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Check-up gives health insight

MORE than 4000 Territorians have had their heart, lungs and general health checked at a mobile lab. The Menzies School of Health and Research runs HealthLAB, a free initiative that visits public spaces and schools around the NT.

HealthLAB is run by a dietitian, nurse, sonographer, doctor, scientist and trainees, and provided a range of tests.

Associate professor at Menzies Heidi Smith-Vaughan said people had learnt about their body fat percentage and its association with chronic disease, about poisons in lungs related to smoking or second-hand smoke, and found their blood pressure and what it means for

long-term health.

"Our participants can take their own health measurements and they can talk to a

range of health experts," she said. "We aren't collecting data. It's all about health education. Everybody gets a health report card and we have an app."

Last Friday students at Taminmin College got an insight into their health. "It's all hands-on and it's all about them and personalises health education. They love it," Ms Smith-Vaughan said.

Now in its third year, the HealthLAB's annual Darwin Ladies Long Lunch is on again to raise funds for the program.

Guest speakers for the event on May 26 include Dr Donna Odegaard AM, actor Mary Coustas (Effie) and Heidi Smith-Vaughan from Menzies.

Tickets \$175pp on sale at stickytickets.com.au/49819/2017_darwin_ladies_long_lunch



Madison Lodge and Tahlayne Reynolds learnt about arteries when HealthLAB arrived at Taminmin College

Picture: KATRINA BRIDGEFORD