What is Australian Rotary Health?
The Beginning

Instigated by the

Rotary Club of Mornington in Victoria

Cot Death – Why does it happen?

Professor Terry Dwyer
Cot Deaths in Victoria

YEAR
1997
1996
1995
1994
1993
1992
1991
1990
1989
1988
1987
1986
1985
COT DEATHS IN VICTORIA
160
140
120
100
80
60
40
20
0

YEAR
Major Research Focus

Mental Illness
• MENTAL HEALTH OF YOUNG AUSTRALIANS
  – Up to $70,000 per annum
Research – Mental Illness

- MENTAL ILLNESS

Ian Scott PhD Scholarship

- $29,000 per annum
- Maximum of 10 at anytime
Research – Mental Illness

• MENTAL ILLNESS

Royce Abbey Post Doctoral Fellowship

– $75,000 per annum
Research – Mental Illness & Awareness

• PREVENTION OF MENTAL HEALTH ISSUES
  – Community Forums hosted by Rotary Clubs
Programs

• ALL HEALTH AREAS

Funding Partners PhD Scholarships

— Three year commitment
— $29,000 scholarship paid
Programs

• INDIGENOUS HEALTH SCHOLARSHIP
  – To provide scholarships for Indigenous Australians to become a health worker - $5,000 per annum
Programs

• RURAL MEDICAL SCHOLARSHIP
  – $5,000 per annum to the student
Programs

• RURAL NURSING SCHOLARSHIP
  – $12,500 per annum to the student
ARH FUNDED CASE STUDIES
Professor Ron Rapee

Australian Rotary Health

Research Grant
Up to 20% of Australian Children suffer from anxiety
Betty Kitchener & Professor Tony Jorm
Australian Rotary Health
Research Grant
Betty Kitchener & Professor Tony Jorm

Mental Health First Aid – now in 21 countries
A/ Professor Felice Jacka

Australian Rotary Health

Ian Scott PhD Scholar
A/ Professor Felice Jacka
American Psychiatric Assn:
‘One of the 10 most important studies in 2010’
Diet linked to Depression
Dr Matteo Carlino
Australian Rotary Health
Funding Partner
PhD Scholar
Dr Matteo Carlino

MELANOMA

Australia has highest rate in the world
James Charles
Australian Rotary Health
Indigenous Health Scholar
James Charles
Father
Podiatrist
Lecturer
Researcher

THE UNIVERSITY OF NEWCASTLE
AUSTRALIA
David Copley

Australian Rotary Health

Indigenous Health Scholar

[Image of a man with a logo of Quit SA]
David Copley

Finalist for
HESTA Nurse of the Year 2012
10th October 2014

Phone: 1800 781 878

www.hatday.com.au
Supporting Event Ideas

- Fundraising Dinners
- District Golf Days
- Bike Rides
- Race Days
TO THE FUTURE

“PREVENTION OF MENTAL DISORDERS”

• $300,000 allocated to “Prevention” research projects or scholarships for 2014

• $50,000 allocated to a community awareness program
  – through Rotary Clubs
  – on prevention
TO THE FUTURE
From the Symposium -

• Pregnancy & early childhood is the best time for mental health prevention
• Smoking in pregnancy increases the risk of a child developing MH problems
TO THE FUTURE
From the Symposium -

• 80% of women with perinatal depression had mental health issues in their adolescence
• Promote positive message to parents – there is too much negativity
TO THE FUTURE
From the Symposium -

• Don’t fight in front of kids - Aggression creates aggression
• There is a strong association between poor diet and increase in mental health problems
TO THE FUTURE
From the Symposium -

• Delay as long as possible allowing teens to drink alcohol (don’t introduce alcohol at home)
• Child abuse and/or sexual abuse is a very important risk factor for future mental health problems
TO THE FUTURE

From the Symposium -

• Alcohol, smoking and drug abuse may cause mental health problems in young adults
• Parents should reduce the amount of alcohol in the house
• Risk factors in young people are diet, sleep patterns, bullying, alcohol & drug use
TO THE FUTURE
From the Symposium -

• Personality type is a risk factor for dementia – Be Happy! (personality is not fixed)
• Exercise and diet affect your mental health as well as your physical health
• When you retire - take on voluntary work
• After retirement - Join a club
TO THE FUTURE
From the Symposium -

• Brain games are good and increase brain activity – long term benefits
• Don’t take a sea change or country change, it lasts only until ill health sets in
• If you want to move closer to your children, ask them first
Supporting healthier minds, bodies and communities through research, awareness and education