

2016

HEALTH HUB BACK IN EUMUNDI BY POPULAR DEMAND

A year after AMA Queensland's Health Hub was launched at Eumundi markets, doctors are back on the Sunshine Coast to continue their fight against chronic lifestyle-related diseases.

Dr Mason Stevenson said the grassroots approach to health had proved popular.

"A simple check-up can flag potential health problems before they become serious – but doctors can't help someone they never see," Dr Stevenson said.

"So if people won't come to us, we get in front of them."

He said hundreds of Queenslanders had visited Health Hubs in Cairns, Springfield and the Gold Coast.

"Many were surprised to find they were not as healthy as they thought they were," he said.

"So we have expanded the range of services we offer. As well as checking blood pressure and BMI, we now also test lung function and eye health."

AMA Queensland's mobile Health Hubs aim to raise awareness of the need for people to see their GP regularly.

AMA Queensland President Dr Chris Zappala said a statewide system of Health Hubs – general practices supported by local clinical services – could ease growing demand on the hospital system.

"There are more than 146,000 avoidable hospital visits in Queensland annually^[i], largely because of chronic illnesses that could be managed effectively by a GP," Dr Zappala said.

"Health Hubs that act as a gateway to the wider healthcare system would vastly improve preventative healthcare and contribute to a healthier Queensland."

AMA Queensland's Health Hub proposal is part of its five-year Health Vision for Queensland, which recommends ways for the State Government to improve public health, doctor training and primary care.

For more about AMA Queensland's Health Vision visit www.amaq.com.au.

NOTE:: Health Hub at Eumundi Markets, 6am to 2pm, Saturday 12 November 2016.

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^[i] Australian Institute of Health and Welfare. 2016. *Admitted patient care 2014-15: Australian hospital statistics*