



USQ's Annual Resilient Regions Week



Chronic Disease in Regional and Rural Australia 15 – 19 October 2018, USQ Toowoomba & Ipswich

Each year USQ's Institute for Resilient Regions (IRR) 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 our theme is on chronic disease with a focus on obesity, prostate cancer and mental health in regional and rural communities.

Australians in remote areas have higher rates of disease and injury with men being one and a half times more likely than women to die from cancer and almost twice as likely to die from coronary heart disease.

Enquiries to be sent to **ResilientRegionsWeek@usq.edu.au**

More information available at
usq.edu.au/resilient-regions-week

Program Overview: 15 – 19 October 2018 (USQ Toowoomba and Ipswich)

Monday, 15 October

3rd Annual Functional Foods Symposium

Nutrients for Healthy Living – USQ Toowoomba, Allison Dickson Theatre, H Block

The one-day symposium will discuss:

- Novel sources of beneficial nutrients including indigenous, imported and GM crops
- Optimising delivery, including use of by-products and food wastes
- Realising the health potential (pre-clinical and clinical evaluation, health claims).

Keynote speaker Professor Cathie Martin from the John Innes Centre, United Kingdom

Wednesday, 17 October

Healthy Living Through Lifestyle Interventions – USQ Ipswich, J Block Auditorium

The half-day event will discuss: Exercise for Individuals with Cancer; Physical Inactivity – Risks for all Ages; Foods that Enhance Health; Eating Behaviours and Obesity among Children and Adolescents.

Participants: Clinicians, clinical residents, health services and council

The conference is being held in collaboration with West Moreton Hospital and Health Services (WMHHS)

Meeting of NHMRC Centre of Research Excellence in Prostate Cancer Survivorship

USQ Toowoomba – By Invitation Only

Thursday, 18 October

Conference on Chronic Disease in Regional and Rural Australia: Obesity, Prostate Cancer and Mental Health – USQ Toowoomba, Allison Dickson Theatre, H Block

The one-day conference will discuss the conference topic and innovative solutions. Keynote speakers include Ivan Frkovic – QLD Mental Health Commissioner and Merylyn Strohfeldt – CEO Darling Downs and West Moreton Private Health Network (PHN).

The conference is being held in collaboration with Toowoomba and Surat Basin Enterprise, Prostate Cancer Foundation of Australia, Darling Downs and West Moreton PHN and Darling Downs Hospital and Health Service.

Friday, 19 October

Community Forum: Health & Wellbeing in Australia – USQ Toowoomba, Allison Dickson Theatre, H Block

The half-day forum will focus on healthy and active lifestyles including discussions about the Toowoomba Regional Council's award-winning CHANGE Project: Providing residents of the Toowoomba Region with a wide range of low-cost activities.

The community forum is being held in collaboration with Toowoomba and Surat Basin Enterprise and the Toowoomba Regional Council's CHANGE Project (for Healthy Living).

For more information visit usq.edu.au/resilient-regions-week
or email: ResilientRegionsWeek@usq.edu.au