

## Media Release

### Chiefs of Staff, News Directors

Friday, June 27, 2014

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## Aspiring nurses and doctors spread health message at Rocherlea Football Club

Nursing and medical students from the University of Tasmania's Faculty of Health Sciences will be performing "HealthChecks@theFooty" at Rocherlea Football Club tomorrow.

While the on-field action will be the clash between Rocherlea and Bracknell, off-field spectators will be invited to have a health check focussing on preventing cardiovascular disease and cancer, with students providing risk assessment for diabetes and brief counselling regarding health-related behaviours (smoking, exercise, diet and cancer screening).

There will also be representatives from the Cancer Council and Tasmanian Medicare Locals providing health-related information.

University of Tasmania's Launceston Clinical School senior lecturer Dr Kathryn Ogden said that the aim is to engage members of the community, particularly men, in basic health checks and encourage them to follow-up with their GP if an issue is identified.

"It's a great opportunity for our students to develop and practice important skills, as well as providing a service to the community," she said.

"We hope to be able to screen people who might not see their GP very often, talk to them about the things that they should be doing to look after their health,

and encourage them to find some time to see their GP regularly.

“We have been taking students to Agfest and offering this free service for several years – now we have the chance to do a similar thing with a different group – and potentially a group which could really benefit from the opportunity to have a free health check.”

Students will also be running activities with children which focus on healthy eating – they will include apple swirls and other fruit, an opportunity for kids to practice their chopstick skills, and a colouring activity.

There will also be an anatomical model for students to demonstrate where the organs of the body sit and what they look like.

The initiative is also supported by Relationships Australia.

**Information released by:**

University of Tasmania, Communications and Media Office

Phone: 61 3 63245019

Email: [Lana.Best@utas.edu.au](mailto:Lana.Best@utas.edu.au)