Media Release

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Prevent illness and sustain wellness

Brisbane, QLD, Friday 13 March 2009

On Monday, General Practice Queensland released its election submission Healthy Queenslanders 2009 -2012 to the government and opposition for consideration.

“Our submission proposes a range of practical, evidence based solutions that align with the current health care reviews” said Dr John Kastrissios General Practice Queensland Board Chair.

Dr Kastrissios said “Solutions focus on continuing to lower coronary heart disease and stroke mortality rates, reducing childhood obesity and formalising a state wide chronic disease preventative alliance”.

Coronary heart disease and stroke are the major causes of mortality and morbidity and remain 11% higher in Queensland than other states.

“Cardiovascular health checks through general practice will improve early identification of people at high risk of developing cardiovascular disease and increase access to timely and appropriate health services” said Dr Kastrissios.

Dr Kastrissios said General practitioners can play a significant role in reducing childhood obesity through their contact with families. Approximately, 21% of 5 to 7 years olds reported being overweight and obese and evidence has shown that overweight and obese children are prone to become overweight and obese adults.

Investing in a state wide preventative alliance also aims to reduce the burden of chronic disease by better linking multiple health agencies into the community.

“By collectively engaging Queensland’s 3500 general practitioners, 1755 practice nurses as well as allied health professionals we can become the healthiest state by 2020” Dr Kastrissios said.

“Prevention, early intervention and better integration across the health sector will best make use of the health care dollar in times of fiscal constraint” said Dr John Kastrissios General Practice Queensland Board Chair.

For more information please contact:
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General Practice Queensland provides strategic leadership, advocacy and representation for its member divisions and general practice.

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