



www.australianrotaryhealth.org.au

Australian Rotary Health



What is Australian Rotary Health?

The Beginning

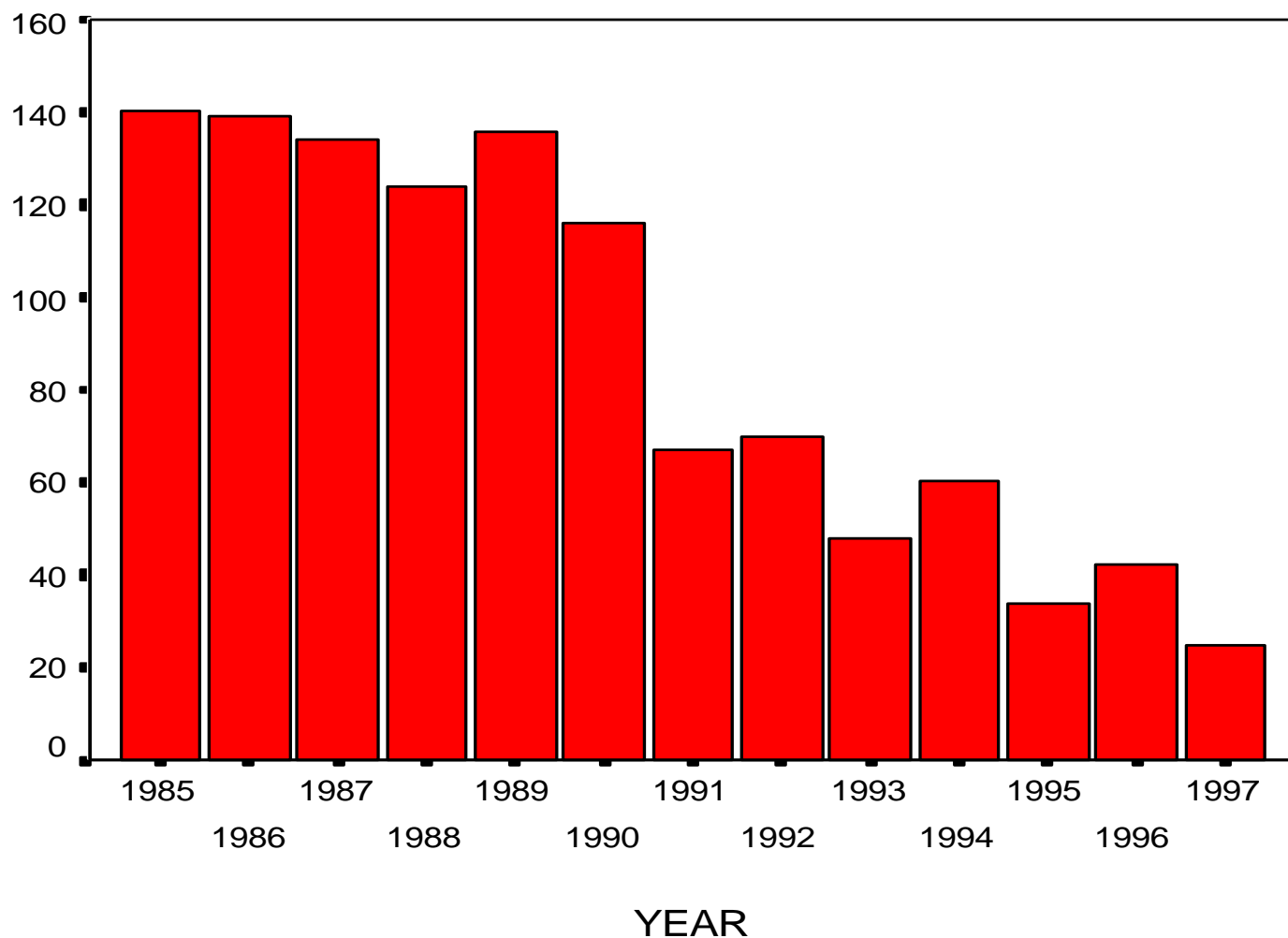
*Instigated by the
Rotary Club of Mornington in Victoria*



**Professor
Terry Dwyer**

Cot Death – Why does it happen?

Cot Deaths in Victoria



Major Research Focus

Mental Illness





Research –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**



Professor Ron Rapee

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:

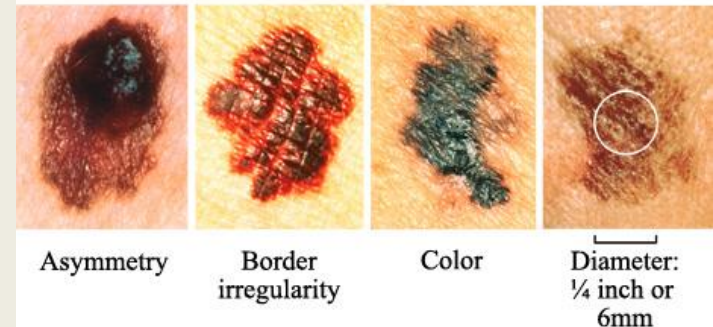
**‘One of the 10
most important
studies in 2010’
Diet linked to
Depression**



Dr Matteo Carlino

Australian Rotary
Health

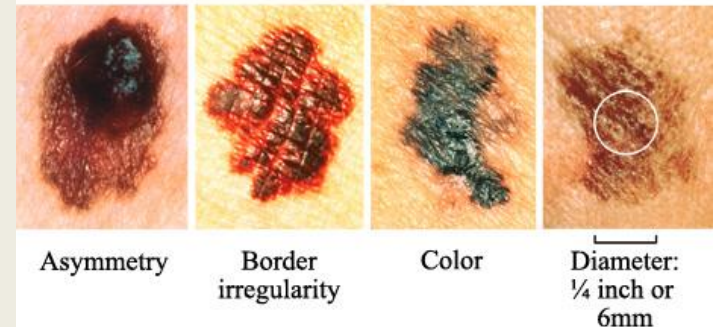
Funding Partner
PhD Scholar



Dr Matteo Carlino

MELANOMA

Australia has
highest rate in
the world





James Charles

Australian Rotary Health

Indigenous Health Scholar



THE UNIVERSITY OF
NEWCASTLE
AUSTRALIA



James Charles

Father

Podiatrist

Lecturer

Researcher



THE UNIVERSITY OF
NEWCASTLE
AUSTRALIA



David Copley

Australian Rotary
Health

Indigenous Health
Scholar



David Copley

**Finalist for
HESTA Nurse of
the Year 2012**



10th October 2014

Phone: **1800 781 878**

www.hatday.com.au



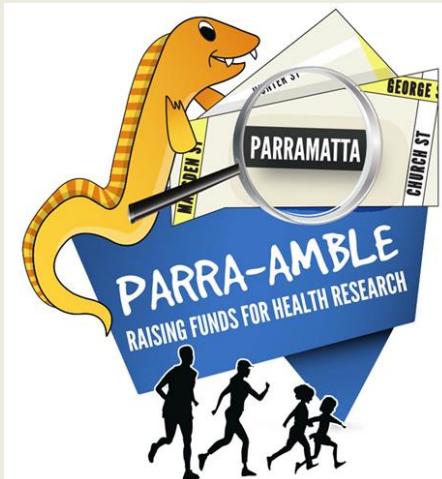
Supporting Event Ideas



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***