


# Joint Regional Needs Assessment

## Key themes

Theme	Theme description	
Access	The ability of individuals to obtain necessary health services, which may include availability, affordability, proximity and the quality of care.	
Child and maternal health	This refers to the health and wellbeing of women during pregnancy, childbirth, and the postpartum period, as well as the health of their children from infancy through adolescence. It covers services like prenatal care, immunisations, and nutrition.	
Chronic conditions	Long-lasting conditions that can be controlled but not cured. Examples include diabetes, heart disease, arthritis, asthma, cancer and mental health conditions like depression. Managing these conditions often requires ongoing medical care and lifestyle changes.	
Equity	In healthcare, equity means providing care that does not vary in quality because of personal characteristics such as gender, ethnicity, geographic location, or socioeconomic status. It aims for fairness in access, treatment, and health outcomes.	
First Nations Health	This focuses on the unique health challenges and opportunities faced by Indigenous populations. It includes addressing cultural, social, and environmental determinants of health, as well as improving access to culturally appropriate healthcare services.	
Healthy living	These are actions that increase the likelihood of negative health outcomes. Examples include smoking, excessive alcohol consumption, poor diet, physical inactivity, and unsafe sexual practices.	
Older persons health	This refers to the health care services and policies designed to support the elderly population, typically those over 65. It includes managing age-related diseases, promoting healthy aging, long-term care, and palliative care.	
Preventative health	This refers to measures aimed at preventing disease or injury before it occurs, through actions like vaccination, healthy lifestyle promotion, and early detection screenings (e.g., cancer screenings).	
Social and emotional wellbeing (SEWB)	A holistic approach to health, particularly important in Indigenous contexts, which emphasises the interconnectedness of mental, physical, spiritual, and cultural health. SEWB recognizes the importance of family, community, land, and ancestry.	
Workforce	The healthcare workforce refers to all people engaged in actions whose primary intent is to enhance health. This includes doctors, nurses, allied health professionals, support staff, and administrators.	

The Joint Regional Needs Assessment (JRNA) is a collaboration between:



**Torres and Cape**  
Hospital and Health Service

**Cairns and Hinterland**  
Hospital and Health Service

**Mackay**  
Hospital and Health Service

