




Speech By
Hon. Cameron Dick

MEMBER FOR WOODRIDGE

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MINISTERIAL STATEMENT

Advancing Health 2026; 10,000 Steps Challenge

 **Hon. CR DICK** (Woodridge—ALP) (Minister for Health and Minister for Ambulance Services) (2.44 pm): Honourable members would be aware that the central aim of our government's 10-year vision and strategy for health, Advancing Health 2026, is to make Queenslanders among the healthiest people in the world by 2026. We believe strongly in partnering with community organisations to achieve this aim. Consequently—and in delivering on one of our election commitments—we have awarded a \$27 million contract to Diabetes Queensland, which will coordinate a group of non-government organisations to deliver a statewide prevention program called Health for Life!

These organisations are the National Heart Foundation Queensland, the National Stroke Foundation, the Queensland Aboriginal and Islander Health Council, the Ethnic Communities Council of Queensland and the Queensland University of Technology. Queensland primary health networks and other healthcare providers will also be involved in this initiative. The goal of this program is to change the lives of 10,000 Queenslanders and encourage them to become fitter and healthier. The program aims to address poor diet, insufficient physical activity, being overweight or obese, high blood pressure and high blood cholesterol. These all place people at risk of developing type 2 diabetes, cardiovascular disease and lifestyle related cancers. The Health for Life! program will support people who are at high risk of developing these conditions to make positive changes so they can live a happier and healthier lifestyle.

Health for Life! will offer a free health risk assessment and structured six-month lifestyle modification program. This will be available through over-the-phone health coaching, group programs and online support options. A priority for this program will be helping people living in rural and remote locations, Aboriginal and Torres Strait Islander Queenslanders and people from culturally and linguistically diverse backgrounds. The program will also target adults aged 45 and over and people living with a pre-existing condition that places them at high risk of developing chronic disease. Investments like this not only improve the health of Queenslanders but also play a part in building a stronger and more sustainable healthcare system.

Closer to home, I would like to thank you, Mr Speaker, the Clerk and Ms Lisa Rayner of the Queensland Parliamentary Service for establishing the 10,000 Steps Challenge right here at Parliament House. I would encourage all honourable members to strap on their pedometers and participate. If members and staff participate fully, they will walk a distance equivalent to walking from Port Douglas to Hobart, but they can do it without leaving the precinct. I could think of nothing better! There are signs advertising this around the parliamentary precinct, and I would encourage honourable members to sign up.