mlahealthymeals.com.au/healthy-eating/">https://www.mlahealthymeals.com.au/healthy-eating/</a>
<b>Budget</b>	
Better Health Channel	<a href="https://www.betterhealth.vic.gov.au/health/HealthyLiving/healthy-budget-tips">https://www.betterhealth.vic.gov.au/health/HealthyLiving/healthy-budget-tips</a>

<b>Constipation</b>		
Health pathway:	<a href="https://hne.communityhealthpathways.org/14683.htm">https://hne.communityhealthpathways.org/14683.htm</a>	
HNEkids factsheet:	<a href="http://www.hnekidshealth.nsw.gov.au/site/content.cfm?page_id=680500&amp;current_category_code=16117">http://www.hnekidshealth.nsw.gov.au/site/content.cfm?page_id=680500&amp;current_category_code=16117</a>	
Royal Childrens Hospital Factsheets	<a href="https://www.rch.org.au/rch/patients-families/The_Royal_Children's_Hospital:_Patients_Families">https://www.rch.org.au/rch/patients-families/The Royal Children's Hospital : Patients Families</a>	
<b>Lactose Intolerance</b>		
Royal Childrens Hospital Factsheets	<a href="https://www.rch.org.au/rch/patients-families/The_Royal_Children's_Hospital:_Patients_Families">https://www.rch.org.au/rch/patients-families/The Royal Children's Hospital : Patients Families</a>	
<b>Food Allergy</b>		
Health Pathways	<a href="https://hne.communityhealthpathways.org/15643.htm">https://hne.communityhealthpathways.org/15643.htm</a>	
ASCIA	<a href="https://allergy.org.au/patients/food-allergy">https://allergy.org.au/patients/food-allergy</a>	
HNEkids factsheet:	<a href="http://hnekidshealth.nsw.gov.au/site/index.cfmHNEkidshealth_-_world_class_paediatric_healthcare">http://hnekidshealth.nsw.gov.au/site/index.cfmHNEkidshealth - world class paediatric healthcare</a>	
Raising Children:	<a href="https://raisingchildren.net.au/">https://raisingchildren.net.au/</a>	
<b>Autism</b>		
Raising Children Network	<a href="https://raisingchildren.net.au/">https://raisingchildren.net.au/</a>	

