











Joint Regional Needs Assessment 2025-28

Key themes

SEPTEMBER 2025

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 Aboriginal and/or Torres Strait Islander 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.
 Mental health and wellbeing	Enhance knowledge of and access to supports that promote mental health and wellbeing within our community, with a particular emphasis on vulnerable priority groups. The Joint Regional Wellbeing Plan for Northern Queensland serves as a vital resource for a deeper understanding of the needs and priorities in this area.
 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 ageing, 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).
 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.

To read the full Joint Regional Needs Assessment (JRNA) 2025-28, visit www.nqphn.com.au/JRNA