



SDG 3 Good Health and Well-being

Overview

UQ is making significant contributions to SDG 3, delivering outcomes locally, regionally, nationally and globally.

UQ delivers world-class research that improves health outcomes across all life stages. Centres such as the Centre for Health Services Research, the Health and Wellbeing Centre for Research Innovation, and the Centre for Community Health and Wellbeing address community health, digital health, rehabilitation, physical activity, and nutrition. This same interprofessional, world-class research is what leads UQ's teaching and training, preparing the next generation of health professionals to address complex challenges across medicine, nursing, allied and public health.

UQ's commitment to strong and mutually beneficial partnerships with government, industry, and communities, including Aboriginal and Torres Strait Islander communities, is key to its progress in strengthening health and healthcare systems across Australia, the Pacific and internationally.

UQ also supports the wellbeing of its own community through a wide range of health and mental health services for staff and students, including counselling, wellbeing programs, and the Mental Health Champions Network.

Progress made in 2024 towards SDG 3 is reported here with reference to the following domains and enablers from UQ's Strategic Plan 2022-2025:

- Learning and student experience
- Research and innovation
- Enriching our communities
- Our global profile
- Our people

Related SDGs

- [SDG 1 No Poverty](#)
- [SDG 2 Zero Hunger](#).

Learning and student experience

As articulated in the Health, Safety and Wellness Strategy 2022-26, UQ aims to cultivate an environment that encourages physical and psychological wellbeing and supports individuals to develop and thrive. This is especially important in the context of the student experience, where UQ offers a range of physical and psychological healthcare services, wellbeing programs and wellness initiatives. Additionally, UQ delivers a wide array of health-related degrees through a variety of partnerships with health institutions, which is

critical to the University's commitment to the state's priorities including those within the health workforce, and ensuring that all Queenslanders – especially those in regional, rural and remote communities – have access to the highest-quality health services.

Health and wellbeing services for students

In 2024 UQ continued to provide a range of comprehensive health and wellbeing services for students, including:

- those provided through [UQ Wellbeing](#), a health promotion program that is culturally responsive to student needs
- **Mental health support**, such as [counselling services](#), [UQ Counsellor Connect](#) (a free service offering counselling by students in the final year of the Master of Counselling program), and [UQ with You](#) (a high-quality, no-cost, short-term counselling service)
- **Wellbeing Programs** involving preventative activities for students – 2024 offerings included [Mindfulness Inside and Out](#), [Sharper Minds](#), [Art for Wellbeing](#), [Bye Social Anxiety](#), and [Freedom From Your Cage](#)
- an on-site [medical centre](#) and [resources on sexual and reproductive health](#)
- [RAPID](#), HIV and STI testing for students
- The [Toolkit for Better Sleep](#), launched in 2024.
- an **influenza vaccination program** which provided 5,968 vaccinations to staff, students and affiliates in 2024.

Courses and units relating to good health and wellbeing

UQ's health programs are designed to meet the challenges of SDG 3 by preparing students to become skilled, compassionate, and innovative health professionals.

In addition to the [Doctor of Medicine \(MD\)](#), UQ continued to offer a wide range of bachelor's level programs across health and allied health disciplines in 2024, all of which integrate evidence-based practice, cultural competence, and community engagement. These included: biomedical science; health sciences; clinical exercise physiology, exercise and sport sciences, and human movement and nutrition; dental science; midwifery and nursing; psychological science; occupational therapy; pharmacy; and speech pathology. In 2024 UQ approved two new dual-degree programs: the Bachelor of Human Movement and Nutrition Sciences / Bachelor of Science, and the Bachelor of Human Movement and Nutrition Sciences / Bachelor of Information Technology. UQ also restructured its Bachelor of Nutrition Sciences and Bachelor of Social Work.

UQ offered an array of master's level programs related to SDG 3 including: audiology studies; clinical neuropsychology, clinical psychology, organisational psychology, counselling and mental health; clinical pharmacy; environmental health sciences; epidemiology; nursing studies; occupational therapy; pharmaceutical industry practice; physiotherapy; public health; speech pathology; and sports medicine. UQ also announced a [Master of Dietetics Studies](#) in 2024, which will be introduced in 2026.

Specific courses within the above programs include [PUBH1103: Health Systems and Policy](#), which introduces students to issues relating to the Australian health care system

and the diverse communities it serves, and [NURS1201: Frameworks for Practice](#), which develops knowledge about the healthcare system and the frameworks and discourse that underpin delivery of safe, high quality healthcare locally and globally. These foundational units are complemented by advanced clinical training and interprofessional learning experiences that reflect real-world healthcare environments.

UQ's Faculty of Health and Behavioural Sciences and Faculty of Medicine continued collaborations with Queensland Health and other partners to provide students with placements in hospitals, rural clinics, and community health settings throughout 2024. These experiences are vital in developing the practical skills and ethical awareness needed to improve health outcomes across diverse populations.

In 2024, UQ also expanded its focus on mental health and wellbeing through new teaching and learning initiatives in digital health, Indigenous health, and health promotion, ensuring graduates are equipped to address both current and emerging health challenges.

UQ successfully established a fourth campus in 2024 – UQ Dutton Park – reaffirming the University's presence in the Boggo Road Innovation Precinct. The campus is the primary teaching and research location for the School of Pharmacy and also houses the Queensland Alliance for Environmental Health Sciences and the Cornwall Street Medical Centre.

Health training partnerships

UQ's research and close collaborations with leading health institutions powers its teaching and training in medicine and allied health. These partnerships ensure that students receive a world-class, evidence-based education, enriched by access to state-of-the-art facilities, clinical placements, and mentoring by leading health professionals and researchers.

In addition to continuing collaborations with major hospitals such as the Mater and the PA-Southside Clinical Unit, 2024 saw UQ strengthen other local partnerships such as with Queensland Health through the [Queensland Health Clinical Research Fellowships](#). These Fellowships advance the translation of research into improved clinical outcomes and enrich the learning environment for health students. Additionally, the [Southern Queensland Rural Health \(SQRH\) Chinchilla Education and Training Centre](#) was officially launched, as part of a collaboration between UQ, Darling Downs Health and South West Hospital and Health Service. Each year the Centre will support 1,500 students completing placements in nursing, dietetics, occupational therapy, exercise physiology, psychology and social work.

Nationally, UQ leads the [ACRF Centre of Excellence in Melanoma Imaging and Diagnosis](#), where students and early-career researchers contribute to cutting-edge diagnostic innovations. Further afield, UQ continued its partnership with USA-based [Ochsner Health](#), including a commitment to deliver the [joint Doctor of Medicine \(MD\)](#) program until at least 2030. The collaboration offers a transnational medical education, producing graduates equipped to address global health challenges. In 2024, UQ celebrated the graduation of the 1000th medical student from the transnational Doctor of Medicine program.

Research and innovation

UQ contributed to SDG 3 through a broad range of research activities across all faculties and institutes that translated into real-world innovations and fostered enduring partnerships to drive equitable advances in health outcomes.

Major highlights include new records for competitive funding success from the National Health and Medical Research Council (NHMRC), and the Medical Research Future Fund (MRFF) to tackle critical health challenges including the development of painkillers and anti-epileptic drugs using venom, and improving patient outcomes for ovarian, endometrial, and thyroid cancers. Translational success was also achieved through new commercialisation opportunities, such as that between UniQuest and UK biotech firm Molecule to Medicine (MTM) to transform research into medicines for neurodegenerative and inflammatory diseases.

UQ's world-leading work in Indigenous health and strategic health partnerships also contributed to improving health and wellbeing outcomes locally, nationally and abroad.

Indigenous health

UQ plays a leading role in health equity for Aboriginal and Torres Strait Islander peoples through impactful, community-led research guided by respect, reciprocity and reconciliation.

In 2024 UQ continued its important multidisciplinary program of work that addresses health issues affecting Indigenous communities through the [Poche Centre for Indigenous Health](#), as part of the national Poche Indigenous Health Network. 2024 also saw the launch of a new \$43.3 million pioneering Indigenous-led and UQ-headquartered research initiative, the [Australian Research Council Centre of Excellence for Indigenous Futures \(ARC-IFC\)](#). Recognising that health and wellbeing is fundamental to changing the persistence of Indigenous inequity, the Centre focuses one of its three themes on new approaches that will be co-designed with Indigenous-led health service providers and Indigenous communities. Projects within this theme include [Indigenising Health Policy](#), [Creating Culturally Responsive and Empowering Health Institutions](#), and [Empowering Indigenous Health Communities of Practice](#). ARC-IFC is collaborating with [over 20 local and international partners](#), including government, regional NGOs and research institutions, to tackle SDG 3 by reviewing comparative approaches and developing international best practice and policy interventions to achieve better health outcomes for Indigenous communities. Partners include 6 Australian universities, the University of Alberta in Canada, and 3 New Zealand universities, in addition to the Australian Human Rights Commission, the Australian Government, the Cape York Institute, and the Dhadjowa Foundation.

Research and innovation partnerships

At the heart of UQ's research into advancing sustainable health and wellbeing outcomes are wide-ranging collaborations with NGOs, government bodies and research institutions that enable cross-sectoral dialogue, data sharing, and the development of best practice.

UQ's ongoing partnerships with the Minderoo Foundation and Sydney Brain Bank as part of the [Minderoo Centre - Plastics and Human Health](#) continued to advance understandings of the health effects of micro and nano-plastics. [The Plastic](#)

Measurement Brains Trust continued its international collaborations, including meetings with University College Dublin and Imperial College London, to develop guidance on current and emerging technologies to measure micro and nano-plastics in humans. Similarly, the **Micro-and-nano plastics in drinking water** project conducted a study from January to December to investigate the presence of micro and nanoplastics in Ottawa's drinking water, with the findings presented during the United Nations Environmental Programme's Intergovernmental Negotiating Committees 4th meeting on Global Plastics Treaty.

The **Australian Centre of Excellence in Melanoma Imaging and Diagnosis (ACEMID)** continued to foster cross-sectoral dialogue among academia, the community, and government, through its robust relationships with community organisations such as the Australian Cancer Research Foundation, SunSmart, and Cancer Council Queensland, and major healthcare providers and hospitals such as the Princess Alexandra Hospital, Cairns Hospital, Sunshine Coast University Hospital, and Westmead Hospital. With 15 sites now operating across Queensland, New South Wales, and Victoria, and with new capabilities deployed in regional communities, ACEMID enabled inclusive engagement in melanoma risk research and translated international best practice into national screening infrastructure. Recognition through a national Australian Museum Eureka Prize in 2024 further cemented its role as a model for interdisciplinary and inter-institutional collaboration.

As part of UQ's **Health Research Accelerator (HERA)** projects launched in 2024, 4 major initiatives led by the Rural Clinical School are set to transform health and wellbeing outcomes for rural Queenslanders. These projects focus on digital health, culturally safe care, maternal health, and chronic disease, and are being delivered in close collaboration with healthcare providers, First Nations communities, and regional government stakeholders. By prioritising local partnerships and community-led approaches, the projects aim to reduce health inequities, deliver practical outcomes for rural populations, and strengthen the long-term sustainability of regional health systems.

Also within South-East Queensland, UQ researchers from UQ's Faculty of Health, Medicine and Behavioural Sciences partnered with the Queensland Centre for Mental Health Research, Health and Wellbeing Queensland (Queensland Government), Gallipoli Medical Research, and the Springfield City Group on the project **Active Choices for Springfield**. This partnership addresses physical inactivity and associated health issues among Australian Defence Force (ADF) veterans, particularly in regional areas. It offers a digital, community-based physical activity support resource and ensures access to health programs and social support networks, with the aim of enhancing the health outcomes for veterans.

Enriching our communities

UQ contributes to the health and wellbeing of the broader community directly through the provision of a range of client-focussed medical and allied health services, outreach activities, and research programs, projects and events.

Health services provided to the community

Throughout 2024, UQ offered a wide range of health services and initiatives to the wider community, including those provided by supervised UQ student-clinicians as part of their training:

- [UQ Health Care](#), which provides a number of clinics across South-East Queensland, including the [Homelessness Service](#) and the [Refugee Health Service](#).
- [UQ Healthy Living](#), where services are provided by students – under the supervision of leading practitioners – in dietetics, exercise and sports science, clinical exercise physiology, nursing, pharmacy, physiotherapy and psychology, in addition to a range of individual and small group activities designed to promote healthy outcomes
- UQ's [Oral Health Alliance](#) with Metro North Hospital and Health Service.
- [School of Human Movement and Nutrition Sciences](#) which provides community services, such as exercise clinics for people with type 2 diabetes, nutrition and dietetics clinics, personal training programs, musculoskeletal exercise clinics, and the UQ Centre for Healthy Brain Ageing
- [UQ Health and Rehabilitation Clinics](#) which provide audiology, occupational therapy, physiotherapy, speech pathology, and telerehabilitation
- [UQ Psychology Clinic](#), which is staffed by provisional psychologists and counselling students currently undertaking advanced postgraduate studies in psychology and counselling
- [UQ with You](#), a high quality, free counselling service provided by final year postgraduate counselling students and provisional psychologists.

UQ is committed to supporting the healthy living and wellbeing of the community through campus grounds and sports facilities including:

- free and accessible outdoor exercise equipment, playgrounds for all abilities, barbeque areas and a community garden at St Lucia campus
- the **John Oxley River Walk**, a free walking, jogging and cycling track that loops the St Lucia campus grounds and runs alongside the Brisbane River
- the [UQ Sport and Recreation Precinct](#), which provides sports facilities to the local community, including schools and the general public. This includes an [athletics centre](#) with track and field facilities, an [aquatic centre](#) with 3 heated pools, all-weather natural and [synthetic playing fields](#), indoor and outdoor courts for basketball, volleyball and netball, and a gymnasium.

Community health spotlight: Centre for Community Health and Wellbeing, Springfield

The [Centre for Community Health and Wellbeing](#) at Springfield in South-east Queensland continued its mission in 2024 to enhance community health through collaborative and community-led initiatives. These included supporting cancer survivors in their transition back to community life, exploring the concept of “third spaces” for promoting wellbeing in older adults, and co-designing a health navigation app to address city-wide

frustrations of finding health services. The centre's Chair continued to play a role in aligning research with local resident's priorities by focusing on health challenges prevalent in Springfield's young and multicultural population, such as mental health, physical activity, and nutrition. In 2024 the Centre for Community Health and Wellbeing established the Springfield Healthy Hearts project in partnership with The Heart Foundation, to position Springfield as Australia's exemplar city for heart health.

Community outreach: Queensland Brain Injury Collaborative Roadshows

UQ's research-led initiative the [Queensland Brain Injury Collaborative \(QBIC\)](#), conducted a series of regional roadshows across Queensland to enhance care for individuals with acquired brain injuries. In partnership with the National Injury Insurance Scheme Queensland (NIISQ), these events aimed to build networks among researchers, healthcare professionals, community members, and individuals with lived experience to improve brain injury care.

Featuring sessions for health practitioners and community members, the inaugural roadshow took place in Townsville in April and focused on sharing insights and fostering collaboration. This was followed by a Cairns roadshow in October, and a Toowoomba roadshow in November. In addition to presentations from mental health professionals and representatives from organisations like Synapse, these roadshows also included opportunities for individuals with traumatic brain injuries to share their lived experience and journeys, providing a platform for community engagement and multidisciplinary collaboration.

Our global profile

UQ is committed to leveraging the breadth and depth of its research capabilities to enhance health and wellbeing outcomes globally by addressing the world's most pressing health challenges through research and capacity building.

Vaccines and infectious diseases

UQ is internationally renowned for its pioneering research into disease mechanisms backed by state-of-the-art infrastructure and the development of transformative therapeutics, treatments, and vaccines, including the human papillomavirus (HPV) vaccine Gardasil. In 2024 UQ continued to play a role as a global leader in health innovation through vaccine research and development.

A major milestone was the expansion of UQ's partnerships with Emory University in Georgia, USA, resulting in a joint investment to establish the \$32 million [Queensland Emory Vaccine Centre](#). Located at the St Lucia campus, this centre is designed to accelerate vaccine development for clinical trials, with a strong focus on emerging diseases, pandemic preparedness, and infectious diseases across the Asia-Pacific region.

Complementing this initiative, UQ raised US\$100 million through [UniQuest startup Vicebio](#) to fund clinical trials for a combined respiratory syncytial virus (RSV) and human metapneumovirus (hMPV) vaccine. This vaccine leverages UQ's proprietary molecular clamp technology, developed to enhance the stability and efficacy of viral proteins used in vaccines.

In 2024 the Australian Institute for Bioengineering and Nanotechnology (AIBN) launched a [pioneering mRNA cancer vaccine hub](#), supported by a \$3.3 million grant from the Medical Research Future Fund. The facility enables the design, manufacture, and delivery of personalised cancer vaccines tailored to individual patients. By training the immune system to target specific cancer cells, this innovation addresses a critical gap in Australia's drug development pipeline and enhances the nation's capacity for cutting-edge cancer therapies. Operating alongside AIBN's BASE facility – Australia's leading provider of mRNA for research – the hub fosters collaboration among UQ, QIMR Berghofer, Mater Research, the Garvan Institute, and Queensland Children's Hospital.

International development

In 2024 UQ concluded a major international development initiative to strengthen [Ethiopia's primary health system](#), advancing SDG 3 through education and capacity-building partnerships. Led by UQ's Faculty of Medicine, in collaboration with UQ International Development and the International Institute of Primary Health Care-Ethiopia, the program supported more than 300 senior Ethiopian health leaders through a tailored Health Systems Leadership Program. The program facilitated study visits to various countries which provided firsthand insights into global best practices in primary health care policy, as well as developing training manuals and laying the groundwork for the Institute to become a WHO Collaboration Centre. Designed to build governance, planning and leadership skills, the initiative helped equip Ethiopia's health workforce to implement complex reforms across a decentralised system.

UQ has been working with the Task Force for Global Health and the Regional Coalition for Operational Research on Neglected Tropical Diseases (COR-NTD) on neglected tropical diseases in the Pacific region. From 25-26 September 2024, UQ and the Australasian College of Tropical Medicine hosted the [second annual Regional COR-NTD Meeting for the Pacific Islands](#) at the Sofitel Brisbane Central Hotel. The goal of this meeting was to bring together key stakeholders to address how to eliminate lymphatic filariasis, scabies, trachoma, leprosy and other NTDs from the region. Discussion points as part of the breakout sessions included the need for cost-effective and sensitive diagnostics for AI tools, early interventions for lymphoedema and digital training platforms, and post-validation for lymphatic filariasis surveillance via targeted, integrated strategies, all with a focus on community engagement, health system integration and operational research.

Our people

As reflected in the UQ Sustainability Strategy, the vitality and personal wellbeing of UQ's people underpin its success. UQ actively supports healthy living and the physical and mental wellbeing of staff and students through wellness initiatives, healthcare programs, and sports facilities. In 2024, these included:

- [UQ Health Care Clinics](#), which offer general practitioner, nursing, and allied health services at clinics across various campuses, including in Woolloongabba, Toowong, Meadowbrook, St Lucia, Ipswich and Gatton
- [UQ Wellbeing](#), a program supporting the health and wellbeing of students, including physical health resources, mental health initiatives, and programs promoting a

balanced lifestyle, such as the [Toolkit for Better Sleep](#), launched in 2024. Further details can be found in the [UQ Wellbeing Annual Report](#).

- [Mental health and wellbeing support](#), including services provided through UQ's [The Employee Assistance Program](#), with free counselling, coaching, and welfare calls for UQ staff, run by PeopleSense
- [Counselling services](#), including free services such as [UQ With You](#) and [UQ Counsellor Connect](#), and those offered at discounted rates through the [UQ Psychology Clinic](#)
- [A Mental Health Champion's network](#) and [UQ Wellness Ambassadors Network](#)
- an influenza vaccination program which provided 5,968 vaccinations to staff, students and affiliates
- [UQ Wellness Behaviour Change Programs](#) for UQ staff, with significant mental wellbeing components. For example, the Mood Food program enhances gut, brain and mental health; the Mind Set program focuses on increasing mental fitness; and the Stress Busters program focuses on mental fitness.
- UQ's wellness framework for staff, [The Wheel of Wellbeing](#), which acknowledges the many different influences on a sense of wellbeing
- the [UQ Sport and Recreation Precinct](#) which offers a comprehensive range of sports facilities including an [athletics centre](#), [aquatic centre](#), all-weather [natural and synthetic playing fields](#), indoor and outdoor courts for basketball, volleyball and netball, and a gymnasium
- free and accessible outdoor exercise equipment, playgrounds for all abilities, barbeque areas, a community garden, and the free John Oxley Walk (a free walking, jogging and cycling track that loops the St Lucia campus grounds and runs alongside the Brisbane River)
- affordable access to more than 200 pools and fitness facilities across South East Queensland for all UQ staff and their immediate families via the [UQ Fitness Passport](#), addressing both physical and mental wellbeing.

Further, in 2024 UQ:

- became the first university in Australia to join the [Dementia Friendly University Initiative](#) with a commitment to becoming dementia friendly in partnership with Dementia Australia
- established a new network for staff and students who are carers of children with special needs, disabilities and/or chronic illnesses.