

Media Release

Rural grants maintain healthy record of success

25 June 2021: A grants program to promote good health born in the wake of Queensland's horrific 2019 bushfire season has notched up 10 recipients in under two years of operation. RDAQ Foundation's Grants for Good Health program provides funding for innovative programs to improve health in rural and remote regions.



Since launching in October 2019, the program has seen over \$200,000 provided to 10 groups with an additional \$60,000 committed for future years across Queensland all with the same mission in mind – to improve health outcomes in rural and remote Australia where access to medical care and healthier life choices are, on average, more limited than what is available to people living in cities.

RDAQ Foundation Chair, Dr Dan Halliday, Medical Superintendent of Stanthorpe Hospital, said all recipients demonstrated a high level of commitment to improving health outcomes for rural Australians.

“The commitment and passion for improving health for rural and remote people is equally matched by the innovative, but practical solutions they are implementing,” he said.

“People living outside our major cities and regional centres have, on average, lower life expectancy, poorer access to medical treatment and ongoing care and higher rates of chronic disease such as diabetes and heart disease.

“There’s not one silver bullet to resolve this myriad of challenges. It’s why we encourage and support new and innovative approaches to health care that are custom designed to meet the unique health needs of people living regionally, rurally, and remotely.

“I congratulate all of our recipients so far. They are extending the RDAQ Foundation ethos and mission into many corners of our country and helping to save lives.”

Three of the grant recipients highlighted their work to delegates at this year’s Rural Doctors Association of Queensland conference on the Gold Coast on Friday 25 June 2021.



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Sandpiper Australia have used their Grants for Good Health funding to equip rural clinicians with standardised kits of emergency equipment that are invaluable at the scene of rural incidents. Originating in Scotland and first trialled in Australia in South Australia, the concept is being expanded throughout a 'rural responder network' in a bid to eliminate the trauma gap in rural Queensland – the critical time it takes for an injured person to receive medical attention.

The Yoga Partnership is using its RDAQ Foundation funding to respond to the need to keep people healthy – both physically and mentally - by establishing online yoga sessions. The designers of the program, who have been responsible for taking yoga classes into the virtual space, say the service has seen stronger uptake during Covid, by providing a much-needed social outlet for those who found themselves even more isolated.

Funding from RDAQ Foundation Grants for Good Health has also supported the development of a new health information website, aimed at supporting professionals in delivering health promotion and education activities within rural and remote communities. Launched by Central Queensland Rural Health at the RDAQ conference, Health Exchange is a user-friendly website that stores health promotion resources in formats such as power point presentations, flyers, questionnaires, infographics, and screening tools and brochures for the use of health promotion and education. The resources originate from accredited medical sources and are approved by a qualified review panel, to ensure a valuable and trusted tool for health professionals.

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

Media contacts:

Fran Avon - RDAQ Foundation on 0407 236 341

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
Donations are tax deductible.