

**9 August 2017**

## **Mobile health lab aims to reduce chronic disease during National Science Week**

An interactive mobile health laboratory will tour the Top End between 11 and 18 August as part of National Science Week, to spark people's interest in science and health, and demonstrate how lifestyle choices can impact people's future health.

Menzies School of Health Research's mobile HealthLAB, uses the latest health technology to measure participants' health and inform them about the impacts of smoking, alcohol misuse and diet, which can increase the risk of major chronic diseases such as diabetes, cancer, kidney disease, obesity and cardiovascular disease.

As part of the tour, HealthLAB will visit two remote communities and also provide the opportunity for Darwin and Kakadu residents and tourists to learn more about their health.

Associate Professor Heidi Smith-Vaughan, HealthLAB Director, said HealthLAB will engage and interact with people to show them how to make the right lifestyle choices to lower their risk of developing chronic diseases.

"By educating people about long-term health implications, we aim to promote positive health behaviours and empower people to reduce the risks of developing health issues later in life for themselves and future generations," Assoc Prof Smith-Vaughan said.

HealthLAB, run by dietitians, sonographers, clinical professionals and scientists, aims to give participants, especially young people and school children, the confidence to look after their health and make positive lifestyle changes.

Due to a National Science Week grant, HealthLAB will visit Bathurst Island, Parliament House, Darwin, Bowali Visitors Centre, Kakadu and Gunbalanya during National Science Week.

National Science Week HealthLAB dates:

Friday 11 August 2017		Xavier College, Bathurst Island
Tuesday 15 August 2017	9am – 1pm	Parliament House, Darwin*
Wednesday 16 August 2017	12pm – 4pm	Bowali Visitors Centre, Kakadu*
Friday 18 August		Gunbalanya School

**\*Open to the public**

For more information about HealthLAB, visit [www.menzies.edu.au/HealthLAB](http://www.menzies.edu.au/HealthLAB)

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### **Media contact:**

Paul Dale, senior communications officer, phone (08) 8946 8658 or email [communications@menzies.edu.au](mailto:communications@menzies.edu.au)

### **Menzies School of Health Research**

Menzies School of Health Research is one of Australia's leading medical research institutes dedicated to improving Indigenous, global and tropical health. Menzies has a history of over 30 years of scientific discovery and public health achievement. Menzies works at the frontline, joining with partners across the Asia-Pacific as well as Indigenous communities across northern and

central Australia. Menzies collaborates to create new knowledge, grow local skills and find enduring solutions to problems that matter.