



Speech By  
**Jennifer Howard**


**MEMBER FOR IPSWICH**

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**MATTERS OF PUBLIC INTEREST**

**My Health for Life**

 **Ms HOWARD** (Ipswich—ALP) (2.37 pm): The Palaszczuk government is playing its role in helping Queenslanders to make better health decisions that lead to better health outcomes. This government made a commitment to making Queensland a healthier state, and we are taking another terrific step forward in making this happen. My Health for Life is a healthy lifestyle program aimed at those who are at high risk of developing chronic conditions such as cardiovascular disease, stroke and type 2 diabetes. This free, personalised program has been designed to help get their health back on track so they live and age well and avoid developing chronic disease.

Last year we funded Diabetes Queensland \$27 million over four years to deliver My Health for Life. This program is free for eligible participants and is delivered in collaboration with the Healthier Queensland Alliance which also includes the heart and stroke foundations. Earlier this year we rolled out My Health for Life in regional Queensland, and we know from what we are hearing so far that this program is efficient and effective in delivering results for Queenslanders.

On 4 October I attended the official launch of the My Health for Life initiative for the greater Brisbane region which was held at Terry White Chemmart pharmacy in Ipswich. I would like to thank Minister Cameron Dick, Diabetes Queensland CEO Michelle Trute and Bob Slater of Terry White Chemmart for coming to the launch and showing how the program can help people address health and lifestyle factors that put them at risk of developing chronic disease.

My Health for Life provides free support to eligible South-East Queenslanders to help them adopt and maintain healthy lifestyle changes that are both achievable and sustainable in the long term. We know that around 390,000 Queensland adults are likely to either have diabetes or be at risk of developing it. Diabetes is a significant problem in the Ipswich and West Moreton region, with around 20,000 adults either having diabetes or being at risk of developing it in the future. The adult obesity rate in this region alone is more than 42 per cent higher than the state average.

Cardiovascular disease is also the state's second largest cause of death and stroke is responsible for the death of 10,000 Queenslanders every year. Unhealthy lifestyle choices increase the risk of these serious and sometimes life-threatening conditions, often without warning. Everyone wants to make healthy choices, but sometimes this is not always easy. My Health for Life recognises that everyone has their own motivations for wanting to achieve better health and the program's design is a great practical fit for Ipswich and West Moreton residents looking to make a change for the better.

The Palaszczuk government's Advancing health 2026 10-year vision will aim to make Queenslanders among the healthiest people in the world, and I commend Minister Cameron Dick on this initiative. As part of this vision, My Health for Life will support Queenslanders to achieve weight loss, improve mental wellbeing, improve physical fitness, reduce stress levels and increase the knowledge about how to live a healthier, happier life. Already people who have participated in the

program are reporting positive changes such as weight loss, increased physical activity and improvements in their mental wellbeing. It further shows how the Palaszczuk government is committed to improving the lives of Queenslanders, whether that be providing free or affordable health services like My Health for Life or by introducing concessions and rebates that bring down the cost of household and business expenses such as power bills.

In Ipswich the rising cost of living has led to a great deal of stress and hardship for households and businesses. I commend the Palaszczuk government for delivering a range of concessions that reduces the cost of living for Queenslanders and allows them to access services more affordably. It particularly resonates in my electorate.

Our recently announced Affordable Energy Plan is one such way this government is reducing cost-of-living pressures. Through our \$300 million energy affordability package, we will deliver real savings to Queenslanders. We will put into place affordability measures such as the price pledge, which ensures electricity prices stay below inflation for the next two years. We will deliver a \$50 annual rebate to households and will make it more affordable for households to purchase energy efficient appliances with the energy efficient appliance rebate.

The Palaszczuk government is committed to making Queensland a more affordable place to live and work. Through the My Health for Life program, this government is committed to creating a lifestyle that encourages and supports residents to make healthy choices that are both practical and inexpensive. I look forward to seeing the improvements that My Health for Life can deliver for people in Ipswich and South-East Queensland. I would like to take this opportunity to mention Bob Slater again for the work that he does in Ipswich and for his commitment to better health. I strongly commend this initiative to the House.