



CHRONIC DISEASE IN REGIONAL AND RURAL AUSTRALIA:

OBESITY, PROSTATE
CANCER AND MENTAL
HEALTH CONFERENCE

THURSDAY, OCTOBER 18

CONFERENCE PROGRAM

Resilient Regions Week,
October 2018

Major Partners



Darling Downs
Health



CHRONIC DISEASE IN REGIONAL AND RURAL AUSTRALIA:

OBESITY, PROSTATE CANCER AND MENTAL HEALTH CONFERENCE



Jaden Frame
General Manager,
TSBE Health

On behalf of TSBE and our event partners, we are delighted to welcome you to the 2018 Conference on Chronic Disease in Regional and Rural Australia: Obesity, Prostate Cancer and Mental Health.

Each year, USQ's Institute for Resilient Regions hosts a week of activities highlighting its research programs and partnerships aimed at improving the prosperity, health and well-being of regional and rural Australians. This year their theme is on chronic disease with a focus on obesity, prostate cancer and mental health in regional and rural communities, and asking the question.

Are we being innovative with the solutions?

As part of this year's Resilient Regions activities, TSBE is facilitating a full day conference on Thursday and a half day community forum on Friday.

We are currently experiencing a divide between urban and rural Australia in terms of healthcare. This disparity between the health of regional and urban communities will be the focus during the Resilient Regions Conference.

The conference will bring together international research experts, health professionals and key regional stakeholders, we aim to discuss the challenges and opportunities for bridging the urban and regional divide in Australia and promote innovative solutions for better health and well-being.

The community forum on the 19th October will showcase a successful community wellness program that has achieved some significant results. We will also be addressing behaviour change and how we can increase our chance of adopting new practices in the quest to improve our own health and wellness.

Conference Partner



Coffee Sponsor



PROGRAM OUTLINE

THURSDAY, OCTOBER 18 - CONFERENCE - ALLISON DICKSON THEATRE, UNIVERSITY OF SOUTHERN QUEENSLAND, TOOWOOMBA

9:30 AM REGISTRATION

SESSION 1

10:30 AM Official Welcome
Ali Davenport, CEO, Toowoomba and Surat Basin Enterprise

11:00 AM **Dr Adam Coltzau**, Federal President, Rural Doctors Association of Australia, **"The Elephant in the Room"**
- Addressing obesity and chronic disease in the bush

11:20 AM **Professor Rob Newton**, Associate Dean, Medical and Exercise Sciences, Edith Cowan University, **Exercise Medicine Implementation in Cancer Management**

11:40 AM **Plenary on Surviving Prostate Cancer in Regional Australia**

Jim Hughes AM, Chair, Prostate Cancer Foundation of Australia (PCFA)

Professor Jeff Dunn AO, Chair Social & Behavioural Science, USQ

12:20 PM Panel Discussion

12:40 PM Lunch

SESSION 2

1:40 PM **Dr Rolf Gomes**, CEO, Heart of Australia

2:00 PM **Alison Abbott**, Principal Advisor, Work Health Design Branch WHSQ, **Being innovative in your reach – workplaces as a targeted setting approach**

2:20 PM **Liz Harburg**, Strategic Health Advisor, Diabetes Queensland, **Investigating key current interventions in obesity prevention and chronic disease management and delving into the causes and challenges of obesity and chronic disease that often sit in the shadows**

2:40 PM **Ivan Frkovic**, Commissioner, Queensland Mental Health Commission, **Commissioner's Address**

3:10 PM Panel Discussion

3:20 PM Afternoon Tea

SESSION 3

4:00 PM **Professor Joanne Aitken**, General Manager - Research, Cancer Council Queensland, **The Australian Cancer Atlas: what does it say about regional differentials in prostate cancer?**

4:20 PM **John Payne**, Lived Experience Speaker on behalf of Open Minds, **Lived Experience, an insider's view to masculinity and the barriers to seeking support**

4:40 PM Closing address

CONFERENCE CLOSE

FRIDAY, OCTOBER 19 - COMMUNITY FORUM, UNIVERSITY OF SOUTHERN QUEENSLAND, TOOWOOMBA

9:00 AM Welcome Address, Cr Geoff McDonald, Toowoomba Regional Council

9:05 AM **Dr Diane Harner**, Managing Director and Founder, CleverMinds Consulting

9:50 AM **Melinda Covey-Hansen**, Toowoomba Change Project

10:20 AM **Merrilyn Strohfeldt**, Chief Executive Officer, Darling Downs and West Moreton PHN

10:35 AM Vote of Thanks | Event Close

SESSION ONE



Dr Adam Coltzau,
President, Rural Doctors Association of Australia

Dr Coltzau is a Graduate of the University of Queensland with 16 years experience as a rural doctor at St George in South West Queensland. Dr Coltzau works at the St George Hospital and the St George Medical Centre and provides Emergency care, Obstetrics and Anaesthetics services as well as community general practice to St George and surrounding towns. He holds fellowship of both the Royal Australian College of General Practitioners and the Australian College of Rural and Remote Medicine. He is a former President of the Rural Doctors Association of Queensland, co-founder and Board Chair of the RDAQ Foundation and the 2017 RACGP Queensland General Practitioner of the Year. He is the current President of the Rural Doctors Association of Australia.



Professor Rob Newton,
Associate Dean, Medical and Exercise Sciences and Research Professor, Exercise Medicine Research Institute, Edith Cowan University Perth

Professor Robert Newton, PhD, AEP, CSCS*D, FESSA, FNSCA, with current major research directions include: reducing decline in strength, body composition and functional ability in cancer patients; cancer related fatigue and the influence of exercise; exercise medicine and tumour biology.

Professor Newton has published over 350 refereed scientific journal articles, 450 conference abstracts and papers, two books, 16 book chapters and has a current Scopus h-Index of 69 with his work being cited 16,000 times. As of 2018 his research had attracted over \$35Million in competitive research funding. In 2018 he received the career achievement award from the Cancer Council WA and was a finalist for Western Australian of the Year and finalist for the Premier's Science Award.



Jim Hughes, AM
Jim Hughes AM – National Chairman, PCFA

Jim has had an eleven year involvement with PCFA. He has held senior positions in the insurance industry throughout Australia over many years and is actively involved in community activities.

He is a Senior Associate of the Australian and New Zealand Institute of Insurance and Finance and a graduate of the Australian Institute of Company Directors.

He is a past lecturer on corporate risk management and business strategy formulation on behalf of the Australian Institute of Company Directors. Jim is a Director of Youi Insurance, Ambooriny Burru Charitable Foundation and KRED Enterprises Charitable Trust. He is also a patron of the Apex Foundation of Australia and a Life Governor of the Apex Clubs of Australia.



Professor Jeff Dunn, AO
Chair, Social and Behavioural Science, University of Southern Queensland

Professor Jeff Dunn is Centre Director for Health, Informatics and Economic Research at the University of Southern Queensland where he leads a team of health researchers in addressing geographic disparities in cancer outcomes across rural and regional Queensland.

From 2002 - 2017, Professor Dunn was Chief Executive Officer of the Cancer Council Queensland where his substantive responsibilities were the strategic direction and executive operational management of this high profile successful non-profit health organisation.

In 2014, Professor Dunn was appointed an Officer in the General Division of the Order of Australia (AO) for distinguished service to medical administration through leadership roles.

SESSION TWO



Dr Rolf Gomes

Chief Executive Officer, Heart of Australia

Heart of Australia is the brainchild of Brisbane Cardiologist Dr Rolf Gomes, a husband and father of three young children.

Rolf's vision for Heart of Australia is to revolutionise the delivery of first-class specialty services to rural and remote communities.

He is bringing specialist health services to rural, remote and regional Australians, giving much needed specialist medical care that is often taken for granted in the city



Alison Abbott

Principal Advisor, Work Health Design Branch
WHSQ

Alison has a background in public health, health promotion and community development and has worked in partnership with organisations and population groups to improve the health, safety and wellbeing in the community, schools and workplaces. In her current role she supports organisations to take a systems based approach in creating healthy and safe workplaces to improve the health of workers and business productivity.

She thrives on finding out what works, doesn't work and building the knowledge, skills and the evidence in preventing injury and illness.



Liz Harburg

Strategic Health Advisor, Diabetes
Queensland

Liz Harburg has a background in Nutrition and Dietetics and public health. Like many health professionals, she earned her stripes as a new graduate in South West Queensland delivering community based nutrition programs in Charleville and Roma and the surrounding areas, she then went on to work in more community nutrition roles in regional and remote areas of Western Australia.

With a keen interest in food security and food supply and the role it can play in chronic disease prevention and management Liz is keenly aware of the additional challenges that rural remote communities face in maintaining a healthy lifestyle and preventing chronic disease.

Over the last 8 years Liz has worked in a number of roles in Diabetes Queensland spanning from primary prevention to diabetes management and is currently a key member for the organisation's executive team providing strategic advice on service planning, policy and partnerships.



Ivan Frkovic

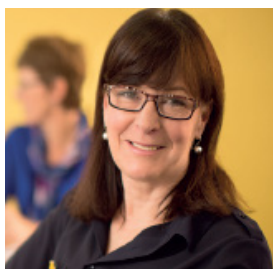
Commissioner, Queensland Mental Health
Commission

Ivan was Deputy Chief Executive Officer, National Operations for Aftercare, one of Australia's oldest non-government mental health organisations. Ivan led Aftercare's national operations and oversaw the development and implementation of new programs and services.

Ivan has worked extensively within the mental health system for 20 years, holding a number of senior positions across Government. He led the Queensland Mental Health Commission Transition Team, which supported the establishment of the Commission.

While in the mental health sector, Ivan has focused on realising the benefits of strengthening partnerships and collaboration, into fully integrated relationships.

SESSION THREE



Joanne Aitken

General Manager, Research, Cancer Council Queensland.

Professor Joanne Aitken is Head of Research and the Director of the Australian Childhood Cancer Registry at Cancer Council Queensland.

She is a research scientist who has worked in the field of cancer epidemiology for the past 25 years, with interests in cancer surveillance, screening and early detection.

She sits on the Executive Board of the International Association of Cancer Registries, the Queensland Cancer Control Safety and Quality Partnership, and the Advisory Council of Cancer Australia.



John Payne

Lived Experience Speaker on behalf of Open Minds

John is a 28 year veteran, serving the Victorian community within Corrections, Government Investigations and as a Volunteer firefighter and lives in the northern suburbs of Melbourne Australia. During his career, he was involved in many incidents including the Black Saturday bushfire in which he was honoured with the National Emergency Medal.

As a direct result of his service, he was diagnosed with Post Traumatic Stress Disorder (PTSD) a condition in which he has lived with for the past 9 years.

John is passionate about addressing the stigma associated with mental illness and advocating awareness to the greater community, particularly to first responders. One of his key messages is, 'Reach out early –you will be supported and don't suffer in silence.' Encouraging early help seeking is a crucial priority in any effective mental health strategy

NOTES



For more information, contact Jaden
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An Australian Government Initiative



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CHECKUP