




Speech By
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ADJOURNMENT

Women's Health Week

 **Mrs MULLEN** (Jordan—ALP) (7.13 pm): This week is Women's Health Week. According to a recent survey, whilst Australian women are smoking less and exercising more, most still feel anxious on a daily basis. The Women's Health Survey—conducted by not-for-profit organisation Jean Hailes for Women's Health—interviewed 15,000 women from across Australia. The survey found that almost 70 per cent of women felt nervous, anxious or on edge nearly every day and 34 per cent reported that they did not get enough time to themselves on a weekly basis. While 70 per cent reported doing at least two hours of exercise per week, more than 50 per cent described themselves as overweight or obese. The data provides compelling insights into the wellbeing of today's women who have been christened the sandwich generation as they grapple with children and careers on one end and ageing parents on the other.

Certainly, from my discussions with women in my electorate, a lack of time is seen as one of the biggest barriers to women making positive health changes. The survey showed that, whilst more than 78 per cent of Queensland women said they could easily get to a doctor and local health service if required, almost 57 per cent said they did not have enough time in their day to attend appointments for health checks. I know the Queensland government is doing some great work in the space of preventative health—such as My Health for Life, a fantastic program where participants receive personalised health coaching and support; and the 'Healthier. Happier.' website through Queensland Health which focuses on the small changes that can help women be that little bit healthier.

For this Women's Health Week, I teamed up with some local health services and small businesses in my electorate using myself as the guinea pig to encourage all women in the Jordan electorate to put themselves first and make their own good health a priority. It was great to spend time with the team at Souffit Studio in Springfield Central for a boxing session—and that was really good fun—knowing that physical activity and exercise can have immediate and long-term benefits. I also got my teeth checked by Dr Ann from Flagsmile Dental in Flagstone and my eyes tested by Dr Paul from Springfield Lakes Eyecare, as we now know that healthy teeth, gums and eyes can be a good indicator of your general health and flag potential problems.

I had some amazing healthy food prepared by the wonderful team at Raw Energy, who also happen to be next to my office so there was no excuse there. Finally, I caught up with the wonderful clinical staff at the Mater Private Hospital in Springfield to discuss the importance of women having more regular health checks, including blood pressure screening, cervical cancer screening, cholesterol checks, breast cancer screening and diabetes checks. I would like to thank all of the great businesses and health services which joined me in this mini campaign to give women in the Jordan electorate a gentle but firm nudge to take greater care of themselves this Women's Health Week.