



# Media Release

## Health Checks at BEEF 2021 bolster better rural health

**30 April 2021:** BEEF 2021 delegates are being urged to grab the opportunity for a free health check while they are in Rockhampton for the triennial event.

RDAQ Foundation, which offered free health checks at BEEF 2015 and 2018, will again team up with medical students from The University of Queensland to provide health screening and offer lifestyle advice.

Foundation Chair Dr Dan Halliday said the health checks encouraged people to see their GP, promoted healthy lifestyles and provided insights into the obstacles to better health in regional, rural and remote areas.

“A significant proportion of those attending the free health clinic in 2018 had not seen a doctor for five years. This demonstrates the value of providing this service at BEEF,” he said.

“In 2018, the median age of participants in the health checks was 55-64. The highest proportion of participants (33.7 per cent) were aged 65-74. Nearly half (48.8 per cent) were categorised as high risk for developing Type 2 Diabetes. Issues relating to mental health were also raised by participants.

“The health check initiative also provides opportunities for young medical students to get involved in rural health care and develop an understanding of the needs and challenges of rural communities and to learn from doctors experienced in rural health”.



RDAQ Foundation Chair  
Dr Dan Halliday

“Equally importantly the RDAQ Foundation is also able to use data from these health checks to better inform programs and research into the future.”

**RDAQ Foundation health checks are available free to the general public from health stations located in RDAQ Foundation Stand (OP74) in the Town Square Precinct.**

**The health checks will be available Monday 3 May and Friday 7 May from 11am to 3pm and on Tuesday 4 May to Thursday 6 May from 9.30am to midday and 1pm to 3.30pm.**

RDAQ Foundation is a health charity established by rural doctors to support better health for rural and remote communities. It is committed to addressing health inequities in rural and remote communities. RDAQ Foundation Chair, Dr Daniel Halliday, is the Medical Superintendent, Stanthorpe Hospital.

**The following representatives are available for interview:**

Dr Dan Halliday Chair - RDAQ Foundation – photo [here](#).  
Fran Avon – General Manager – RDAQ Foundation

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### Media contacts:

Fran Avon (RDAQ Foundation) on 0407 236 341

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**Anyone wishing to donate to RDAQ Foundation, to fund innovative health initiatives in rural and remote communities, is encouraged to do so by visiting [www.ruraldoctorsfoundation.org.au](http://www.ruraldoctorsfoundation.org.au)**  
**Donations are tax deductible.**