national NUTRITION networks conference

11–14 March 2008

Alice Springs NT

GOOD TUCKER—GOOD HEALTH

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Welcome

Welcome from the National Nutrition Networks Conference Management Committee

On behalf of the National Nutrition Networks 08 (NNN08) Conference Management Committee, we extend to you a warm welcome to our 'Good Tucker—Good Health' National Nutrition Networks 08 Conference. We gather for this timely conference on Arrenter Country Mparntwe Alice Springs and we acknowledge gratefully the Arrenter Elders and the Native Title Holders who are represented by the Lhere Artepe Aboriginal Corporation in welcoming us to meet together on their country.

This conference is a gathering of Aboriginal and Torres Strait Islander people and others working together in many different ways and settings across Australia to improve the nutrition, health and wellbeing of Aboriginal and Torres Strait Islander people. It will be a wonderful opportunity to share good practice and learn from each other.

This gathering is also the first National Nutrition Networks Conference since the last one held in Cairns in 1999. We are delighted to have Tom Calma open our conference with a plenary speech on 'Indigenous Australians and nutrition—a human rights based approach', and Olga Havnen on the fundamentals of food security in remote Indigenous communities.

In the nine years since the last conference, many things have progressed in Aboriginal and Torres Strait Islander nutrition, including the release of the NATSINSAP (National Aboriginal and Torres Strait Islander Nutrition Strategy and Action Plan, 2000-2010)—a national framework of seven action areas to address in improving access to affordable healthy food for Aboriginal and Torres Strait Islander people. (Those who attended Nutrition Networks '99 made a significant contribution to the NATSINSAP consultation phase!) Traven Lea (Chair of NATSINSAP Steering Committee) will give an overview of NATSINSAP's achievements. Since 2004, NATSINSAP has been able to progress development of an Indigenous nutrition workforce and nationally accredited competencies in nutrition. Several initiatives are addressing availability, promotion and cost of healthy foods in remote community stores. We will be hearing about these developments in the conference program, including John Tregenza's great work on the Mai Wiru Stores Policy as an example of a community development model for remote store operations, the Outback Stores initiative under Indigenous Business Australia (Australian Government) as another strategy to achieve food security in remote communities, and the Remote Indigenous Stores and Takeaways project.

We also have an exciting program of concurrent sessions under the conference themes of food supply in remote and rural communities, Aboriginal and Torres Strait Islander nutrition workforce, nutrition issues in urban areas, family focused nutrition programs, 'Good Tucker, Good Health' programs that promote good nutrition and healthy weight at other life stages for Aboriginal and Torres Strait Islander people, and 'good practice' programs that help build healthier Aboriginal and Torres Strait Islander individuals and communities.

This conference will also be an opportunity to make a renewed call for action on the nutrition issues affecting the health and wellbeing of Aboriginal and Torres Strait Islander people.

We wish you a wonderful conference as you meet old friends, make new ones and go home with new ideas, inspiration, energy and networks. We celebrate and support all of your efforts in making a difference to Aboriginal and Torres Strait Islander people of all ages through improving policy, knowledge, skills and supportive environments that enable healthy food choices to be easy and affordable choices for all.

Warm regards

Julie-Anne McWhinnie
Chair, on behalf of Nutrition Networks Conference Management Committee

Conference Management Committee

Julie-Anne McWhinnie (Chair)
National Senior Project Officer
NATSINSAP
VIC

Denise Burdett
Executive Assistant
NACCHO—National Aboriginal Community Controlled Health Organisation
ACT

Maureen Chamberlain
Aboriginal and Torres Strait Islander Nutrition Promotion Officer
Central Queensland Population Health Unit
Rockhampton, QLD

Lenore Chantrelle
Senior Project Officer
Workforce and Planning Branch
Aboriginal Health Division
South Australian Department of Health, SA

Juli Coffin
Senior Lecturer Aboriginal Health
Combined Universities Centre for Rural Health
Geraldton, WA

Lyn Eiszele
Conference Manager
National Rural Health Alliance
ACT

Michelle Elwell
Nutrition Promotion Officer—Indigenous Health
Tropical Population Health Network
Cairns, QLD

Anthea Gregoriou
Project Officer
Nutrition Networks Conference
VIC

Gordon Gregory
Executive Director
National Rural Health Alliance
ACT

Dot Henry
Indigenous Program Officer
WA Cervical Cancer Prevention Program
Perth, WA

Paulina Leko
Conference Co-ordinator
National Rural Health Alliance
ACT

Dallas Leon
Manager—Centre for Clinical Research Excellence
Queensland Aboriginal and Islander Health Council
QLD

Leisa McCarthy
Nutritionist
Menzies School of Health Research
Darwin, NT

Amanda McGregor
Nutrition Advisor
Department of Health and Community Services (DHCS)
Darwin, NT

Laurel Rogers
Aboriginal Health Promotion Officer
North Coast Area Health Service
NSW

Sharon Thorpe
Nutrition Project Officer
VACCHO—Victorian Aboriginal Community Controlled Health Organisation
VIC

Nicole Turner
Aboriginal Health Worker/Research Assistant
Durri ACMS
NSW

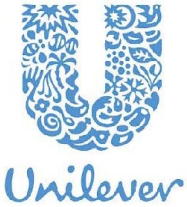
Sponsors

Australian Government

Department of Health and Ageing

The National Nutrition Networks Conference 08 acknowledges and appreciates the funding provided through the Targeted Health Interventions Section, Health Strategies Branch, Office of Aboriginal and Torres Strait Islander Health of the Australian Government Department of Health and Ageing in support of the conference.

www.health.gov.au



The National Nutrition Networks Conference 08 appreciates the support of Unilever Australasia who is providing the sponsorship of the conference satchels.

www.unilever.com.au

The National Nutrition Networks Conference appreciates the support of HJ Heinz Co Australia

www.heinz.com.au

Trade displays

Australian Indigenous Health*InfoNet*

Kurongkurl Katitjin
School of Indigenous Australian Studies
Edith Cowan University
2 Bradford Street
MT LAWLEY WA 6050

08 9370 6109 [ph]
08 9370 6022 [fx]

healthinfonet@ecu.edu.au

The Health*InfoNet* is a massive Internet resource that informs practice and policy in Indigenous health by making research and other knowledge readily and freely accessible to practitioners, policy-makers, researchers, students and the general community. The Health*InfoNet* also supports yarning places (electronic networks) to enable people involved in Indigenous health to share knowledge and experiences.

Australian Indigenous
Health*InfoNet*

Batchelor Institute of Indigenous Tertiary Education

C/- Batchelor Post Office
Batchelor NT 0845

1800 677 095 [ph]
08 8939 7123 [fx]

enquiries@batchelor.edu.au
www.batchelor.edu.au

Batchelor Institute is a specialist, dual-sector tertiary education provider that services the education and training needs of Aboriginal and Torres Strait Islander peoples. It provides a culturally safe and sustainable education and training that fosters the aspirations of Indigenous Australians, thus contributing to the culture, social and economic development of Australia.

BATCHELOR INSTITUTE
OF INDIGENOUS TERTIARY EDUCATION

Department of Health and Ageing

Isolde Kauffman
Isolde.kauffman@health.gov.au
www.health.gov.au

The Department of Health and Ageing (DoHA) aims to provide better health and active ageing for all Australians. The Office for Aboriginal and Torres Strait Islander Health (OATSIH) is a division within the DoHA. OATSIH's vision is to raise the health status of Aboriginal and Torres Strait Islander people. It does this by addressing existing inequities in the health system through working in partnership with communities. The OATSIH vision is to achieve an improvement in access to high-quality comprehensive primary health care and population health programs for Aboriginal and Torres Strait Islander Australians.

Australian Government
Department of Health and Ageing

Fleurieu Fresh

6–8 Commercial Street
Marleston SA 5033

08 8293 8366 [ph]
08 8293 1466 [fx]

rob@havenlamb.com.au

Fleurieu Fresh Pty Ltd is an Adelaide-based company specialising in supplying supermarkets and remote communities with quality meat products.

The company purchases all beef and lamb products live off farms and markets, then has them processed at their own meatworks in the Fleurieu Peninsula; the carcass meat is delivered within 48 hours to their own facility at Marleston (Adelaide) where it is packed and frozen in a blast freezer within 12 hours. This ensures that all product is frozen fresh for the best quality and highest bacteria-free standard.

Most other suppliers purchase pre-frozen lamb, beef and chicken products from other sources purely for the cheapest price, regardless of quality and hygiene. Because it packs from paddock to store Fleurieu Fresh can ensure eating quality, freshness and maximum safe hygiene integrity for all its products.

fleurieu fresh

Remote Indigenous Stores and Takeaways

Sharon Laurence
sharon.laurence@heartfoundation.org.au

The Remote Indigenous Stores and Takeaways (RIST) project has established a common set of guidelines, resources and monitoring tools to promote access to healthy foods in remote communities. The resources will be launched during the conference and will be available from the RIST Trade Display.

Remote Indigenous Stores & Takeaways

NPY Women's Centre

3 Wilkinson Street
Alice Springs NT 0870

08 8958 2345 [ph]
08 8952 3742 [fx]

enquiries@npywc.org.au
www.npywc.org.au

Ngaanyatjarra Pitjantjatjara Yankuntjatjara Women's Council Child Nutrition Program

The NPY Child Nutrition Program aims to improve the health and wellbeing of young children (0–5 years) on the NPY Lands. The program provides individual case management, nutrition education and resource production. The Child Nutrition Program has won awards in the areas of health promotion, best practice and the prevention of child abuse.

NPY Women's Council Child Nutrition Program
Mai Wiru
Mirrka Walykumunu
Phone 8958 2345

Delegate information

Registration and Information Desk

The Registration and Information Desk for the National Nutrition Networks Conference 08 is located in the Ghan Foyer, the main entry area, of the Alice Springs Convention Centre, Barrett Drive, Alice Springs. It will be open during the following hours:

Tuesday 11 March 2008	4 pm – 6 pm
Wednesday 12 March 2008	8 am – 5 pm
Thursday 13 March 2008	8 am – 5 pm
Friday 14 March 2008	8 am – 12 noon

Welcome Reception

The Welcome Reception begins at 6.30 pm on Wednesday 11 March in the Ghan Foyer of the Alice Springs Convention Centre.

Conference opening sessions

The Conference begins at 8.30 am on Wednesday 12 March 2008 in the MacDonnell Room, at the Alice Springs Convention Centre, located across from the Registration Desk.

As a registered delegate your Conference name badge is your automatic entry to all Conference sessions.

Venue

All sessions of the Conference will be held at the Alice Springs Convention Centre in the rooms allocated in the program in this handbook.

Trade display

The trade displays are located in the corridor beside the MacDonnell Room, the main plenary room. Don't forget to visit each trade display during the morning and afternoon teas and lunches.

Conference Dinner

The Conference Dinner is being held on Thursday 13 March 2008 at the Desert Park.

You will need to wear your name badge and show your pre-purchased dinner ticket for entry to the Conference Dinner.

Some additional tickets for the Conference Dinner may be available for purchase at the Registration Desk. A cheque or credit card (Mastercard, Bankcard and Visa) will be accepted for payment.

Transport for the Conference Dinner

Coaches will transfer delegates from the following hotels to the Desert Park and return. Please be ready outside these designated hotels/motels by 6.15 pm.

Hotel/motels on the coach pick-up list are:

- Lasseters Hotel
- Comfort Inn Outback (formerly Novotel)
- Desert Palms Resort

plus

- a city pick-up point—southern end of the Mall

Coaches will leave the Desert Park at 10.30 pm to return delegates to the nominated hotels/motels and city drop-off point.

Speakers

All speakers and presenters will need to report to the Registration Desk for directions to the speakers' preparation area.

Messages

A notice board will be located beside the Registration Desk for messages. Please check this daily.

Taxis

Taxis will be available outside the main foyer of Lasseters Hotel, beside the Convention Centre.

Climate and clothing

The weather in Central Australia in March is characterised by warm days and cool nights. The average temperature range is 27 degrees Celsius during the day and 12 degrees Celsius overnight. It is suggested that delegates wear layered clothing.

Travel and accommodation

If you have any travel and accommodation enquiries contact Travel Makers on 1800 838 408

Program

Note: Presenting authors in concurrent sessions are underlined in the program.

TUESDAY 11 MARCH 2008		
4.00 pm	Registration commences	Ghan Foyer
1.00–6.00 pm	Optional Remote Indigenous Stores and Takeaway tour	
6.30 pm	Welcome reception	Ghan Foyer

WEDNESDAY 12 MARCH 2008		
8.00 am	Registration Desk open Conference Office open	Ghan Foyer
	PLENARY SESSION	**MacDonnell Room A**
8.30am	Welcome to country	
8.45am	MC: Introduction NATSINSAP and Nutrition Networks Housekeeping	
9.00 am	*Indigenous Australians and nutrition – a human rights based approach* Tom Calma	
9.30 am	*The fundamentals of food security in remote Indigenous communities – impacts and effectiveness of the Federal Government intervention in the NT* Olga Havnen	
10.00 am	Federal Minister/State Minister (tbc)	
10.20 am	Audience questions and comments facilitated by MC	
10.30 am	**MORNING TEA** **Trade display and networking**	**Ghan Foyer**
11.00 am – 12.35 pm	**Concurrent Session A** (4 papers of 20 minutes each with 5 minutes between each paper)	
	A1 ***Good Tucker, Good Health*** **Chair:** Tanya Stiles	MacDonnell Room A
	11.00 *Living Strong: a health lifestyle program for Aboriginal and Torres Strait Islander communities* Dawn Charteris, Michelle Elwell	
	11.25 *Crunch&Sip® – increasing fruit, veg and water consumption in rural and remote WA schools* Brenda Cheveralls, Jenny Atkins, Kate Hawkings, Terry Slevin, Diane Ledger, Lyn Dimer	
	11.50 *Darayiga Guya Mapu (Come here: talk feeling)* Karen Miranda	
	12.15 *Yarning: Goolarri Television series – Catch & Cook* Robert Lee, Julie Nimmo	

WEDNESDAY 12 MARCH 2008

	A2	***Communicating and disseminating 'good practice' in Aboriginal and Torres Strait Islander nutrition initiatives*** **Chair:** Kym Blechynden	Ellery Room A
	11.00	*Validity of short nutrition questions among Aboriginal and non-Aboriginal children aged 10 to 12 years using multiple 24-hour recalls: Many Rivers Diabetes Prevention Project* Josephine Gwynn, Nicole Turner, Janine Cochrane, Victoria Flood, Wayne Smith, John Wiggers	
	11.25	*Yalu'Marnggithinyaraw and the Yolnguy Walngakum Yolngu life project* Dorothy Yunggirrnga, Jean Rurrukunbuy	
	11.50	*Collaborative approach to community-based research: a case study in the Northern Territory* Jeannie Campbell, Danielle Aquino	
	12.15	*Mean nutrient intake and foods contributing to selected nutrients among children aged 10 to 12 years: Many Rivers Diabetes Prevention Program* Victoria Flood, Josephine Gwynn, Jimmy Chun-Yu Louie, Nicole Turner, Janine Cochrane, Stephen Cochrane, Wayne Smith, John Wiggers	
	A3	***Nutrition issues in urban areas*** **Chair:** Amanda McGregor	Ellery Room D
	11.00	*Which way public health nutrition in Brisbane?* Raima Toolis, Bronwyn Fredericks, Dallas Leon	
	11.25	*Developing a model of primary prevention for urban Aboriginal and Islander populations – Primary Prevention and Capacity Building Project* Tom Ogwang, Brian Oldenburg, Brownyn Fredericks, Dallas Leon, Joanna Coutts	
	11.50	*Plenty Valley Community Kitchen project with urban Aboriginal and Torres Strait Islander families* Glynis Vickery, Emma Hughes	
	12.15	*South Australian Community Foodies: supporting communities to make healthy food choices* Liz Sanders, Jenni Glover	
12.40 pm – 1.40 pm	**LUNCH** **Trade display and networking**		**Ghan Foyer**
	PLENARY SESSION **Aboriginal and Torres Strait Islander nutrition workforce**		**MacDonnell Room A**
1.40 pm	MC		
1.45 pm	*The National Aboriginal and Torres Strait Islander Nutrition Strategy and Action Plan (NATSINSAP) – the story so far* Traven Lea, Amanda Lee		
2.25 pm	*Why become a nutritionist? Experiences of three Indigenous nutritionists* Leisa McCarthy		
2.45 pm	*Good tucker education and how it links to the new national Aboriginal and Torres Strait Islander health worker qualifications* Emma Silvester, Janine Engelhardt		
3.05pm	Audience questions and comments		
3.15 pm – 3.45 pm	**AFTERNOON TEA** **Trade display and networking**		**Ghan Foyer**

WEDNESDAY 12 MARCH 2008

3.45 pm – 5.20 pm	**Concurrent Session B** (4 papers of 20 minutes each, 5 minutes between papers)		
	B1	***Aboriginal and Torres Strait Islander nutrition workforce*** **Chair:** Meg Adam	MacDonnell Room A
	3.45	*Making healthy choices for ourselves: partnerships for healthy eating and physical activity in Aboriginal communities* Jennifer Browne, Sharon Thorpe, Priscilla Pyett, Peter Waples-Crowe	
	4.10	*'More than Medicine': a work in progress* Cynthia Porter, Robynne Snell, Tony Dodd, Debbie Woods	
	4.35	*From principles of nutrition to good tucker stories back again – pedagogical lessons from an Indigenous specific community nutrition degree* Lauren Grose, Lisa Schubert, Amanda McGregor	
	5.00	*Expansion of the Indigenous nutrition workforce in Queensland Health* Amanda Lee, Dympna Leonard, Simone Lowson, Anita Groos, Christina Stubbs, Angela Simons, Deanne Minniecon	
	5.20	Evaluation for Session A and Session B	
	B2	***Family focused maternal and child nutrition*** **Chair:** Dot Henry	Ellery Room A
	3.45	*Good Food Great Kids* Jo Stanford, Gail Crozier, Jane Judd, Doseena Fergie	
	4.10	*Community consultation of home micronutrient supplementation 'Sprinkles' for Indigenous children in the Northern Territory* Jeannie Campbell, Danielle Aquino	
	4.35	*Ngaanyatjarra Pitjantjatjara Yankunytjatjara Women's Council Child Nutrition Program* Camilla Sleeth, Suzanne Bryce, Debra Umala	
	5.00	*Growing Strong: Feeding You and Your Baby* Kani Thompson, Joanna Boyle	
	5.20	Evaluation for Session A and Session B	
	B3	***Good tucker, Good health*** **Chair:** Nicole Turner	Ellery Room D
	3.45	*Bush tucker farm, Rutherford Technology High School* Lesley Salem, George Salem	
	4.10	*Lockhart River Bush Tucker Nutrition Project 'Kuyulu Ngampulungku Mayi'* Grace Hermawan, Liz Kyle, Lucy Hobson, Lisa Claremont, Susie Pascoe	
	4.35	*Health festivals: celebrating life and health in a way that appeals to whole communities* Frank Djirrimbilpilwuy	
	5.00	*Yarning session: Healthy Male lifestyle program: healthy meals, healthy men* Jason Bonson	
	5.20	Evaluation for Session A and Session B	
5.30 pm	Session concludes		
	Free night		

THURSDAY 13 MARCH 2008		
8.00 am	Registration Desk open Conference Office open	Ghan Foyer
	PLENARY SESSION	**MacDonnell Room A**
8.45 am	MC: Introductions	
8.50 am	*NATSINSAP – implementing the Remote Indigenous Stores and Takeaway project across Australia* Traven Lea, Sharon Laurence	
9.10 am	*The Mai Wiru Stores Policy – a community development model for remote store operations* John Tregenza	
9.30 am	*Outback Stores – achieving food security in remote communities* Paddy Stephensen	
9.50 am	Audience questions and comments	
10.00 am – 10.45 am	**Concurrent Session C** (2 papers, 20 minutes each with 5 minutes in between)	
	C1 ***Food supply in rural and remote communities*** **Chair:** Roy Price	MacDonnell Room A
	10.05 *Yarning session: The expansion of Good Start Breakfast Clubs and accompanying food security initiatives to remote Aboriginal communities in Central Australia* Gwen Crombie, Jack Crombie	
	10.25 *Community mapping of food access and food services in rural NSW communities: Many Rivers Diabetes Prevention Project* Janine Cochrane, Stephen Cochrane, Josephine Gwynn, Nicole Turner	
	C2 ***Other topics*** **Chair:** Julie-Anne McWhinnie	Ellery Room A
	10.05 *Workshop: Good tucker, good health – great teeth!* Annette Davey, Richelle Jackson	
	10.25 *Bush tucker in kidney failure and diabetes* Lesley Salem, Elizabeth Thompson	
	C3 ***Posters***	Ellery Room D
	Authors of posters to speak to their posters	
10.45 am – 11.15 am	**MORNING TEA** **Trade display and networking**	**Ghan Foyer**
11.20 am – 12.35 pm	**Concurrent Session D** (3 papers 20 minutes each with 5 minutes in between)	
	D1 ***Food supply in rural and remote communities*** **Chair:** Leisa McCarthy	MacDonnell Room A
	11.20 *Mai Wiru Regional Stores Policy* Liz Balmer, Rosalind Butler, tbc	
	11.45 *Making a difference – the Outback Stores and Canteen Creek story* David Clegg, Julie Croft	
	12.10 *Working together for better health in Lajamanu* Kathy Long, Danielle Aquino, Jim Butler, Lynette Tasman, Shirlene Daniels	
	12.35 Evaluation of Session C and D	

THURSDAY 13 MARCH 2008			
	D2	***Aboriginal and Torres Strait Islander nutrition workforce*** **Chair:** Michelle Elwell	Ellery Room A
	11.20	*Making it happen: linkages between students and health workers create great nutrition resources* Cynthia Porter, Tony Dodd, Robynne Snell, Deborah Woods	
	11.45	*Yarning session: Working towards a healthier Palm Island* Leah Lenoy, Lauwanna Blackley	
	12.10	*Yarning session: Cooks Camp* Kellie Schouten, Sarah Conally, Jeannie Campbell, Chrissy-Joe Kamara	
	12.35	Evaluation of Session C and D	
	D3	***Communicating and disseminating 'good practice' in Aboriginal and Torres Strait Islander nutrition initiatives*** **Chair:** Dawn Charteris	Ellery Room D
	11.20	*Focus groups with Aboriginal and Torres Strait Islander people in Queensland: information to direct the development of future nutrition strategies* Angela Simons, Kate Gellweiler, Maureen Chamberlain, Linda Medlin, Stephen Hogan, Amanda Lee	
	11.45	*Dietary glycemic index and glycemic load among children aged 10 to 12 years: Many Rivers Diabetes Prevention Project* Jimmy Chun-Yu Louie, Christopher Everingham, Nicole Turner, Janine Cochrane, Josephine Gwynn, Wayne Smith, John Wiggers, Victoria Flood	
	12.10	*Aboriginal and Torres Strait Islander Nutrition and Physical Activity Brief Intervention* Tanya Stiles, Kaye Smith, Kym Blechynden	
	12.35	Evaluation of Session C and D	
12.45 pm – 1.35 pm	**LUNCH** **Trade display and networking**		**Ghan Foyer**
1.00 pm	**Launch of the RIST resources in the trade display area**		**Ghan Foyer**
1.35 pm – 2.45 pm	**Concurrent Session E** (4 papers 20 minutes each with 5 minutes in between)		
	E1	***Food supply in rural and remote communities*** **Chair:** Amanda Lee	MacDonnell Room A
	1.35	*Keeping track of healthy food: monitoring and planning for improvements in the national quality of the store food supply in remote communities* Julie Brimblecombe, Dorothy Yunggirrnga	
	2.00	*Stocking healthier choices in Remote Indigenous Stores and Takeaways as part of the RIST project* Traven Lea, Sally Drinan	
	2.25	*Impact of a community store based budgeting tool (FOODcard) on customer purchasing patterns in a remote Indigenous community in East Arnhemland, Northern Territory* Adam Barnes, David Djalangi	
	2.45	Evaluation of Session E	

THURSDAY 13 MARCH 2008			
	E2	***Family focused maternal and child nutrition*** **Chair:** Maureen Chamberlain	Ellery Room A
	1.35	*Nunga Kids Café* Michael Manders, Jeremy Coaby	
	2.00	*Consulting with Aboriginal communities: finding out about the facilitators of, and barriers to, healthy eating for our children* Scott Trindall, Luke Allan, Lynde Bartel, Jackie Trapman, Renae Draws, Colin Bell	
	2.25	*Eat Well, Be Active, Healthy Kids for Life – Badu Island* Kani Thompson, Rita Kebisu	
	2.45	Evaluation of Session E	
	E3	***Other topics*** **Chair:** Amanda McGregor	Ellery Room D
	1.35	*Deadly Tucker – a story about a cookbook …* Sandra Radich, Janice Reidy	
	2.00	*The Nunga Nutrition Lunch Program* Colette Lappin, Vicki Taylor, Margaret Pumpa	
	2.25	*Koori's Cooking Healthy recipe cards* Natalie Burak, Clive Carroll	
	2.45	Evaluation of Session E	
2.50 pm – 3.15 pm	**AFTERNOON TEA** **Trade display and networking**		**Ghan Foyer**
	PLENARY SESSION		**MacDonnell Room A**
3.15 pm	*Australian Indigenous HealthInfonet* Neil Thomson		
3.30 pm	Introduction to Jurisdiction presentations		
	Each jurisdiction to report on nutrition support networks, meeting the needs, what's required for the future and at least one recommendation		
3.35 pm	**New South Wales/Australian Capital Territory**		
3.45 pm	**South Australia**		
3.55 pm	**Victoria/Tasmania**		
4.05 pm	**Western Australia**		
4.15 pm	**Northern Territory**		
4.25 pm	**Queensland**		
4.35 pm	Present summary of recommendations with audience questions and comments Facilitator: tbc		
5.00 pm	Evaluation session		
5.10 pm	Session concludes		
6.45 pm	**Conference Dinner**		**Desert Park**

FRIDAY 14 MARCH 2008			
8.00 am	Registration Desk open Conference Office open		
	PLENARY SESSION		**MacDonnell Room A**
8.30 am	MC: introduction		
8.35 am	Summary of Recommendations to date		
8.50 am	Nutrition Networks Conference—funding, sustainability, the future		
9.35 am – 10.25 am	**Concurrent Session F—Papers, workshops, optional workshopping**		
	F1	***Choose from the following workshops***	MacDonnell Room A
	9.35	Indigenous nutrition workforce	
	9.35	Nutrition issues in urban areas	
	9.35	Family focused maternal and child nutrition	
	F2	***Other topics*** **Chair:** tbc	Ellery Room A
	9.35	*Pakana kipli nayri – Aborigines eat well* Tina Goodwin, June Sculthorpe, Rose Romeo	
	10.00	*The flour-drum stove* Roy Price, Alan Palmer	
	10.20	Evaluation of Session F2	
	F3	***Optional workshopping***	Ellery Room D
	9.35	tba	
10.25 am - 10.45 am	**MORNING TEA** **Trade display and networking**		**Ghan Foyer**
	PLENARY SESSION—Conference Resolutions		**MacDonnell Room A**
10.45 am	*Be strong, be proud* Steve Renouf		
11.05 am	NATISINSAP—framework 2010 onwards; funding, advocacy strategy Nutrition Networks—conference professional networks, states/territories, national Audience questions and comments Aknowledgments		
12.00 pm	Final evaluation session		
12.15 pm	**FAREWELL LUNCH**		**Ghan Foyer**

Notes:

Keynote address/plenary—A special invitation from the Conference Management Committee to give a 20- or 30-minute plenary address.

Workshop—An interactive session on an agreed topic with one or more leaders who may present evidence/data/proposals etc for discussion.

Paper—A 20-minute paper presented to a split or concurrent session; groups of three or four per session on agreed NNNC themes.

Poster—poster presentation that is displayed and addressed by authors in one particular session (delegates walk around).

Yarning session—one or more delegates are invited to tell stories and interact with each other and the audience in a split or concurrent session.

Plenary abstracts

Indigenous Australians and nutrition—a human rights based approach

Tom Calma, Aboriginal and Torres Strait Islander Social Justice Commissioner and Acting Race Discrimination Commissioner, Human Rights and Equal Opportunity Commission

Poor quality food and inadequate nutrition is one the main determinants of the poor health in the Indigenous population, affecting all age groups from infants to the elderly. It is particularly associated with the high rates of chronic diseases found in the Indigenous population. Mr Calma discusses this in the context of the right to health of Indigenous peoples in Australia. He also examines the adequacy of the National Aboriginal and Torres Strait Islander Nutrition Strategy and Action Plan as a response to the food needs of Indigenous communities. Mr Calma will finish by discussing the work of the Campaign for Indigenous Health Equality, lead by him and involving over 40 Indigenous and other health peak bodies, and the Summit for Indigenous Health Equality due to be held in Canberra a week after the National Nutrition Networks Conference.

Presenter

Mr Tom Calma is an Aboriginal Elder from the Kungarakan tribal group and the Iwaidja tribal group, whose traditional lands are south-west of Darwin and on the Coburg Peninsula in the Northern Territory. He has been involved in Indigenous affairs at a local, community, state, national and international level and worked in the public sector for over 30 years.

Until his appointment on 12 July 2004 as Aboriginal and Torres Strait Islander Social Justice Commissioner and national Race Discrimination Commissioner, Mr Calma managed the Community Development and Education Branch at Aboriginal and Torres Strait Islander Services (ATSIS) where he worked with remote Indigenous communities to implement community-based and driven empowerment and participation programs. In 2003, he was Senior Adviser of Indigenous Affairs to the Minister of Immigration, Multicultural and Indigenous Affairs and from 1995 to 2002 he was a senior diplomat in India and Vietnam.

Contact

Tom Calma
sjreports@humanrights.gov.au

The fundamentals of food security in remote Indigenous communities—impacts and effectiveness of the Federal Government intervention in the NT

Olga Havnen, Red Cross

Abstract not available at time of printing.

Presenter

Olga Havnen has had a long and active involvement in Aboriginal rights and advocacy, having held various senior level management and policy positions in both non-government and government sectors, including Northern and Central Land Councils, The Fred Hollows Foundation, Department of the Chief Minister, NT and the Department of Foreign Affairs. She has recently taken up a position with Red Cross—Head of Indigenous Strategy. She is a Board member for Australian Council of Social Services and an advisory member for Oxfam.

Contact

Olga Havnen
Red Cross
NT

08 8924 3900 [ph]

The National Aboriginal and Torres Strait Islander Nutrition Strategy and Action Plan (NATSINSAP)—the story so far

Traven Lea, NATSINSAP Steering Committee Chair, **Amanda Lee**, Health Promotion Unit, Queensland Health

At the last Nutrition Networks Conference in Cairns, 1999, participants were influential in defining the most important actions required to improve nutrition and health for Aboriginal and Torres Strait Islander people across Australia. With further consultation across the country these issues were set down in the National Aboriginal and Torres Strait Islander Nutrition Strategy and Action Plan 2000–2010, more fondly known as NATSINSAP. In 2001 the NATSINSAP was signed off by the Health Ministers and became an agreed framework for action across all levels of government, in conjunction with partners from industry and the non- government sector. While there has been significant progress in implementing key areas, this conference will provide another important opportunity for all participants to reaffirm or identify new actions that will contribute towards directing the NATSINSAP beyond 2010.

The seven priority areas outlined in the NATSINSAP remain as relevant and critical today. This presentation will outline the achievements and challenges of implementing the NATSINSAP with a focus on the efforts to build the Aboriginal and Torres Strait Islander nutrition workforce.

Across Australia there continues to be an insufficient specialist workforce focused on Aboriginal and Torres Strait Islander nutrition. This remains a crucial mechanism to maximise community ownership, control and the uptake of 'good practice' program delivery. Building the nutrition workforce requires a multi-layered approach, including accredited nutrition training, position creation, 'two way' learning partnerships, leadership, organisational development and resource allocation. To drive this process at a national level, the NATSINSAP has successfully advocated for the inclusion of 'nutrition' as a core unit for generalist Aboriginal Health Workers (practice stream) in the recently released Aboriginal and Torres Strait Islander Primary Health Care qualification, as well as creating the opportunity for specialisation in nutrition through nationally accredited training programs. Significant progress has been made across Queensland to increase and support the Aboriginal and Torres Strait Islander nutrition workforce, which provides key learnings and a model for action for other jurisdictions.

Presenters

Traven Lea is the national chairperson of the steering committee responsible for the implementation of the NATSINSAP (National Aboriginal and Torres Strait Islander Nutrition Strategy and Action Plan). Traven Lea is a field epidemiologist, who is currently also managing the Aboriginal and Torres Strait Islander program for the National Heart Foundation of Australia. Traven has had 19 years of working in the field of Aboriginal and Torres Strait Islander health in which he has completed a maters degree in Applied Epidemiology, with his major thesis focusing on the cardiovascular health of Aboriginal and Torres Strait Islander peoples.

Dr Amanda Lee is currently Manager of Nutrition and Physical Activity within the Health Promotion Unit, Queensland Health. She has been learning about, and trying to help improve, Aboriginal and Torres Strait Islander health and nutrition since the late 70s: in Central Australia, on the Pitjantjatjara/Ngaanatjara Lands, in Northern Australia, particularly at Minjilang, and now in Queensland.

Contact

Traven Lea
National Program Manager
Aboriginal & Torres Strait Program
Heart Foundation
Queensland Division

07 3872 2514 [ph]
Traven.Lea@heartfoundation.org.au

Dr Amanda Lee
Manager, Nutrition and Physical Activity
Health Promotion Unit
Queensland Health

Amanda_Lee@health.qld.gov.au

NATSINSAP—implementing the Remote Indigenous Stores and Takeaway project across Australia

Traven Lea, Chair, NATSINSAP Steering Committee, **Sharon Laurence**, Chair of the RIST Steering Committee

Poor food supply in remote and rural areas where many Aboriginal and Torres Strait Islanders live continually undermines efforts to address the poor nutrition and health status of Indigenous people. Strategies to improve access to good quality, affordable, healthy foods, particularly fresh fruit and vegetables in remote communities is fundamental to the prevention of chronic diseases such as diabetes, heart disease, overweight and obesity. A significant achievement of the National Aboriginal and Torres Strait Islander Nutrition Strategy and Action Plan (NATSINSAP), was to secure commitment from the Northern Territory, Queensland, South Australia, NSW and Australian Governments to jointly fund and contribute to the Remote Indigenous Stores and Takeaway project (RIST). The RIST project, which is being officially launched at this conference, has established a common set of guidelines, resources and monitoring tools to promote access to healthy foods in remote communities. There are nine high-quality resources that have been developed by the RIST Steering Committee and Industry Reference Group that has drawn together individuals and organisations with decades of experience in nutrition and food supply in remote Aboriginal and Torres Strait Islander communities. The resources that are now available are free of charge and are intended for use by all store managers, store staff, and nutrition and health workers in remote communities across Australia. The resources include:

- Food Variety Guidelines
- Fruit and Vegetables Quantity Spread Sheet
- Marketing Ideas for a Healthy Store
- Healthy Fast Food
- Heart Foundations Buyer's Guide
- Maximising the Shelf-life of Fruit and Vegetables
- Freight Improvement Toolkit Self Assessment Checklists for the Store and Takeaways
- Monitoring Tool

Through cross jurisdictional commitment to progressing the food supply priority within the NATSINSAP, productive partnerships with major initiatives such as Outback stores will help ensure nutrition remains a high priority and that the use of the RIST resources are sustained.

Presenters

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Sharon Laurence is the National Project Officer for the implementation of the National Aboriginal and Torres Strait Islander Nutrition Strategy and Action Plan (NATSINSAP), currently based at the Heart Foundation of Australia. Sharon has a Masters degree in Nutrition and Dietetics, and a strong commitment to public health, community nutrition and health promotion gained from twelve years of continuous work within both government and community health organisations in the Northern Territory and in Victoria.

Contact

Sharon Laurence
National Senior Project Officer—NATSINSAP
National Heart Foundation of Australia (Victoria Division)

03 9321 1566 [ph]
sharon.laurence@heartfoundation.org.au

Stocking healthier choices in remote Indigenous stores and takeaways as part of the RIST Project

Traven Lea, **Sally Drinan**, Heart Foundation

The poor health and nutritional status of Aboriginal and Torres Strait Islander people, including extreme rates of obesity, diabetes, cardiovascular disease and renal disease have been widely documented.[1] The links between poverty, food security and obesity are also clear. Given this and the fact that almost half of Indigenous Australians live in remote Australia, the Heart Foundation has conducted an investigation into this area of the food supply.

This project investigated the food supply chain to remote Indigenous stores and takeaways. The aim was to identify and evaluate strategies to support the stocking of healthier choices. Remote stores provide a vital service supplying more than 95% of the food eaten in the community. However they face unique challenges due to isolation and economies of scale that influence the foods they stock.

The food supply chain was mapped in the jurisdictions of the Remote Indigenous Stores and Takeaways (RIST) Project (WA, SA, NSW, QLD and NT) from store to distributor to the manufacturer. Interviews were conducted with key stakeholders at each stage along the supply chain. The source of food distribution was identified and the purchasing practices of the distributors were explored. The relationship between food distributors and food manufacturers was also determined.

A key component of the project was the development of the Heart Foundation's *Buyer's Guide for Remote Indigenous Stores and Takeaways*. This buyer's guide offers a listing of recommended branded products supporting the RIST *Food Variety Guidelines*.

Broader sustainable strategies to support the stocking of healthier choices in remote stores and takeaways were also identified considering the influence of other key stakeholders in the supply chain and supporting environments. Examples of such strategies included engaging distributors in promotional work and further collaboration with food manufacturers to modify products.

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[1] Webb KL & Leeder SR (2007) New Year's resolution: let's get rid of excessive food prices in remote Australia. MJA.186:1;7–8.

Presenters

Traven Lea is the national chairperson of the steering committee responsible for the implementation of the NATSINSAP (National Aboriginal and Torres Strait Islander Nutrition Strategy and Action Plan). Traven Lea is a field epidemiologist, who is currently also managing the Aboriginal and Torres Strait Islander program for the National Heart Foundation of Australia. Traven has had 19 years of working in the field of Aboriginal and Torres Strait Islander health in which he has completed a maters degree in Applied Epidemiology, with his major thesis focusing on the cardiovascular health of Aboriginal and Torres Strait Islander peoples.

Sally Drinan is currently consulting to the Heart Foundation as a part-time project officer. This is her first experience working in the area of Indigenous health. Sally's background includes working as a dietitian in community nutrition and public health. She was previously employed at the NSW School Canteen Association where she worked with food industry to encourage the development of healthier products suitable for school canteens.

Contact

Sally Drinan
Project Officer, Remote Stores and Takeaways
Heart Foundation
PO Box 2222
Strawberry Hills BC NSW 2012

sally.drinan@heartfoundation.org.au

Why become a nutritionist? Experiences of three Indigenous nutritionists

Leisa McCarthy, Australian Red Cross, **Aletia Moloney**, Queensland Health, **Noell Burgess**

Leisa, Aleita and Noell would like to share their experiences in how they initially became interested in nutrition; what it has taken to become a nutritionist; and where this road has lead them. Leisa will be speaking on behalf of Aleita and Noell

Leisa is originally from Alice Springs, Northern Territory and became interested in nutrition through work she was undertaking with diabetes. This lead her to find out more about the relationship between diet and diabetes management and eventuated in a meeting with a Northern Territory nutritionist who assisted with developing a career plan and investigating nutrition courses. Leisa travelled interstate to undertake an undergraduate degree—Bachelor of Applied Science Nutrition at the University of Canberra, ACT. From here, Leisa went on to complete a Master of Community Nutrition at the University of Queensland in Brisbane.

Leisa's qualifications in nutrition have enabled her to work in various fields of health and nutrition policy, public health nutrition program development, implementation and delivery, health research and system monitoring, nutrition education and mentoring.

Presenter

Leisa McCarthy is originally from Alice Springs NT and through her mother's side, is a member of Warumungu people from Tennant Creek NT. Leisa holds a Bachelor of Applied Science in Nutrition obtained through the University of Canberra and has a Master of Community Nutrition degree from the University of Queensland. Her work history has involved working as a Public Health Nutritionist working with remote communities of Far North Queensland and in the Northern Territory. She has also worked in nutrition policy within the Northern Territory and has involvement in public health nutrition and related committees and working groups at the local, regional, state/territory and national levels. Previous work experience has involved working as a researcher with a research institute and also as a researcher with an Aboriginal Medical Service in the Northern Territory. Leisa currently works with the Australian Red Cross Northern Territory as a NT-based Public Health Nutritionist.

Contact

Leisa McCarthy
Nutritionist
Red Cross—NT

08 8924 3900 [ph]
lmccarthy@redcross.org.au

Be strong, be proud

Steve Renouf, Indigenous Sport Unit, Sport and Recreation, Queensland

Steve will be speaking briefly on his upbringing in Murgon. He will talk about his rugby league career with the Brisbane Broncos and living with diabetes for 14 years. He will also discuss the challenges with being Indigenous throughout all the above mentioned. He will speak on and behalf of Sport and Recreation Queensland's Eat Well Be Active Indigenous Campaign.

Presenter

Steven Renouf was born in 1970 in Murgon, the tenth of 12 children. His mother, Nerida, grew up in the dormitories in Cherbourg (Gungarri Lady). Steven left Murgon when he was 17 years old to join the Brisbane Broncos rugby league team. He also started an apprenticeship as an electrician at the Mater Hospital in Brisbane.

Contact

Steve Renouf
Indigenous Sport Unit
Sport and Recreation, Queensland

07 3247 4230 [ph]
Steven.Renouf@srq.qld.gov.au

Good tucker education and how it links to the new national Aboriginal and Torres Strait Islander health worker qualifications

Emma Silvester, Community Services and Health Industry Skill Council Ltd, **Janine Engelhardt**, Aboriginal Community Controlled Health Organisation

The Community Services and Health Industry Skills Council (ISC) is the national peak organisation for vocational skills development in the community services and health industries. One of the major roles of the ISC is development of the national industry qualifications in the HLT02 Health Training Package and CHC02 Community Services Training Package.

For the first time the Health Training Package includes eight qualifications, at several levels, covering the role of Aboriginal health worker and Torres Strait Islander health worker (health worker). Development of these qualifications commenced in 2002 following establishment of the *National Aboriginal and Torres Strait Islander Health Workforce Strategic Framework* by the Australian Health Ministers' Advisory Council (AHMAC). The Framework identified the need for a revised health worker recognised skills framework established within the vocational education and training (VET) system.

In developing the qualifications the ISC has worked closely with industry including the National Aboriginal Community Controlled Health Organisation (NACCHO) who is the national peak Aboriginal health body representing Aboriginal community controlled health services throughout Australia; together with government sectors and unions.

The eight health worker qualifications include career pathways from Certificate II to Advanced Diploma level. The qualification pathways feature Certificate II and III level qualifications and then two streams of qualifications from Certificate IV to Advanced Diploma. The two streams are: Practice and Community Care.

The **Practice stream** reflects more clinically oriented work roles that include functions such as undertaking basic health care assessments and implementing basic health care. The Practice stream qualifications will, for example, form the basis of training for the licensed occupation of Aboriginal health worker in the Northern Territory.

The **Community Care** stream reflects more community oriented work roles and includes working with clients with mental health, alcohol and other drugs and family violence issues as well as health promotion, advocacy, liaison and community support.

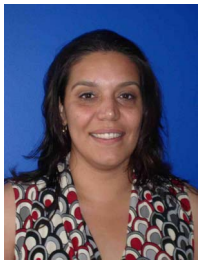
Within the Community Care stream, Aboriginal and/or Torres Strait Islander Health Workers will be nationally exposed to education and training regarding nutrition. The units that specifically contain this information are as follows:

- HLTAHW407A—Provide nutrition guidance for specific health care
- HLTAHW411A—Plan, develop and evaluate health promotion/education for Aboriginal and/or Torres Strait Islander communities
- HLTAHW412A—Provide information and strategies to promote nutrition for good health
- HLTAHW429A—Provide healthy lifestyle programs and advice.

This training will support the roll-out of strategies contained within the National Aboriginal and Torres Strait Islander Nutrition Strategy and Action Plan (NATSINSAP).

Presenters

Emma Silvester has over 10 years' experience in project and client leadership in the vocational education training sector. As a Project Coordinator for the Community Services and Health Industry Skills Council Emma has coordinated a range of projects, most recently the implementation of CommunityMindEd—a mental health promotion suicide prevention resource. Emma is also coordinating a project aimed at improving capacity of workers in Aboriginal and Torres Strait Islander communities to recognise and respond to mental illness and alcohol and other drug issues. Emma holds a Bachelor of Social Science, a Graduate Diploma in Vocational Education and Training and is currently enrolled in a Master of Education.



Janine Engelhardt is an Nurrunga/Kaurna women who grew up on an rural Aboriginal mission in SA. Janine is a former nurse who has worked in Aboriginal health for the past twelve years. She began her career at the Aboriginal Research Institute, within the University of SA. Janine went on to work at a number of major state hospitals, at Flinders University and the Aboriginal Health Council of SA. Janine is currently a technical writer for the Aboriginal and Torres Strait Islander Health Worker Resource Kit. Janine has recently been employed by NACCHO as their senior policy officer, to coordinate advise to the NACCHO board on many facets of Aboriginal health policy

Contact

Emma Silvester
Community Services and Health Industry Skills Council Ltd

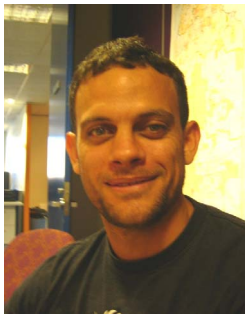
02 9270 6617 [ph]
emma.silvester@cshisc.com.au

Outback Stores—achieving food security in remote communities

Paddy Stephensen, Outback Stores

A lack of food security has long plagued remote Indigenous communities in which the community store has had the monopoly on the food supply. This has been a key factor in the low health status of Indigenous Australians, including the prevalence of nutrition-related diseases. Outback Stores was established to make a positive difference in the health and economy of Indigenous communities across Australia through providing quality retail stores. The company manages a number of stores in the Northern Territory and Western Australia and is currently experiencing a period of exponential growth. Operational excellence ensures a constant, affordable food supply in stores managed by Outback Stores with the range and quality of food available dramatically improved. However, the demand for *healthy* food has to increase before benefits to health can be seen. This is not a straightforward matter because current eating patterns are shaped by historical, cultural, social and economic forces. Furthermore, what these forces are in one Indigenous community can be quite different from another. We need to understand these and work in close partnership with communities and a range of service providers to change eating habits in communities. The commercial reality is that offering a healthy core range of foods is sustainable only if there is a demand for it. Increasing demand in these contexts while sustaining stores' profitability calls for new kinds of market research and marketing strategies and different ways of perceiving 'customer service'. Outback Stores' Nutrition Strategy focuses on making sure that a core range of nutritious foods and drinks is on offer at all times and that the supply is promoted and monitored to generate demand. Over time best practice in retail management together with the implementation of Outback Stores' Nutrition Strategy will achieve positive economic and health outcomes. Outback Stores is meeting this challenge.

Presenters



Paddy Stephensen was born in Darwin of Torres Straight and Larrakia descent. He has a degree in Exercise Physiology from UNSW and played rugby union in Sydney while studying. Paddy has 10 years' experience working in exercise rehabilitation dealing with obesity; cardiac rehabilitation, workers compensation and motor accident compensation patients and elite athletes. He has also worked as a mediator with the NT Health Complaints Commission and as a Indigenous Liaison Officer for NT Consumer Affairs. Paddy is currently a Relationship Manager for Outback Stores. His role is to develop trust and credibility by spending time with the community to understand their needs, priorities and vision. His responsibility is to act as a conduit between the community and Outback Stores through developing strong relationships. He is a valued Indigenous team member. He is renowned for building full and sustainable relationships with remote communities. Previously Paddy worked as an investigator and conciliator at the Health Complaints Commission and Consumer Affairs.

Contact

Outback Stores
info@outbackstores.com.au
08 8982 1900 [ph]

Australian Indigenous HealthInfonet

Neil Thomson, Edith Cowan University

Abstract not available at time of printing.

Contact

Neil Thomson

08 9370 6062 [ph]
n.thomson@ecu.edu.au

The Mai Wiru Stores Policy—a community development model for remote store operations

John Tregenza, Kutjara Consultants

The development and implementation of the Mai Wiru (Good Food) Stores Policy is based on the belief that a community development model of working is the preferred way to introduce positive and sustainable social and health changes in remote Aboriginal communities.

The policy was developed through widespread community consultation over several years and a participatory planning process involving all communities on the Anangu Pitjantjatjara/Yangkuntjatjara Lands. This has resulted in the nine Anangu communities on the APY Lands maintaining ownership of their local stores while implementing an Anangu-owned regional health policy to improve nutrition across the region.

The emphasis of Mai Wiru has always been on improving people's health as opposed to the traditional goal of store operations of maximising profit.

Nganampa Health Council was recruited to coordinate the implementation of the policy and established a Stores Policy Support Unit within its Environmental and Public Health Section.

Under a MOU with the community store governing councils the Unit carries out functions and activities on their behalf. Currently the MOU identifies seven areas of the Unit's responsibilities:

- negotiation of a system for the bulk purchasing of supplies (preferred suppliers) and negotiation of a coordinated freight system
- standardisation of stores management systems and practices
- human resource management
- coordination of public health nutrition
- development and negotiation of a subsidy on identified food, health consumables and health hardware items
- coordination and standardisation of training
- formalise the governance, structure and function of the Stores Support Unit, in consultation with APY Council, communities and regional community-controlled organisations.

There are many issues to address, and difficulties to overcome, in addition to those unique to remote Aboriginal communities in Central Australia, implementing health policy change in the retail market sector under a community development model.

The Mai Wiru Stores Policy was the National Overall Winner and National Category Winner of the Heart Foundation Kellogg Local Government Awards for 2007.

Presenter

John Tregenza was born in Darwin in 1948 and grew up in country South Australia. He has over 30 years' experience working in community development in urban, rural and remote settings. Work has focused on developing Aboriginal community-controlled organisations to address primary health and community social needs. In 1976 he assisted with the establishment of the first Pitjanjtatjara Homelands community at Wingellina in WA, including starting up an Aboriginal community owned and managed store. He was involved with the development and establishment of the Pitjantjatjara Council culminating in the achievement of inalienable freehold title for the Anangu Pitjantjatjara in north-west South Australia. John carried out consultation and negotiations for the development and establishment of a number of Aboriginal community-controlled health services in remote areas including the Pitjantjatjara Homelands Health Service, forerunner of the Nganampa Health Council, where he was also the first administrator. He was a Board member of the South Australian Aboriginal Health Organisation and an executive member of the National Aboriginal and Islander Health Organisation throughout the 1980s. Since the early 90s John has been self-employed as a consultant to Aboriginal community-controlled organisations, research institutions and to government in the area of community development in the health, judicial, and social services sectors. In 1998 he was asked by the APY Lands Council to carry out a study of the cost of living on the APY Lands to identify remaining blocks to improved health status in the region. Subsequent to that report John was asked to develop a strategy to address the fact that Anangu on the APY Lands were unable to access affordable healthy food. This resulted in the Mai Wiru Stores Policy being ratified by the Council in 2001. Since this time John has been employed as a consultant by Nganampa Health Council to assist with the implementation of the Mai Wiru Stores Policy.

Contact

John Tregenza
Co-ordinator Mai Wiru Health Policy

0407 858 219 [ph]
kutjara2@bigpond.com

Concurrent abstracts

Mai Wiru Regional Stores Policy

Liza Balmer, NPY Women's Council, **Rosalind Butler**, Nganampa Health Council

For years, Anangu at community level have been demanding action on food accessibility (including affordability) and food availability (including range and quality) in local community stores. The need for a regional stores policy on the APY Lands was first identified in the 1987 report of *Uwankara Palyanyku Kanyintjaku – An Environmental and Public Health Review.*

Consequently, in 2002 the Mai Wiru (Good Food) Regional Stores Policy was developed under the auspices of Nganampa Health Council, and in conjunction with Ngaanyatjarrra Pitjantjatjara Yankunytjatjara Women's Council, as a result of a directive from Anangu Pitjantjatjara Yankunytjatjara (the land holding body). The process to develop the Mai Wiru policy was driven by Anangu from its inception. Wide-ranging community input and representation has been achieved through a participatory planning process, and the 25-member steering committee. The steering committee is representative of every community of the APY Lands. Following the development of the policy, a strategic implementation plan was developed and implementation of the policy began in early 2006.

Mai Wiru was a first of its kind because it is a regional policy for remote Aboriginal community stores with a health focus and a potential for legislative enforcement under the powers of the local land holding body, APY. As the policy is a primary health intervention (to tackle the increasing prevalence of diet-related illness) the nutritional impact of the policy will be highlighted and discussed. This will include: the impact on product placement within the store and how this affects sales. This is particularly concerning when product placement is used to promote sales of nutritionally poor items; the successful introduction of fortified white bread and meat pies with the 'Red Heart Tick'; anecdotal evidence that people will choose fresh healthy food if it is available; importance of providing comprehensive orientation for store managers to the guidelines of the policy to ensure compliancy; preferred supplier agreements with cash rebate systems to community stores and, finally, the importance of the store committee in each community.

Presenters

Liza Balmer (Mai Wiru Policy Officer, Child Nutrition Program, NPY Women's Council) has been employed on the Child Nutrition Program for NPY Women's Council since 1996 and was a founding member of the Mai Wiru Store Policy Steering Committee and development team. Liza is a Registered Nurse with a Masters of Public Health and has produced other nutrition related resources such as *Mai Wiru: Mirrka Walykumunu – Good Food the Best Start to Life* a nutrition manual for mothers and children and *Maiku Kulintjaku – Food for Thought* a four-part educational DVD on nutrition through the lifespan.

Rosalind Butler (Public Health Nutritionist, Mai Wiru Regional Stores Policy, Nganampa Health Council) is the first qualified Public Health Nutritionist to be employed on the APY Lands, and since May 2006 has been actively implementing the nutritional guidelines and objectives of the Mai Wiru Regional Stores Policy. This has involved orientating store managers to the nutritional guidelines of the stores policy, sourcing nutritionally superior food items and advocating for the reduced sales of nutritional poor foods. Rosalind has also developed diabetic educational resources in Pitjantjatjara and in conjunction with the child health team of Nganampa Health Council developed the Kids Supplementary Food Pack.

Contact

Rosalind Butler
Public Health Nutritionist
Nganampa Health Council
PO Box 2232
Alice Springs NT 0871

08 9850 6833 [ph]
rosalind.butler@palya.org.au

Impact of a community store based budgeting tool (FOODcard) on customer purchasing patterns in a remote Indigenous community in East Arnhemland, Northern Territory

Adam Barnes, Arnhemland Progress Association Health and Nutrition Manager, **David Djalangi**

Aim

To examine the change in customer buying patterns upon the implementation of a budgeting tool (FOODcard) in a remote Indigenous store in eastern Arnhemland (Northern Territory). Particular emphasis will be placed on key foods deemed to have significant impact on positive and negative health outcomes in the population group. Further examine the effect that income managing of Centrelink benefits has on the usage of the budgeting tool.

Background

Indigenous community consults in 2004 concerning the Arnhemland Progress Association's (ALPA) health and nutrition strategy resulted in one of the communities highlighting the need for a way to keep money safe from family pressures so that healthy food can be purchased throughout a whole pay cycle. Smartcard technology was used to create a debit card that individuals, families and groups can use to keep money safe. Only items deemed to be essential to everyday living are authorised for purchase. During the development of this tool it was announced that the Federal Government will be working with people in remote Indigenous communities that receive benefits through Centrelink to manage these funds. The FOODcard, although not originally designed for this task, will assist in the management of such funds.

Method

Using data obtained through ALPA's register operating system and obtained through the FOODcard operating system designed by Worldsmart Retech, key lines such as fruits and vegetables, meats and dairy, confectionary, full sugar soft drinks and water will be analysed to see if there is a significant increase or decrease in the purchasing patterns of these product lines.

Results/discussion/conclusion

Currently still being assessed, outcomes will be advised at National Nutrition Network Conference 08.

Presenters

Adam Barnes is the Arnhemland Progress Association's (ALPA's) Health and Nutrition Manager, and services all of ALPA's 13 communities throughout the Northern Territory and Western Australia. Adam has a particular focus on the five ALPA member communities in Arnhemland. Focus areas within this role have been general store nutrition, fruit and vegetable sales increases, development of 'healthy takeaway options' and general community education. In this role Adam currently lives in the remote Indigenous community of Galiwin'ku, a location that ALPA's Indigenous Board of Directors thought would help him to better understand the food security and general nutritional issues that affect Indigenous communities. Prior to working for ALPA Adam worked in the food industry for two years (George Weston Foods – Product Development/Technical Services) and for over twelve years with Coles Supermarkets in a variety of roles while completing his studies.

David Djalangi has worked with the Arnhemland Progress Association for over 30 years in a variety of roles, including Associate Executive Officer of ALPA for 5 years. In his role as ALPA cultural liaison officer David's job is to help Yolngu (Indigenous) and Balanda (Western) to understand each other more. As a resident of Galiwin'ku (Elcho Island, East Arnhemland) he also plays a role in the day-to-day operations of the Galiwin'ku store, along with his role as the Deputy Chairperson of Galiwin'ku community council.

Contact

Adam Barnes
Arnhemland Progress Association Health and Nutrition Manager

nutrition@alpa.asn.au

Healthy Male lifestyle program: healthy meals, healthy men

Jason Bonson, Preventable Chronic Disease Program, Department of Health and Community Services, NT

The aim of this yarning session is a story about engaging Aboriginal males in the top end of the NT to live healthier lifestyles by encouraging them to attend and participate in Aboriginal male health promotion camps/health weeks, which include traditional cultural activities such as hunting and cooking bush tucker, blending them in with healthy nutritional western style cooking.

Key areas that we cover on the camps/health weeks are:

- having adult health checks—including STI screening
- smoking—tobacco and marijuana
- alcohol—beer, wine, spirits
- social and emotional wellbeing (mental health)
- parenting role modelling
- physical activity—walking, playing sport, being active 30 minutes a day
- nutrition.

Below are areas they we cover when presenting nutritional health information/education:

- males learning basic cooking skills
- what is a good affordable healthy meal?
- how to prepare a healthy meal in minutes
- safe food handling
- food before sport, food after sport and fluid intake
- healthy beverages
- healthy breakfast meals
- home economic skills
- encourage eating more bush tucker and seafoods
- encouraging hunting and eating healthy bush tucker
- visit store to see show what is healthy foods
- eat healthy store foods
- cook store food inside (stove)
- cook store food outside (fire).

Presenter

Jason Bonson is an Aboriginal male who is born and bred and has lived in Darwin all his life. Jason is currently acting as the Aboriginal Male Health Coordinator in the Preventable Chronic Disease Program, Northern Territory, Department of Health and Community Services. Jason's previous work includes working in Aboriginal Health Promotion and Aboriginal Male Health Policy Unit in the DHCS since 2000. Jason's work has primarily focused on encouraging Aboriginal males to attend health centres for health screening or attending male health camps/weeks/workshops to get health information. Jason also worked as a project officer for the Healthy Male lifestyle program with DHCS.

Contact

Jason Bonson
A/g Aboriginal Male Health Coordinator
Preventable Chronic Disease Program
Department of Health and Community Services
PO Box 40596
CASUARINA NT 0810

08 89 226 722 [ph]
jason.bonson@nt.gov.au

Keeping track of healthy food: monitoring and planning for improvements in the nutritional quality of the store food supply in remote communities

Julie Brimblecombe, Menzies School of Health Research,
Dorothy Yunggirrnga

Feedback is critical to all systems, from the human body to organisations, to make adjustments for better performance. For many years however, nutritionists, store managers, community people and other health professionals have worked to improve the nutritional quality of the food supply available to people living in remote Australia often without a feedback system to guide planning and to track progress.

As part of the Remote Indigenous Stores and Takeaway (RIST) project, Menzies School of Health Research was commissioned to develop a tool to monitor the nutritional quality of the food supply available in community stores in remote Australia. This paper will present this tool and propose a framework for its use and implementation at the community level. The framework proposed draws on continuous quality improvement theory and the NSW health capacity building framework. This tool potentially offers a structured and comprehensive planning approach to move forward in achieving a more equitable food supply for Indigenous Australians living in remote Australia.

Presenter

Julie Brimblecombe has nearly 20 years' experience working with Indigenous people in Australia and in the South Pacific. As a nutritionist, Julie has worked both with government and non-government organisations and has experience in project management, service delivery and research. In 2001, Julie took up a research position with MSHR and since this time has been involved in a long-term research project with a community in north-east Arnhem Land. This research provided a unique insight into the issues that prevent many people from attaining good nutrition and the structures, both within and outside of the community, that challenge nutrition improvement.

Dorothy Yunggirrnga belongs to the Warramiri language group of north-east Arnhem Land. Yunggirrnga has extensive experience in community development, store retailing, health administration and has an interest in the use of multi-media in community education. For the last 6 years, she has worked with Yalu'Marnggithinyaraw, a community-based Indigenous organisation committed to strengthening community wellbeing within an Indigenous framework. Together with Yalu and other women, Yunggirrnga led a healing ceremony at the 2006 Garma festival, demonstrating the contemporary relevance and strength of traditional medicine and healing. Yunggirrnga is a project officer with an Australian government funded Building Healthy Communities project.

Contact

Julie Brimblecombe
Menzies School of Health Research

08 8922 7879 [ph]
Julie.brimblecombe@menzies.edu.au

Making healthy choices for ourselves: partnerships for healthy eating and physical activity in Aboriginal communities

Jennifer Browne, **Sharon Thorpe**, **Priscilla Pyett**, **Peter Waples-Crowe**,
Victorian Aboriginal Community Controlled Health Organisation

Throughout Australia, nutrition-related diseases, particularly type 2 diabetes and cardiovascular disease, are major causes of illness and death amongst Aboriginal and Torres Strait Islander people. There is a shortage of evidence for effective interventions in this context, particularly in urban communities. When working with Indigenous people, a methodology is needed that will foster Indigenous participation and contribute to change rather than just describe the problem. Participatory action research (PAR) is, thus, an ideal approach.

This thesis describes a PAR approach to strengthening the capacity of both Indigenous and non-Indigenous health professionals to work in partnership on health promotion initiatives around nutrition for Victorian Aboriginal communities. The project will facilitate training for Aboriginal health workers (AHWs) in nutrition and cultural awareness training for non-Indigenous dietitians. Two-way mentoring partnerships between AHWs and community dietitians will then be established and supported in four sites for the collaborative development and implementation of local community nutrition initiatives. A central focus of this project is fostering the transfer of skills and expertise 'both ways', so that AHWs may more fully take control of their own community health initiatives, and non-Indigenous health service providers may better understand and respond to the needs of Aboriginal and Torres Strait Islander people.

This project is informed by the NATSINSAP priorities, with a focus on building the capacity of the Indigenous nutrition workforce to implement effective community-based nutrition programs relevant to Aboriginal people living in urban areas and regional centres. By employing a PAR approach and using a capacity building framework, it is the intention of this project to unite AHWs and dietitians and provide some much-needed evidence on which to base good practice in promoting accessible and nutritious food for Victorian Indigenous communities.

Presenter

Jennifer Browne is an Accredited Practising Dietitian and Credentialed Diabetes Educator who has been working at the Victorian Aboriginal Community Controlled Health Organisation (VACCHO) since 2006. Before that, she worked at the Victorian Aboriginal Health Service in Melbourne. Jennifer coordinates Aboriginal health worker training in the areas of cardiovascular health and diabetes and is helping to develop a statewide action plan for physical activity and nutrition in Victorian Indigenous communities. Jennifer recently received her Masters in Public Health.

Sharon Thorpe is a Kurnai/Gunai and Yorta Yorta woman from Victoria. She currently works at the Victorian Aboriginal Community Controlled Health Organisation (VACCHO) as the Aboriginal Nutrition project officer. Before she took up this position she worked at Bunurong Aboriginal Medical Centre in Dandenong as the Koori Maternal Worker, working along side the midwife. In 2004 Sharon completed the Diploma of Indigenous Health Studies (Food and Nutrition) and continues to be extremely passionate about nutrition, especially the issue of food security. She is currently completing her Associate Degree in Indigenous Heath at Curtin University.

Contact

Jennifer Browne
Victorian Aboriginal Community Controlled Health Organisation
5–7 Smith Street
Fitzroy VIC 3065

03 9419 3350 [ph]
jenniferb@vaccho.com.au

Ngaanyatjarra Pitjantjatjara Yankunytjatjara Women's Council Child Nutrition Program

Camilla Sleeth, **Suzanne Bryce**, **Debra Umala**, NPY Women's Council Child Nutrition Program

The Ngaanyatjarra Pitjantjatjara Yankunytjatjara (NPY) Women's Council Child Nutrition Program commenced in 1996 in response to the alarming rates of hospitalisation and welfare intervention for children on the NPY lands in Central Australia who were failing to thrive. The program aims to improve the health status of children under five years of age by working holistically with families to address the nutritional needs of children. It has become evident that practical solutions for children with nutrition related illnesses require careful consideration of the complex social, emotional and environmental factors that impact their wellbeing. In response, we have developed a service that works closely with families and is directed by the Anangu (Aboriginal) members of our organisation. This program illustrates the importance of a holistic approach to case management and service delivery.

Presenters

Suzanne Bryce has lived in Central Australia for more than 30 years, working with Anangu, the Pitjantjatjara people of north-west South Australia and southern Northern Territory. Her work is built on longstanding relationships, good language skills and a strong commitment to the wellbeing of children and families.

Debra Umala is from Mimili Community in the APY Lands and has been employed in the Child Nutrition Program since 2005.

Contact

Camilla Sleeth
NPY Women's Council Child Nutrition Program

08 8958 2368 [ph]
childtown@npywc.org.au

Koori's Cooking Healthy recipe cards

Natalie Burak, Aboriginal Chronic Care Program, Liverpool Hospital,
Clive Carroll, Miller Community Health Centre, Sydney

The Aboriginal Chronic Care Program (ACCP) is a program that aims to reduce chronic disease in Aboriginal and Torres Straight Islander people in south western Sydney. This program is coordinated by Sydney South West Area Health Service and run by a multidisciplinary team at Miller Community Health Centre. The program focuses on prevention and self-management of chronic disease and nutrition-related health problems such as obesity, hypercholesterolemia and poorly controlled diabetes. The Koori's Cooking Healthy recipe cards were developed following a series of cooking groups for clients. The cards were to assist in preventing nutrition-related health problems and to promote healthy eating for a healthy weight. Clients on the program provided their favourite recipes and dietitian modified each one to make them more healthy, focusing on a reduction in fat, salt, sugars, and an increase in fruit, vegetables and fibre. A selection of these recipes were then printed and laminated to create a series, with Indigenous artwork donated by an active client of the program. The recipe cards have been widely distributed within the community as a simple and easy-to-use educational tool for promoting healthy eating for a healthy weight, and preventing nutrition-related health problems in a practical way. The ACCP team has received positive feedback since distribution and clients are requesting further recipes to be added to the collection. It is important to ensure community involvement and cultural appropriateness is continued with future progress of the project.

Presenter

Natalie Burak is a dietitian from Liverpool Hospital in Sydney. Natalie obtained a Bachelor of Science (Nutrition and Dietetics) with Honours from the University of Sydney in 2004. She has been working in the Sydney South West Area Health Service Aboriginal Chronic Care Program for the last three years. Natalie enjoys the challenge of working with the Indigenous communities in the Liverpool region. She finds the mix of clinical and health promotional work, both individual and team based, very stimulating. Natalie has previously had an abstract published in the *Journal of Nutrition and Dietetics*. This was on the dietary management of clients presenting to the Aboriginal Chronic Care Program. Natalie hopes to continue to work with Aboriginal health in the future.

Clive Carroll is a 30-year-old male who was born in Sydney. He is of Aboriginal descent from the Wiradjuri tribe from Cowra in NSW. Clive has a Diploma of Health Science (Mental Health) from Charles Sturt University; he is also currently studying a Bachelor of Nursing externally at Charles Darwin University, and has also completed the certificate 3 in Business Admin. Clive has been an Aboriginal health worker for the past nine years. He has worked in the city, rural and remote areas and has experience in mental health, drug and alcohol, general health, chronic care and management with small and large teams. Clive has worked in Sydney within NSW Health and with Qld Health at Brisbane, Bundaberg and a remote Aboriginal community called Cherbourg. He also worked in Alice Springs about 12 months ago managing a large disability team. Clive has been in his current position since May 2007, employed as the Senior Aboriginal Chronic Care Project Officer based at Miller Community Health Centre—Sydney South Western Area Health Service.

Contact

Natalie Burak
Dietitian, Aboriginal Chronic Care Program
Liverpool Hospital
Locked Bag 7103
Liverpool NSW 2170

02 9828 6765 [ph]
natalie.burak@sswahs.nsw.gov.au

Collaborative approach to community-based research: a case study in the Northern Territory

Jeannie Campbell, Department of Health and Community Services, Ti Tree Health Centre, **Danielle Aquino**, Katherine West Health Board Aboriginal Corporation

Iron deficiency anaemia in Indigenous children is a major concern of communities and health service providers in the Northern Territory. Community consultation undertaken to develop the new NT infant feeding guidelines in 2005 stimulated discussion about the need to consider alternative strategies to address the high rates of anaemia in 6 month to 5 year olds and to reduce the number of intramuscular injections given to infants and young children to treat the anaemia. The collective interest in the government and community controlled health sector resulted in the development and implementation of a formative research project investigating the knowledge, attitudes, sources of information and practices regarding feeding of Indigenous infants and young children in Katherine region and Central Australia. Three Aboriginal health services: Katherine West Health Board, Sunrise Health Service and Wurli-Wurlijang Health Service; Anmatjere Health Zone Steering Committee; NT Department of Health and Community Services, UNICEF and the Fred Hollows Foundation partnered to design and implement the formative research project. Following the analysis and interpretation of the findings, the stakeholders designed a demonstration project to implement preventive micronutrient supplementation and nutrition promotion in the Katherine region and Central Australia. The aim of which is to determine the feasibility of using a home, food-based micronutrient supplement 'Sprinkles' together with nutrition promotion to prevent IDA in Indigenous children aged 6–24 months in the NT. This paper will describe the process for this community-based research project, keys to the success of the partnership and issues to consider for future collaborative projects.

Presenters

Hello my name is Jeannie Campbell and I'm an Anmatjere woman from Ti Tree. Ti Tree is about 200 km north of Alice Springs on the Stuart Highway. I have always lived in Ti Tree and all my family are all there. I have been working for the Department of Health and Community Services for nearly 11 years. I am a nutrition worker for the Anmatjere region, which includes the communities of Ti Tree, Pmara Jutunta, Ti Tree Station, Alyuen, Tara, Wilora, Laramba, Yuelamu and Engawala. As the region's nutrition worker I go and support the various programs in the communities and provide nutrition education to the schools in the area. I also work with the community and cattle station stores too and talk to them about getting good healthy food in their store. Before this job I was working as a registered Aboriginal health worker for 10 years. I am also studying to become a registered nurse through Charles Darwin University for the past few years.

Contact

Jeannie Campbell
Department of Health and Community Services
Ti Tree Health Centre
c/- Ti Tree Community
via Alice Springs NT 0872

jeannie.campbell@nt.gov.au

Community consultation on home micronutrient supplementation 'Sprinkles' for Indigenous children in the Northern Territory

Jeannie Campbell, Department of Health and Community Services, Ti Tree Health Centre, **Danielle Aquino**, Katherine West Health Board Aboriginal Corporation

Iron deficiency anaemia in Indigenous children has long been acknowledged as a major public health problem in the Northern Territory. Current strategies emphasise screening, treatment with intramuscular iron and health promotion. Despite these protocols and practices being in place for the past 10 years, rates of childhood anaemia remain unacceptably high. This six-month collaborative research project aims to provide formative findings on community knowledge, beliefs, sources of information and practices relating to the feeding of Indigenous infants and young children; and seek community direction for the distribution and implementation of a home micronutrient supplement 'Sprinkles'. Formalised community consultations through semi-structured interviews and focus group discussions with carers of 6–24 month old infants and young children were undertaken in eight communities. Key findings include: the majority of babies are breastfed; there is no consistent practice for the introduction of complementary foods; most babies have inadequate nutritional intake; there is reliance on convenience foods; there is existing knowledge about healthy and unhealthy foods but limited knowledge about vitamins, mineral, iron and anaemia; carers are willing to trial 'Sprinkles' and suggest breakfast as the most appropriate meal to add the supplement; health workers and female family members are key sources of health information. The overall recommendation from this project is that the use of a micronutrient supplement for children aged 6–24 months forms part of a comprehensive approach to addressing anaemia prevention in Indigenous communities. We will discuss the implications of our findings for current and future strategies and programs to improve nutritional status of Indigenous infants and young children.

Presenters

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Contact

Jeannie Campbell
Department of Health and Community Services
Ti Tree Health Centre
c/- Ti Tree Community
via Alice Springs NT 0872

jeannie.campbell@nt.gov.au

Living Strong: a healthy lifestyle program for Aboriginal and Torres Strait Islander communities

Dawn Charteris, **Michelle Elwell**, Tropical Population Health Network

Living Strong is a healthy lifestyle group-based program for Aboriginal and Torres Strait Islander adults. Living Strong uses a behaviour change approach to improve health and wellbeing and to help prevent chronic disease. Participants of the program are encouraged to adopt a healthy lifestyle through improved nutrition and increased physical activity.

The program was previously known as the Healthy Weight Program. It was renamed to Living Strong in 2006 to more accurately reflect the objectives of the program and to encourage greater participation by community people.

The program underwent redevelopment in 2006–2007 to ensure consistency with best practice health messages, recent strategies and guidelines. The redevelopment of the Living Strong program has involved developing PowerPoint presentations for the workshops, updating the flipcharts and the development of a healthy cookbook to complement the healthy cooking session. Therefore the program has a new look and layout with updated graphics and artwork. The new resources were extensively trialled in several remote and rural locations throughout Queensland in 2007 and will be available in early 2008.

The program includes activity-based learning and practical sessions on cooking, shopping, budgeting and reading food labels. Workshops address healthy eating, physical activity, diabetes awareness, self-esteem and behaviour change. The program is flexible and can be structured to suit community and local group needs.

Population Health Nutrition teams across Queensland offer training to Aboriginal and Torres Strait Islander health workers including generalist health staff, community health service staff and staff from other non-government health services. Trained facilitators are offered ongoing implementation and evaluation support by Population Health Nutrition staff in Queensland Health.

Presenters

Dawn Charteris has worked in public health nutrition for the past 12 years as a Nutrition Promotion Worker with the Tropical Population Health Unit in Townsville. Prior to that Dawn worked for five years as a Generalist Health Worker/Team Leader for the Aboriginal and Torres Strait Islander Health program in Charters Towers. Over the past year much of the work has been in the redevelopment of the Living Strong program content and resources. This also included delivery of the training to Aboriginal and Torres Strait Islander health workers, other health staff, and relevant agencies in the northern area.

Michelle Elwell has worked in public health nutrition for the past ten years. Her recent work has centred around the redevelopment of the Living Strong program content and resources and delivery of training for Queensland Health in the northern area. Her work area spans from Mackay to the Torres Strait and out to the Northern Territory border. Michelle has experience in maternal and child health delivering the Growing Strong training to Queensland Health staff in north Queensland and in Brisbane. Michelle is based in Cairns working with the Tropical Population Health Network. Michelle has a passion for Aboriginal and Torres Strait Islander health.

Contact

Dawn Charteris
Nutrition Promotion Worker
Tropical Population Health Network
Queensland Health
Locked Mail Bag 4016
Townsville Qld 4810

07 4753 9036 [ph]
dawn_charteris@health.qld.gov.au

Crunch&Sip®—increasing fruit, veg and water consumption in rural and remote WA schools

Brenda Cheveralls, **Jenny Atkins**, The Cancer Council WA, **Kate Hawkings**, Department of Health WA, **Terry Slevin**, The Cancer Council WA, **Diane Ledger**, Diabetes WA, **Lyn Dimer**, Heart Foundation WA

Western Australia is achieving success with students eating more fruit and vegetables in remote Aboriginal and regional primary schools through implementation of the Crunch&Sip® program.

Crunch&Sip® is a set break to eat fruit or vegetables and drink water in the classroom. Students 're-fuel' with fruit or vegetables during the morning or afternoon and sip water throughout the day. Through Crunch&Sip®, schools demonstrate commitment to nutrition education by making links with the curriculum and creating a supportive school environment. The Crunch&Sip® break is a simple way to ensure students are eating at least one serve of fruit or vegetables each day. Well-nourished children concentrate and perform better. Their mental, physical and social function is also improved.

Parents provide children with fruit or vegetables for the break. However, access and availability of fruit and vegetables may be a barrier for rural and remote communities, so schools are encouraged to use Foodbank WA's School Breakfast Program to source fruit for the Crunch&Sip® break, therefore qualifying them to become a certified Crunch&Sip® school. Both fresh and tinned fruit are supplied for the break. We intend to approach large corporations requesting sponsorship for the transportation of fruit and vegetables to the regional and remote sites.

As a result of the program, students are starting to influence their families by requesting fruit and vegetables from home, which involves parents purchasing them for the Crunch&Sip® break and for home meals. Teachers have reported improvements in student behaviour and concentration as a result of Crunch&Sip®.

There are over 164 certified Crunch&Sip® schools in WA, including 70 rural and three remote Aboriginal schools. Plans are under way to roll out Crunch&Sip® in New South Wales and South Australia.

This presentation will provide an overview of Crunch&Sip® and case studies of certified Crunch&Sip® remote Aboriginal schools.

Presenters

Brenda Cheveralls has 24 years' experience as a primary school teacher, both in metropolitan and regional WA schools. Her interest in nutrition, physical activity and health led to her current role. Combining her teaching expertise with the production of targeted teacher and student resources has led to an increase in school participation in the Cancer Council's school nutrition programs, in particular the Crunch&Sip® program. This program has the firm support of the WA Departments of Health, Education, Premier and Cabinet, and Agriculture.

Lyn Dimer is a wife, mother and grandmother, who has and is currently working in the health arena since leaving school. She has been based with the Heart Foundation for the past 7 years and is very passionate about working toward improved health outcomes for her people.

Contact

Brenda Cheveralls
Schools Consultant (Nutrition)
The Cancer Council WA

bcheveralls@cancerwa.asn.au

Making a difference—the Outback Stores and Canteen Creek story

David Clegg, Canteen Creek Store, **Julie Croft**, Outback Stores

Like many remote Indigenous stores, the Canteen Creek store has had a history of ups and downs, of changing store managers, vested interests, empty shelves one month and semi-full the next. The community of Canteen Creek (Owairtilla) has worked long and hard for a sustainable solution and its decision to have Outback Stores manage the store has brought this to fruition. A core range of healthy foods, including fresh fruit and vegetables, is now provided and community members are delighted with the consistently high quality and variety of foods and drinks on offer. Food security is making a difference in significant ways, including demographically, and is the first step in developing healthy eating patterns leading to positive changes in nutrition-related health. However, ensuring food security has basic ongoing requirements and the store has faced a number of challenges including in the areas of storage and refrigeration. Achieving sustainability requires a strong partnership and this is evident in the community's drive and commitment coupled with Outback Stores policies, which foster capacity building and economic empowerment. Community participation in decision making in relation to the store and full-time employment of Indigenous staff are key elements in ensuring food security in the long term. Outback Stores also recognises the importance of a multifaceted approach to promoting the supply of nutritious food. To this end it has developed a number of generic in-store strategies and continues to develop working relationships with both community-based and external service providers. Canteen Creek was the first community to sign a management agreement with Outback Stores and the partnership is one based on a solid foundation of cross-cultural learning and respect. It continues to impact positively on the health and wellbeing of the community as a whole.

Presenters

David Clegg is 36 years old and is married with six children ranging from 16 down to two. He has lived in Canteen Creek for half of his married life. During this time he has been the housing manager, completed a course in Plumbing and worked with contractors on new housing in the community. He was initially trained in station work and stock handling. Since beginning with Outback Stores David has been trained by the store manager in the storage of goods, shelf presentation and various other areas required to run a store well. He also travels to Tennant Creek when stock and banking is needed. The position has given him a lot more confidence in his work and himself. David is on the Store Committee and is a respected role model in the community.

Julie Croft has had a varied career commencing as a professional musician. Her employment with the NSW Department of Education and Training included positions as a music consultant, a performing arts coordinator and a manager of statewide arts education programs. Subsequently she has worked in Afghanistan as a Policy and Planning Advisor to the Coordination of Humanitarian Assistance, a national NGO and with the Department of Families and Community Services and Indigenous Affairs as a Solution Broker based in Tennant Creek. Julie is currently the Wellbeing Manager for Outback Stores.

Contact

Julie Croft
Wellbeing Manager
Outback Stores
GPO Box 3699
Darwin NT 0801

08 8982 1900 [ph]
julie.croft@outbackstores.com.au

Community mapping of food access and food services in rural NSW communities: Many Rivers Diabetes Prevention Project

Janine Cochrane, Biripi Aboriginal Medical Service, **Stephen Cochrane**, **Josephine Gwynn**, University of Newcastle, **Nicole Turner**, Durri Aboriginal Medical Service

During 2007 the Many Rivers Diabetes Prevention Project undertook an extensive community mapping project in three rural regions of New South Wales: Taree, Kempsey and the Lower Hunter. This project involved locating and categorising all food and physical activity services/facilities in these communities. These services/facilities were then mapped electronically for each of the participating areas using Map-Info.

Community focus groups were conducted following the completion of the mapping exercise and were held in each of the areas. The aim of these focus groups was to discuss barriers to food and physical activity services and strategies both current and proposed to address issues raised. Between 40 to 50 people attended the focus groups in each area from a wide range of organisations, including Aboriginal organisations and communities. At least 50% of participants in each area were Aboriginal people from the local community.

This paper presents the methods and results of both the community mapping and focus groups in relation to food access issues in rural communities (addressing the key NATSINSAP action area of food supply in rural and remote communities).

Inferences about access to food services will be drawn from the mapping exercise, which highlights issues regarding the location of and types of food services available to Aboriginal communities. Data from the focus group transcript analysis will be presented, and includes themes relating to transport and expense as well as social issues and the ready availability of 'fast foods'. Both sets of data have guided the development of programs to be offered to the participating communities by the Many Rivers project. These programs are aimed at improving access to and consumption of healthy foods in rural communities, and will be described.

Presenters

Janine Cochrane is an Aboriginal Health Worker at Biripi AMS in Taree and works on the Many Rivers Diabetes Prevention Project. She has a Diploma in Health and Community Development and has worked on the Many Rivers project for 5 years. Janine has been involved in data collection in all phases of the Many Rivers project.

Steve Cochrane is a Gumbamberah man, the grandson of Gladys Wightman a stolen generation lady. He is the father of 5 and grandfather of 2 and expects to complete his law degree in 2008. He has worked for the Many Rivers Diabetes Prevention Project since November 2006 as the Senior Aboriginal Project Officer. Steve has worked across a range of projects specifically dealing with issues across the Aboriginal and non-Aboriginal communities. He was awarded the Elizabeth Hasting Memorial Award for Human Rights for students recognising his work in writing and developing the Hey Dads for Aboriginal Fathers Uncles and Pops.

Nicole Turner is a Diabetes Aboriginal Health Worker at Durri AMS in Kempsey and works on the Many Rivers Diabetes Prevention Project. She is an enrolled nurse with a certificate 3 in Aboriginal health worker training and has worked on the Many Rivers project for 5 years. Nicole is a member of the Australian and New Zealand Food Standards committee and is on the Steering Committee of this Conference. Nicole has been involved in data collection in all phases of the Many Rivers project.

Contact

Josephine Gwynn
University of Newcastle
Callaghan NSW 2308

02 4923 6745 [ph]
josephine.gwynn@newcastle.edu.au

The expansion of Good Start Breakfast Clubs and accompanying food security initiatives to remote Aboriginal communities in Central Australia

Gwen Crombie, **Jack Crombie**, Australian Red Cross—Central Australia

Through the painting by Jack Crombie "Red Cross Tjukurpa" Gwen and Jack will relate the story of Red Cross expanding its nutrition services into the remote communities of Central Australia. They will explain how valuable lessons learnt from providing Good Start Breakfast Clubs (GSBC) Australia wide since 1992, were transferred into developing programs responsive to remote community needs, maintaining a strong emphasis on volunteerism (community helpers) and community participation and ownership, which also addresses capacity building; Red Cross do not do it *for* communities but rather provide training and support for community members to deliver the GSBCs and other food security and nutrition initiatives themselves.

With the use of PowerPoint slides to add visual support and contextualise the programs, Gwen and Jack will discuss the achievements to date, the partnerships developed, the barriers confronted so far and strategies developed to deal with the barriers.

Presenters

Jack Crombie is a Yankunytjatjara man and traditional owner of the Mimili and Coober Pedy area. Jack was a community policeman for nine years at Coober Pedy and an Umoona community council member. He is well known for his tracking expertise and has spent many years assisting Indigenous aged and young people. Jack is an expert in traditional culture and practices in which he willingly shares and instructs others. He is a finalist in the Senior Australian of the year 2008. Jack has formed a partnership with his wife Gwen who has extensive community and cultural experience.

Gwen Crombie, a former nurse, moved into Indigenous aged care management at Coober Pedy then onto Mutitjulu and Kaltukatjara (Docker River). Gwen has also lived and worked on the Anangu Pitjantjatjara Yankunytjatjara Lands and the Ngaanyatjarra Lands. Gwen also teaches 'Crossing Cultures' training and has a great deal of experience in training and mentoring Indigenous staff and trainees. Jack and Gwen currently work with Australian Red Cross in Central Australia. Gwen in the position of Community Development Officer and Jack as Indigenous Liaison Officer; working in remote community development, capacity building, establishing nutrition programs and supporting aged care services.

Contact

Gwen Crombie
Community Development Officer
Australian Red Cross—Central Australia

08 8952 6762 [ph]
gcrombie@redcross.org.au

Good tucker, good health—great teeth!

Annette Davey, Health Promotion Division, Dental Health Services Victoria, **Richelle Jackson**, Dental Health Services Victoria

So often we hear about the importance of good nutrition in regard to obesity, and the implications it has for diabetes, good physical health and fitness, but the implications for oral health are often overlooked. Putting the 'mouth back into the body' is just one strategic step towards the integration of oral health with general health. The mouth is fundamental to overall health and wellbeing, including implication for everyday living such as the ability to eat well, speak and socialise without embarrassment. Poor oral health can lead to pain and discomfort and the resulting ill-health and poor self-esteem issues. It is almost entirely preventable.

This workshop is designed to further develop the experience of participatory exploration of nutritional alternatives trialed at Croc Festival, in partnership with the Wanya Oral Health Centre (Rumbalara Aboriginal Co-operative), and on the work of the statewide community responsive *Smiles 4 Miles* oral health promotion program. The focus will be on the provision of appropriate healthy alternatives and positive role-modelling of life-time nutritional habits, from an oral health perspective. Often people are told what is not good for them. Let's actively investigate some of the positive alternatives, and methods of engaging people and communities in making those positive selections.

The workshop will focus on:

- the importance of teeth and oral health
- healthy alternatives that support the key oral health messages of Eat Well and Drink Well
- engaging children, parents, health professionals and the wider community in supporting and role modelling these messages.

Presenter

Annette Davey has been in the role of Health Promotion Manager since November 2006. Prior to that Annette was a Research Fellow and Sessional Teacher with the Monash University School of Rural Health, during which time she gained invaluable experience regarding issues that relate to the health of communities across regional Victoria. It is an exciting time to be involved with Oral Health Promotion, as we are increasingly gathering the evidence that links the issues, key messages and programs that work together to inform an integrated approach to general health and wellbeing across a variety of cultures and demographics. Annette considers it a privilege to be given the opportunity to impart some of these findings during this conference.

Richelle (or Shelley) Jackson (nee Johnson) is a proud descendent of the Gunditjmara people from south-west Victoria. Richelle has just started with Dental Health Services Victoria as their first ever Aboriginal Community Development Worker. Her role is to provide support to Aboriginal patients and cultural awareness to staff, as well as helping improve the relationship between DHSV and other Koori organisations with a dental focus. In 1991 Richelle was employed at the Victoria Aboriginal Health Service (VAHS) as a trainee dental nurse/ assistant. During this time she travelled all over Victoria in the mobile dental vans, and became qualified as a Senior Dental Nurse. Richelle later returned to VAHS and the role of health worker. She has worked in different areas within the VAHS, including the women and children's area and HACC Program. A few years later Richelle was employed as the NAIDOC Officer at Aboriginal Affairs Victoria (AAV), which gave her a national focus. When this role finished she was employed at AAV, and after this as a driving instructor. After five years away from her community, the position with DHSV came about and Richelle was very excited to apply and then get the position. She is looking forward to this being a great partnership.

Contact

Annette Davey
Dental Health Services Victoria
Health Promotion Division
PO Box 1273L
Melbourne VIC 3001

03 8481 1226 [ph]
annette.davey@dhsv.org.au

Health festivals: celebrating life and health in a way that appeals to whole communities

Frank Djirrimbilpilwuy, Yalu 'Marnggithinyaraw

The Galiwin'ku Gumurr Marthakal Health Festival is an annual event that is driven and organised by the Galiwin'ku community. The concept of the Health Festival grew from the traditional oral culture of passing on knowledge through dance, music, story-telling and song. The first Galiwin'ku Health Festival in 2001 featured artists from neighbouring communities, including Nabarlek from Gunbalanya, Wirrinyga band from Milingimbi, Black Iron band from Ramingining, the Sunrise band from Maningrida and local bands, Salt Water and Black Stone. This unique combination of local and visiting artists and using art as a medium to convey strong health messages was an immediate success.

The Health Festival provides a culturally appropriate platform to encourage artists to develop and present new work relevant to health issues in the community.

The "Galiwin'ku Gumurr Marthakal Health Festival" has become an annual event that local and regional community members look forward to. Both the 2006 and 2007 Health Festivals welcomed people from Milingimbi, Yirrkala, Ramingining and Gapuwiyak with over 1500 people attending the Friday and Saturday night Festival concert. These communities are now incorporating health messages into their cultural festivals.

The success of the Galiwin'ku Health Festival and strong community participation is because of the drive and commitment of key community members. The whole concept of the Health Festival has been conceived and driven by a group of senior community members, based on the belief that that health and wellbeing are inextricably linked with culture and can be expressed and promoted through dance, music, and performance.

Presenter

Frank Djirrimbilpilwuy belongs to the Guypapuyngu language group of North East Arnhem Land. Frank is well known as a TEABBA radio personality and as lead singer in the Soft Sands Band, whom in 2006 won entrance to the Hall of Fame at the NT Music awards. Frank has extensive experience in radio announcing and multi media and is deputy chair of the Milingimbi community council as well as a board member with ALPA and TEABBA. Frank is passionate about encouraging people to embrace opportunities for better health and has found a way to do this that resonates with all age groups in communities—health festivals.

Contact

Julie Brimblecombe
Menzies School of Health Research

08 8922 7879 [ph]
Julie.brimblecombe@menzies.edu.au

Mean nutrient intake and foods contributing to selected nutrients among children aged 10 to 12 years: Many Rivers Diabetes Prevention Project

Victoria Flood, NSW Centre for Public Health Nutrition, The University of Sydney, **Josephine Gwynn**, The University of Newcastle, **Jimmy Chun-Yu Louie**, NSW Centre for Public Health Nutrition, The University of Sydney, **Nicole Turner**, Durri Aboriginal Medical Service, **Janine Cochrane**, Biripi Aboriginal Medical Service, **Stephen Cochrane**, **Wayne Smith**, **John Wiggers**, The University of Newcastle

Background

The incidence of chronic disease, such as type 2 diabetes, continues to develop at an increasing rate among adult Aboriginals and it is likely that dietary habits of childhood influence this disease burden. However, there are little detailed food and nutrient data of Australian Aboriginal children.

Objective

To assess the food and nutrient intake of the participants of the Many Rivers Diabetes Prevention Project (MRDPP), and identify the main foods contributing to their energy intake.

Methods

Food intake of 225 children aged 10–12 years were obtained by three 24-hour recalls as part of the MRDPP, collected in the NSW areas of Taree, Kempsey and Newcastle; 40% of participants were Aboriginal children. Nutrient intakes were compared to the national nutrient reference values, in particular reporting the proportion who met the estimated average requirements (EAR) or adequate intake (AI), as appropriate.

Results

Preliminary analysis showed a mean energy intake of 8904kJ among the boys (n=101) and 8173kJ among the girls (n=124). Nutrients with low intakes in relation to the % meeting EAR (or AI) included: fibre (84% boys and 74% girls consumed less than the AI); calcium (51% boys and 68% girls consumed less than the EAR); and magnesium (15% boys and 17% girls consumed less than the EAR). The main foods contributing to energy intake were: bread (11.2%), milk (9.0%), high fat potatoes (crisps and hot chips) (7.9%), high fat processed meats (7.5%), and sugar-sweetened drinks (6.0%).

Conclusion

Overall, the participants of this study were consuming diets moderately high in fat with an emphasis on energy dense, nutrient poor foods, in contrast to their traditional diets. This, combined with a low intake of fruit and vegetables, is having an adverse effect on their food consumption habits, which is likely to increase their risk of disease later in life. This paper will explore what practical changes can be made to reduce energy dense foods and improve the quality of foods consumed.

Presenters

Dr Vicki Flood is a nutritional epidemiologist who has conducted research in public health nutrition and dietetics over the last 18 years.
Dr Flood currently holds two part-time positions as a nutritional epidemiologist with the University of Sydney, the Centre for Vision Research and NSW Centre for Public Health Nutrition, as well as teaching dietary methodology and nutritional epidemiology. Research work has included nutrition and eye disease, overweight and obesity, fruit and vegetable intake, and Aboriginal health research. Vicki has been involved as an advisor on two large research projects with Aboriginal researchers: Many Rivers Diabetes Prevention Project and SEARCH (Study of Environment, Aboriginal Resilience and Child Health).

Nicole Turner is a Diabetes Aboriginal Health Worker at Durri AMS in Kempsey and works on the Many Rivers Diabetes Prevention Project. She is an enrolled nurse with a certificate 3 in Aboriginal health worker training and has worked on the Many Rivers project for 5 years. Nicole is a member of the Australian and New Zealand Food Standards committee and is on the Steering Committee of this Conference. Nicole has been involved in data collection in all phases of the Many Rivers project.

Janine Cochrane is an Aboriginal Health Worker at Biripi AMS in Taree and works on the Many Rivers Diabetes Prevention Project. She has a Diploma in Health and Community Development and has worked on the Many Rivers project for 5 years. Janine has been involved in data collection in all phases of the Many Rivers project.

Contact

Victoria Flood
NSW Centre for Public Health Nutrition
The University of Sydney NSW 2006

v.flood@mmb.usyd.edu.au

pakana kipli nayri—Aborigines eat well

June Sculthorpe, **Tina Goodwin**, **Rose Romeo**, Tasmanian Aboriginal Centre

Over the past five or six years there have huge changes in how the Tasmanian Aboriginal Centre has promoted healthy eating in the community. Most of the changes relate to the food we provide to community at functions, events and meetings. In 2001 when we provided Kentucky Fried Chicken as lunch at our AGM, no-one blinked an eye. After all this is what we did most years, it was easy to order, everyone liked it and it was reasonably cheap. And all we had to do was make a phone call and open the door when it arrived. If we ordered pizza, it was the same: tasty, reasonably priced and everyone ate it up with gusto.

Over the past 6 years though, there has been a complete change in our approach and over the past few years there has not been an unhealthy meal in sight at any event the TAC runs. And the community are still loving it. We will outline the processes we went through to change the unhealthy eating habits of many of our community and will highlight where we need to do more.

We have developed a nutrition policy that was approved by our governing committee to guide our work, we have developed a good relationship with the state Community Nutrition Unit who supports our nutrition work, one of our Aboriginal Health Workers has nutrition (as well as physical activity and quit smoking) as the primary focus of her work, and from our pregnancy support programs to our aged care programs we always provide healthy food and drinks. We involve the community in the whole process, from choosing the recipes, buying the food, preparing it and cleaning up. And more recently we have employed a nutritionist and are of course expanding the range of community nutrition programs we offer. We have developed a Nutrition Action Plan for the next 2–5 years after consulting with the community and other TAC staff.

We strongly promote the link between healthy eating, physical exercise and smoking cessation. Staff in all our programs from pregnancy support to aged care promote healthy eating and healthy lifestyles. We show that not only do we support the community to live healthy lifestyles but, as staff of the Aboriginal Health Service, we love to do so ourselves. Our challenge is to get this cultural shift of focusing more on healthy lifestyles happening as strongly out of the Hobart area and into the north and north-western regions of the state. But we have ideas for that too and we will outline those.

Presenter

Tina Goodwin graduated as an Aboriginal Health Worker in 2001 and has been working at the Aboriginal Health Service in Hobart since then. Her work has been in the area of healthy lifestyles, with a focus on nutrition, physical activity and smoking cessation.

Contact

Tina Goodwin
Aboriginal Health Service
Tasmanian Aboriginal Centre
56 Patrick Street
Hobart TAS 7000

03 6234 0777 [ph]
ahs@tacinc.com.au

From principles of nutrition to good tucker stories back again—pedagogical lessons from an Indigenous specific community nutrition degree

Lisa Schubert, University of Queensland, **Lauren Grose**, Batchelor Institute, **Amanda McGregor**

The National Aboriginal and Torres Strait Islander Nutrition Strategy and Action Plan (NATSINSAP) 2000-2010 and National Health Workforce Strategic Framework 2004 have developed key objectives including 'to address the role and development needs of other health workforce groups contributing to Aboriginal and Torres Strait Islander health' and 'to increase the capacity of Aboriginal and Torres Strait Islander nutrition workforce'. Batchelor Institute of Indigenous Tertiary Education (BIITE), in collaboration with The University of Queensland School of Population Health, has responded by developing a new three-year Bachelor of Applied Science (Community Nutrition) degree, commencing in 2007. The new degree interweaves distance education and intensive workshop components that minimise disrupting students' community connections.

As a specialist dual sector provider BIITE provides education and training to meet the needs of Aboriginal and Torres Strait Islander peoples. BIITE offers a culturally safe learning environment and sustainable education and training that promote the aspirations of Indigenous Australians to contribute to the cultural, social and economic development of Australia. In keeping with this philosophy, both BIITE and UQ collaborators have adopted strategies aiming to ensure that students do not experience alienation by either the content, the materials or the delivery/teaching style.

To date the UQ units *Principles of Human Nutrition* and *Nutrition through the Lifespan* have been offered, with a further three UQ units to be offered with the roll-out of the degree. As part of the collaboration UQ and BIITE aim to continue to produce curriculum that will offer an educational grounding for Indigenous Australians to improve nutritional status within their own communities.

This paper will describe a range of ways that the teaching and learning experience has been tailored to the needs of the first cohort of ATSI students in the Bachelor of Applied Science (Community Nutrition) and some preliminary feedback, as well as plans for the future.

Presenters

Lauren Grose is a lecturer in community nutrition within the School of Health, Business and Science at Batchelor Institute of Indigenous Tertiary Education in the Northern Territory. She is the coordinator of the new Bachelor of Applied Science (Community Nutrition) degree and played a major role in the development of the new course. She is currently completing her Masters in Public Health at Menzies School of Health Research.

Amanda McGregor has worked in the area of Indigenous health for over eight years. She worked as an Aboriginal Health Worker at Danila Dilba Medical Service for four years and then in 2004 commenced as the Aboriginal Nutrition Advisor for the Department of Health and Community Services. One of Amanda's roles in this position was to be the chairperson of the NT committee that developed and evaluated the teaching resources that accompany the Aboriginal and Torres Strait Islander Guide to Healthy Eating. These resources have been used extensively throughout other states of Australia. Amanda graduated from Batchelor Institute of Tertiary Education with a Bachelor degree in Indigenous Health Studies (Food and Nutrition) in 2006. She was a highly valued student and was recognised as such by being presented the 'Department of Health and Community Services Top End Award' two years in a row. Amanda received an academic achievement award from Dietitian Association of Australia (DAA) in 2006 titled 'NT Aboriginal and Torres Strait Islander Student award in Nutrition' for her commitment to Indigenous health and nutrition.

Contact

Amanda McGregor
AHW-Nutrition Advisor
Department of Health and Community Services
Darwin, NT

08 8922 7753 [ph]

Lauren Grose
Nutrition Lecturer
Batchelor Institute, NT

08 8939 7419 [ph]
lauren.grose@batchelor.edu.au

Validity of short nutrition questions among Aboriginal and non-Aboriginal children aged 10 to 12 years using multiple 24-hour recalls: Many Rivers Diabetes Prevention Project

Josephine Gwynn, University of Newcastle, **Nicole Turner**, Durri Aboriginal Medical Service, **Janine Cochrane**, Biripi Aboriginal Medical Service, **Victoria Flood**, NSW Centre for Public Health Nutrition, The University of Sydney, **Wayne Smith**, **John Wiggers**, University of Newcastle

No valid food surveys exist in Australia for Aboriginal children. This paper presents the methods and results of the validation of a short question food survey for Aboriginal and non-Aboriginal children.

The DIAT survey was originally developed in Queensland and modified for use with our population, following focus group research. This survey asks children about the types and amounts of foods they consume. The survey was then administered to 225 children aged 10–12 years in the NSW areas of Taree, Kempsey and Newcastle; 40% of participants were Aboriginal children.

Reliability was determined by administering the survey twice within a 2 to 4 week period of time. Results demonstrate that the survey has good reliability with weighted kappas for most questions of between 0.4 and 0.7.

Validity was tested by comparing the results of the survey with that of 3 x 24 hour food recalls completed with each participant. Results of this analysis will be described.

This paper addresses the NATSINSAP key action area of communicating and disseminating 'good practice' Aboriginal and Torres Strait Islander nutrition initiatives.

The survey will be used in a larger survey among children in the area described, assessing interventions to improve food habits. The validity-tested food survey is the first such measure that can be used to rigorously evaluate programs, monitor changes in food intake, and provide information on population behaviour and nutritional intake for Australian Aboriginal children.

Presenters

Josephine Gwynn is a research academic in the Faculty of Health at the University of Newcastle NSW. She is the project director of the Many Rivers Diabetes Prevention Project, which is a collaboration of three Aboriginal Medical Services and the University of Newcastle. Josephine has coordinated the Many Rivers Project since its inception in 2001, when Durri AMS requested a research project to address the issue of type 2 Diabetes prevention with Aboriginal children. She is currently completing her PhD on the Validation of Food and Physical Activity Surveys with Aboriginal Children aged 10–12 years.

Nicole Turner is a Diabetes Aboriginal Health Worker at Durri AMS in Kempsey and works on the Many Rivers Diabetes Prevention Project. She is an enrolled nurse with a certificate 3 in Aboriginal health worker training and has worked on the Many Rivers project for 5 years. Nicole is a member of the Australian and New Zealand Food Standards committee and is on the Steering Committee of this Conference. Nicole has been involved in data collection in all phases of the Many Rivers project.

Janine Cochrane is an Aboriginal Health Worker at Biripi AMS in Taree and works on the Many Rivers Diabetes Prevention Project. She has a Diploma in Health and Community Development and has worked on the Many Rivers project for 5 years. Janine has been involved in data collection in all phases of the Many Rivers project.

Contact

Josephine Gwynn
University of Newcastle
Callaghan NSW 2308

02 4923 6745 [ph]
josephine.gwynn@newcastle.edu.au

Lockhart River Bush Tucker Nutrition Project 'Kuyulu Ngampulungku Mayi'

Grace Hermawan, **Liz Kyle**, Royal Flying Doctor Service—Queensland, **Lucy Hobson**, **Lisa Claremont**, **Susie Pascoe**, Lockhart River Community

In partnership with the Lockhart River Community and various organisations the Royal Flying Doctor Service facilitated the Bush Tucker Nutrition Project—Kuyulu Ngampulungku Mayi' project in Lockhart River Community, a remote Indigenous community in Cape York Peninsula, Queensland. This project was a joint initiative funded through the Queensland Community Partnerships Grants Program. Key to the planning and implementation of this project was the involvement, advice and direction provided by members of the Lockhart River community.

This project was initiated through conversations with community members regarding the importance of strengthening cultural identity and keeping the knowledge of nutrition and bush food strong. A key component of this project was the engagement of individuals and community groups in facilitating the development of cultural resources and recording of stories around the nutritional value of bush tucker as well as where to find, where to collect and how to cook it.

The filming and collection of bush foods in Lockhart River happened in two parts—the Wet and Dry Season—and involved members of different clan groups sharing stories and knowledge from their homelands. A highlight of the program was the cultural transmission that took place between the younger and older generations in the collecting and cooking of the bush foods that contributed to the younger generations knowledge of bush food and its nutritional value and role in maintaining culture, health and wellbeing.

During the project, filming took place in Lockhart River region, Chilli Beach and Portland Roads. Some of the bush tucker collected included turtle, lemon, wongi plum, peanut fruit, oyster and sugar bag.

A core outcome of this program was the opportunity for stories and photographs from the project to be downloaded onto HITnet's interactive touchscreen kiosks, which are located in community clinics (www.hitnet.com.au). These touchscreens are designed to improve community access to information on Indigenous health issues through projects that are created, narrated and produced by local community people. The Lockhart River Bush Tucker nutrition story will also be made available on CD-ROM and DVD to be used as a learning tool in classrooms and workshops.

Currently RFDS is working with partners in completing a project evaluation and consulting with community members on their ideas for continuing the transfer of culture through a similar project around bush medicine.

Presenters

Grace Hermawan is a Health Promotion Officer with the Royal Flying Doctor Service working in Cape York Peninsula. Grace has a Bachelor in Social Science and is completing her Masters in International and Community Development. Grace has worked in the areas of health promotion, child protection and community development in Indigenous Australia and East Timor.

Liz Kyle is currently employed as Community Liaison and Development Officer (CLDO), Royal Flying Doctor Service Qld Section (Cairns Base). I started my health career as a Aboriginal Health Worker (generalist) in Boulia, and Dajarra, After 8 years of being a Health Worker, I was first employed by the RFDS in Mount Isa as and Indigenous Health Liaison Officer (one of only two Indigenous people employed by the RFDS in QLD). I then disappeared to live and work on cattle stations (with my partner and son) throughout Qld and NT, before again being employed by the RFDS in Mount Isa. After 18 months working in Mount Isa I transferred to the Cairns Base to become the CLDO for the new Improved Primary Health Care Program. I will finish my studies (Graduate Diploma) Indigenous Health Promotion this year.

Lucy Hobson is a Kuuku Ya'u Elder. Lucy believes that one of the communities' main priorities is getting their land back so they can take their children out of the community to do more hunting, collecting of bush tucker and hearing stories at night. Lucy is spokesperson for the Roundhouse outstation at Portlands Roads. She describes her totem as 'the morning star that comes up before daybreak—yuka'.

Lisa Claremont is from Lockhart River Community. In the Kuuku Ya'u custom Lisa is granddaughter to Lucy Hobson. Lisa enjoys participating in cultural activities, including dance, fishing and gathering and cooking bush tucker. Lisa is proud to be able to learn about and share traditional stories from her community Elders and family.

Contact

Grace Hermawan
Royal Flying Doctor Service—Queensland

ghermawan@rfdsqld.com.au

Cooks Camp

Kellie Schouten, **Sarah Connally**, **Jeannie Campbell**, **Chrissy-Joe Kamara**, Department of Health and Community Services, NT

For two years running, women who live as far a field as 1600 km across Central Australia have travelled the red dusty roads to gather at Cooks Camp. Cooks Camp is a workshop run for remote food service workers by local nutritionists and community nutrition workers. It is a community development project that runs for three days and covers all kinds of topics requested by the participants, including cooking, painting, story telling, nutrition activities and plenty of fun (plenty of kids come too)! It aims to provide participants with the confidence and skills to be able to work on and run nutrition programs in their community.

Presenter

Hello, my name is Christine Joe and I'm an Anmatjere woman from Ti Tree 6 Mile (Pmara Jutunta) community, the community is 190 km north of Alice Springs on the Stuart Highway.

I have been an Aboriginal Health Worker for 14 years, since I went to work with the Nutrition Team in mid July 2004 to mid December 2005 and then I came back to the clinic to work as an Aboriginal Health Worker. I really enjoyed being a nutritionist, learning and teaching new recipes and travelling to these communities Engawala, Laramba, Yuelumu, Ayluen, Tara, Wilora, Ti Tree Station community, Ti Tree and 6 Mile community. I also provide nutrition education to the schools in the communities in the Anmatjere area and support the visiting nutritionist. I have also worked with the cattle station stores too, getting information about healthy foods in their stores.

Contact

Sarah Connally
Department of Health and Community Services, NT

08 89556116 [ph]
sarah.connally@nt.gov.au

The Nunga Nutrition Lunch Program

Colette Lappin, **Vicki Taylor**, **Margaret Pumpa**, Regional Aboriginal Health Team, SA

The Nunga Nutrition Lunch Program is a key component of the nutrition services provided by the Aboriginal Health Teams as part of the Central Northern Adelaide Health Service (CNAHS) and a partnership community engagement strategy with Nunkuwarrin Yunti, Aboriginal Community Controlled Health. The overall aim of Nunga Nutrition Lunches is to provide a tasty and healthy meal in a relaxed and comfortable atmosphere where Indigenous community members are encouraged to access Nunga Health Clinic and engage in other health promotion services available on the day.

Through the work of the nutritionist and supporting staff, a range of easy-to-prepare, low-cost, diabetes-friendly recipes are served to approximately 80 people at lunches on a weekly basis across three separate metropolitan health sites in central eastern and western region of Adelaide. The program is considered a valuable link in supporting attendance of Indigenous clients at Nunga Health Clinic and up-skilling Aboriginal individuals in becoming a community peer-support worker assisting with menu planning, developing recipes, ordering food, co-coordinating guest speakers, gaining computer skills and evaluating the Nunga Nutrition Lunch Program.

Staff from within the Aboriginal Health Teams and from outside agencies are encouraged to share in lunch, as this interaction enables health workers to build connections, be seen regularly by the community and offers team and other agency staff the opportunity to share information about their programs and upcoming events.

The Nunga Nutrition Lunch Program has been fortunate to receive support from agencies including the Asthma Foundation, BreastScreen SA, the Cancer Council, Quit SA, Australian Hearing, the Hepatitis C Council, Housing SA and Kidney Health SA, Royal Adelaide Hospital Burns Unit and SA Fire Bridge. Each agency provides the community with brief, informal and educational talks about the services they provide and the issues they represent.

Working with the Indigenous community in the area of nutrition is rewarding and challenging work. There is great scope for initiating positive change in people's diets and their understanding of good nutrition. The Nunga Nutrition Lunch Program is a powerful tool for focusing people's interests on the importance of healthy eating and maintaining good physical, social and emotional health. It provides people with a sense of community, an opportunity for social interaction, a nutritious meal and access to health services, information and support.

Presenters

My name is **Colette Lappin** and I am a Community Nutritionist working with the Regional Aboriginal Health Team, Adelaide, SA. I was born in Perth, WA and have been living in Adelaide for 3½ years. For the past 3 years I have enjoyed coordinating the Nunga Nutrition Program for our Team and providing outreach to three community health services in our region. I enjoy working with local primary schools, assisting with Diabetes Camps provided by our Team, providing nutrition information and promotion at community events, coordinating the Community Nunga Lunch Program across our region and have recently produced a resource titled *Eat Well, Stay Strong: A Nunga Cookbook for Healthy Living*.

My name is **Vicki Taylor** and I am a Project Officer working with the Regional Aboriginal Health Team, Adelaide, SA. I was born in Wallaroo and my family is from Point Pearce (Buckskin-Graham). I am the Caterer involved with the Community Nunga Lunch Program and I support programs and activities being run by the Team. I am involved with a Diabetes Group and Art Group and provide outreach at community events and health days. Before my current position, I worked in Aboriginal Hostels Ltd. for over 19 years.

My name is **Margaret Pumpa** and I work with the Regional Aboriginal Health Team (RAHT) as a Community Peer-Support Worker. I was born in Adelaide and come from a large family of nine. My parents are from Quorne and Port Augusta, SA. I work alongside Vicki and Colette in providing the Community Nunga Lunch Program to three community health centres in the Central Northern Adelaide Health Region. In addition to my work with the RAHT, I work as Nunga Peer Worker employed to provide community-based mental health support. I get a lot of satisfaction out of my work.

Contact

Colette Lappin
Community Nutritionist

08 8342 8600 [ph]
colette.lappin@health.sa.gov.au

Goolarri Television series—*Catch & Cook*

Robert Lee, **Julie Nimmo**, Goolarri Television

Catch & Cook celebrates Indigenous Australia's innate appreciation of a healthy lifestyle that is culturally satisfying and visually stimulating.

In this innovative cooking show, our presenter Robert Lee wanders into the wet and dry Australian landscape hunting wild animals and gathering bush fruits and vegetables. He then prepares a meal at the end of his wildly invigorating day in his own fusion of Mod Oz/Asian/Aboriginal cuisine.

Robert's style illustrates for viewers that the old ways can be mixed with modern techniques and values; like shopping at supermarkets for fresh salad that can be enhanced with bush produce. Robert is also vigilant when it comes to selecting the 'low fat' option whether it is coconut milk or kangaroo meat.

Goolarri Television's raw, new spin on the cooking format is designed for the traditional cook and the adventurous chef. It's proved extremely popular with local viewers, which can be measured in real terms by the uptake of information sheets. These pamphlets include the weekly recipe, basic nutritional information for healthy living and anecdotes about the cultural history of the meal. They are distributed wherever Indigenous people work, shop and play and they fly off the shelves almost immediately.

The success of the series comes back to the enthusiasm of Goolarri Television's bush cook Robert Lee, an Indigenous man who was raised in the heart of Broome, but who always lived with great respect for the value of his ancestor's ways. It's a tribute to Robert that his people's traditions have been revitalised for a contemporary audience who seem to lap up the ideas and recipes.

Catch & Cook shows the landscape is actually a bountiful supermarket, and running around 'catching' a feed is the perfect antidote to the lounge-lizard syndrome. By the time Robert sits down to enjoy his tucka, viewers everywhere would be wishing they could sit with him under a tree and taste Australia's best dishes from this uniquely Indigenous menu.

Presenter

Robert Lee is passionate about catching, cooking and eating food. Actually it's Robert's love of food that guaranteed this groundbreaking series *Catch & Cook* would be the success it is today.

Robert started working for Goolarri Media 15 years ago when the station had only three hours of airplay on the local ABC service in Broome. He started as a trainee doing an Associate Diploma in Journalism at Batchelor College, Northern Territory.

Since then he has also attained his TAFE Certificate IV in Assessment and Workplace Training.

Following is his memory of joining the media

> OK I had a good voice so I started in radio but when TV started, well I thought, I got the face even if only Mum thinks so and this was my big opportunity to show off like blackfellas like to do and get my pretty face on the big screen.
>
> And I like to cook, plus most ladies can't cook bush foods as you have to cook it on the spot most times plus, you can't buy it in the shop plus, its all in the mixing of flavours and spices, this is also what I do with the fuel I cook with as well.

Today, Robert is the Operations Manager responsible for the Goolarri complex of radio, television and multimedia, and spends much of his time grooming the next generation of radio and TV staff as well as the volunteer base in Goolarri, and advising the NITV service nationally in the development of content and equipment growth for their organisations.

And he still finds the time to run around, catching and cooking with his favourite Goolarri Television crew following his every move …

Contact

Robert Lee
Goolarri Television

08 9192 1325 [ph]
Robert@gme.com.au

Working towards a healthier Palm Island

Leah Lenoy, Townsville Health Services District Health Promotion Unit,
Lauwana Blackley, Joyce Palmer Health Service

In September 2006, staff from the Townsville Health Services District Health Promotion Unit and the Joyce Palmer Health Service began working together to develop, implement and evaluate a range of strategies to improve the nutritional health of the Palm Island community.

This work has included:

- providing Palm Island based health workers with training in nutrition and health promotion
- developing and delivering workshops in nutrition to community groups
- working with the Palm Island retail store to increase access to healthy food and implement a "Green Label" program
- working with the local primary school to implement the Queensland Education "Smart Choices" policy and integrate learning about nutrition into a broad range of school-based activities
- developing and implementing a range of strategies to increase the demand for healthy food within the community.

The collaborative, action learning approach has increased the capacity of the local workforce to identify and respond to the nutrition needs of the Palm Island community in a sustainable way.

Presenters

Leah Lenoy has been employed as the Advanced Health Worker (Nutrition Promotion) in the Townsville-based Health Promotion Unit since February 2007. Prior to this, she worked on Palm Island as a health worker with the Joyce Palmer Health Service for 7 years. Over the years Leah has worked in a wide range of areas including sexual health, radiography and substance abuse and misuse.

Lauwana Blackley has worked as a health worker at the Joyce Palmer Health Service for 7 years. She is currently studying towards a Diploma in Primary Health care. Lauwana is one of JPHS's senior health workers and she works across a diverse range of areas including: radiography, oral hygiene, veterinary nursing, public health, hearing health and health promotion.

Contact

Leah Lenoy
Health Promotion Unit
Institute of Primary Health and Ambulatory Care
North Ward Health Campus
35 Gregory Street
Townsville QLD 4810

07 4778 9600 [ph]
leah_lenoy@health.qld.gov.au

Developing a model of primary prevention for urban Aboriginal and Islander populations—Primary Prevention and Capacity Building Project

Tom Ogwang, Centre for Clinical Research Excellence, Queensland Aboriginal and Islander Health Council, **Brian Oldenburg**, Department of Epidemiology and Preventive Medicine, Monash University, **Bronwyn Fredericks**, Department of Epidemiology and Preventive Medicine, Monash University and Centre for Clinical Research Excellence, Queensland Aboriginal and Islander Health Council, **Dallas Leon**, Centre for Clinical Research Excellence, Queensland Aboriginal and Islander Health Council, **Joanna Coutts**, Population Health Hub, Queensland Aboriginal and Islander Health Council

Compared to other Australians, Aboriginal and Torres Strait Islander Australians continue to experience substantially poorer health outcomes. Population-based prevention activities are few and far between, resulting in a limited evidence base for primary prevention interventions. The Queensland Aboriginal and Islander Health Council (QAIHC) Centre for Clinical Research Excellence (CCRE) is undertaking a collaborative project that aims to support community controlled health services and other government and non-government service providers to develop, implement and evaluate a model of primary prevention specific to the needs of the local Aboriginal and Torres Strait Islander populations. This presentation will give an overview of the project, its objectives, anticipated outcomes and interim progress.

Presenters

Dallas Leon has worked in Aboriginal and Torres Strait Islander Health for the past 10 years in a range of areas, including primary health care, public health and more recently with QAIHC, the peak body for community controlled health services in Queensland. He is currently employed as the Manager for the NHMRC-funded Centre for Clinical Research Excellence. The Centre focuses on chronic disease in urban Aboriginal and Torres Strait Islander populations and involves working with community controlled health services on a range of service based initiatives.

Joanna Coutts currently works in the newly established Population Health Hub at Queensland Aboriginal and Islander Health Council as the Nutrition Coordinator. Joanna completed a Bachelor Health Science (Nutrition) degree at Queensland University of Technology, previously worked on the 'Food Outback' project, and is an active member of the Queensland branch of the PHAA.

Contact

Dallas Leon
Manager
Queensland Aboriginal and Islander Health Council

07 3360 8444 [ph]
dallasleon@qaihc.com.au

Working together for better health in Lajamanu

Kathy Long, Lajamanu Progress Association, **Danielle Aquino**, Katherine West Health Board Aboriginal Corporation, **Jim Butler**, Lajamanu Progress Association, **Lynette Tasman**, **Shirlene Daniels**

The community store is often the only place to purchase food and drinks in remote communities, with up to 95% of food consumed in communities being purchased from the store. The quality, quantity, availability and affordability of nutritious foods in the community store impact significantly on the food preferences of Aboriginal people living in remote communities. Over the past seven years, a relationship between Lajamanu Progress Association and Katherine West Health Board has grown out of a common concern for the health and wellbeing of the Lajamanu community and evolved into a partnership approach to nutrition promotion. Interventions include: joint support of community nutrition workers; food and nutrition committee; pricing strategies; point of sale promotion; food and nutrition guidelines; review cooking practices and additional items. In this presentation we will discuss the process for establishing and maintaining the partnership, the impact on food supply in the community and explore the model for employing community nutrition workers.

Presenter

Hello! I'm **Kathy Long**. I am a nutrition worker at the Lajamanu Store. I have been working with Lajamanu Store and KWHB since 2004. I make sure the Shelf Talkers are next to the correct foods so people know which is the healthy tucker. I develop resources and stories to show the importance of healthy food. I talk to the kids and old people in Warlpiri so they can understand. I feel very good to help in my community, I care about my people, specially the oldies because they remind me of my aunties for who I feel very grateful.

Contact

Danielle Aquino
Child Health Coordinator
Katherine West Health Board Aboriginal Corporation
PO Box 147
Katherine NT 0851

08 8971 9319 [ph]
danielle.aquino@kwhb.com.au

Dietary glycemic index and glycemic load among children aged 10 to 12 years: Many Rivers Diabetes Prevention Project

Jimmy Chun-Yu Louie, NSW Centre for Public Health Nutrition, The University of Sydney, **Christopher Everingham**, University of Newcastle, **Nicole Turner**, Durri Aboriginal Medical Service, **Janine Cochrane**, Biripi Aboriginal Medical Service, **Josephine Gwynn**, **Wayne Smith**, **John Wiggers**, University of Newcastle, Victoria Flood, NSW Centre for Public Health Nutrition, The University of Sydney

Background

Aboriginal Australians have an increased risk of developing type 2 diabetes (T2DM), which occurs up to 9 times the rate of that in non-Aboriginal Australians, due to westernisation of their diets. Many foods currently available are digested and absorbed quickly, i.e. have a high glycemic index (GI). Chronic consumption of high GI foods have been linked to an increased risk of developing T2DM. Despite this, there are no published data regarding the overall dietary GI and glycemic load (GL) of Aboriginal Australian children.

Objective

To assess the dietary GI and GL of participants of Many Rivers Diabetes Prevention Project (MRDPP), and identify the main foods contributing to their GI and GL.

Methods

Food intake of 225 children aged 10–12 years was obtained by three 24-hour recalls as part of the MRDPP; 40% of participants were Aboriginal. A purpose-built GI database was created, and the mean dietary GI and GL were assessed. The foods were ranked according to their contribution to total carbohydrate (CHO), GI and GL.

Results

Preliminary analysis showed breads (particularly white breads) contributed more than 16% of the participants' daily CHO intake, followed by sugar sweetened drinks (12.5%), breakfast cereals (6.9%), milk (6.7%) and high fat potatoes (e.g. chips) (6.4%). Of the top 20 CHO contributors, 12 were classified as energy dense, nutrient poor (i.e. 'extra') foods. White bread was the main contributor of dietary GI and GL. Other major contributors were potatoes, sugar sweetened beverages and breakfast cereals.

Conclusion

The dietary GI and GL of the participants were high, which is likely to place them at increased risk of developing T2DM. The quality of CHO in their diet was also low, with 'extra' foods contributing most of the GI and GL. We will present information about what practical changes can be made to lower GI and GL, and improve the quality of CHO in this population.

Presenters

Jimmy Louie is a research assistant of the NSW Centre for Public Health Nutrition. He is also an Accredited Practising Dietitian. His master's project examined the effect of coffee pre-feeding on postprandial glycemic response, and from that he gained extensive knowledge and experience in the field of glycemic index (GI) and carbohydrate metabolism. Jimmy has a keen interest in the GI concept both from a laboratory and public health perspective. He will be researching his PhD with Professor Jennie Brand-Miller at the University of Sydney, examining the link between dietary glycemic index and pregnancy outcomes.

Nicole Turner is a Diabetes Aboriginal Health Worker at Durri AMS in Kempsey and works on the Many Rivers Diabetes Prevention Project. She is an enrolled nurse with a certificate 3 in Aboriginal health worker training and has worked on the Many Rivers project for 5 years. Nicole is a member of the Australian and New Zealand Food Standards committee and is on the Steering Committee of this Conference. Nicole has been involved in data collection in all phases of the Many Rivers project.

Janine Cochrane is an Aboriginal Health Worker at Biripi AMS in Taree and works on the Many Rivers Diabetes Prevention Project. She has a Diploma in Health and Community Development and has worked on the Many Rivers project for 5 years. Janine has been involved in data collection in all phases of the Many Rivers project.

Contact

Jimmy Chun-Yu Louie
NSW Centre for Public Health Nutrition
The University of Sydney NSW 2006

jimmy.louie@usyd.edu.au

Nunga Kids Café

Michael Manders, **Jeremy Coaby**, Port Lincoln Health Service

This abstract describes a successful model of working with Indigenous children to develop their skills in food preparation and increase their knowledge of healthy eating. It also demonstrates the role that shared meals can play in developing social relationships.

This model evolved over a two-year period after trialling several different approaches in working with Indigenous children and their parents to enhance skills in preparing healthy food. The cornerstone to this program is a successful working relationship between an Aboriginal health worker, a community health dietitian, a local primary school and a neighbourhood house.

- The program is planned and implemented by the Aboriginal health worker and the community health dietitian.
- Eight children from a specific year level are selected by the school to participate one day a fortnight for a term.
- The children meet at the neighbourhood house that has a well-appointed kitchen and a large dining area.
- The children's task is to cook a main course and a desert and to invite their parents to share a meal for lunch.
- The initial task is to read and interpret the healthy recipes as a group.
- The children are then divided into two groups, where they learn food preparation skills.
- The children are also shown how to set tables and serve food and tidy up.
- A guest speaker is organised from the Aboriginal community to talk to the children and parents about their story and to encourage the children to continue with their education.
- Non-Aboriginal people present at the time are also encouraged to participate in the meal.

This program has successful outcomes across the disciplines of education and health. The children gain practical experience in healthy eating, their literacy and numeracy skills are further developed, there is an increase in their self-esteem and confidence and they are exposed to food industry work. This process is a reliable way to engage parents to reinforce the importance of healthy eating. Parents also show an appreciation of their children's achievements.

This model has great potential for future positive outcomes, particularly if supported over a number of years. Not only are these outcomes measured in terms of illness prevention and education, but it also shows the role shared food experiences can play in building relationships across the community to enhance communication and facilitate reconciliation.

Presenter

Michael Manders is currently working part time as a dietitian at Port Lincoln Community Health Service. He also has teaching qualifications and works part time as a teacher in Port Lincoln. Michael has extensive experience in community health and is committed to working in a primary health care framework. He is particularly interested in the links between education of children and health promotion.

Contact

Michael Manders
Dietitian
Port Lincoln Health Services
PO Box 630
Port Lincoln SA 5606

08 8683 2077 [ph]
michael.manders@health.sa.gov.au

Darayiga Guya Mapu (Come here: talk feeling)

Karen Miranda, Durri ACMS

A pilot project is being conducted in Crescent Head NSW over a twelve-month period starting April 2007 and will conclude in March 2008. The women in outlying communities and villages of Kempsey Shire council were identified in the Vinson report (Dropping off the Edge) as needing emotional support to deal with social issues. The lack of promotion of mental health was highlighted in NSW Health Department. *Caring for mental health: a framework for mental health care in NSW*. Sydney: NSW Health Department, 1998 and in Commonwealth Department of Health and Aged Care. *Mental Health Promotion and Prevention National Action Plan*. Canberra: Department of Health and Aged Care, 1999.

For the purpose of the pilot project the Crescent Head community was chosen because of its geographic close proximity to Durri Aboriginal Medical Service.; thus making service delivery to that community beneficial.

The project

Darayiga Guya Mapu (Come here, talk, feeling)

Intent

- Awareness:
  - of their mental health
  - the effects of psych medicines
  - what is wellbeing
  - the effects of alcohol and other drugs
  - child development milestones
  - effects of domestic violence
  - self
- Provide information on all aspects of healthy lifestyles for women
- Opportunity for network creation, building and maintenance

Target group

- Women
- Women referred from psychiatrist Dr O'Brien and psychologist Sue Baughman; referral is at the discretion of the treating professional
- Women with substance use/abuse/misuse issues
- Dual-diagnosis women
- Women experiencing domestic and/or family violence
- Women with young children

Proposed methodology

- Through one-on-one counselling
- Through case management
- Group work
- Appropriate referral service
- Minimal work with the partners

Presenter

My name is Karen Miranda. I am a Dunghutti woman. My journey, to date, has included being a parent (the most precious gift), a grandparent, experiencing marriage; studying at University; having gainful employment in child protection and mental health and dealing with health issues. I am blessed to know whom I know and yet to meet new friends.

Contact

Karen Miranda
Durri ACMS
PO Box 136
Kempsey NSW 2440

02 6562 4919 [ph]
kmiranda@durri.org.au

This project would utilise the skills of the women facilitating programs at Durri ACMS, therefore minimising the need or requirement to outsource. The programs that engage women facilitators include:

- female social emotional and wellbeing officer
- sexual health
- chronic disease
- female alcohol and other drugs worker
- female families first officer
- midwife
- nutritionist (from MNC Area Health Service)
- also available and committed to this project is female case manager from Many Rivers Violence Prevention Service.

The principle idea is to introduce our women to all of these concepts and to show examples of possibilities and consequences if they were to continue on with their current lifestyles.

This is an innovative strategy being developed to work with women who are mentally unwell or at risk of becoming unwell; women who have substance abuse/misuse issues; women who have experienced domestic violence and women with young children.

The next stage of this pilot was to introduce the women to a fitness regime and a nutritionist.

'More than Medicine': a work in progress

Cynthia Porter, Midwest GP Network, Curtin University, Geraldton Regional Aboriginal Medical Service, Combined University Centre for Rural Health, Robynne Snell, APD Co-ordinator Postgraduate Diploma in Dietetics, **Tony Dodd**, **Debbie Woods**, Geraldton Regional Aboriginal Medical Service, **Robynne Snell**, School of Public Health, Curtin University of Technology

Linkages and networking between Curtin University of Technology and Geraldton Regional Medical Service (GRAMS) has allowed resource development otherwise unachievable.

Health workers had 'great ideas' but without skills, time and knowing where to start, their dreams for nutrition resources and health promotion programs never got going. Placements for postgraduate dietetic students provided health workers with the expertise, knowledge and people resources to produce packages, such as the 'More than Medicine' men's health program. This nutrition program was produced as a 'train the trainer' program. The cultural security, local content and delivery method was supplied by the health workers, and the nutrition information and final product by the dietetic students.

Students provided health workers with a structure and training to deliver healthy eating messages targeting diabetes and chronic disease. The program can be run by health workers at regional prisons, bush camps and local GRAMS premises. Men attending can ask questions of male health workers that will not embarrass them; the car engine is used to simulate the body and how to keep good health with healthy lifestyle; and it is not individual counselling allowing yarning to be a key feature.

This model for structure became a starting point for future packages and has been adapted to a women's health program. The student's work stimulated health worker discussion and health workers identified more resources they needed. The process of informal meetings, listening and yarning between students and health workers means the end product has been inexpensive.

Using resources developed by students created a positive environment for health workers with resources previously not achievable being produced on a limited budget. Strong links between Curtin University and GRAMS are creating excellent nutrition resources, and an established process exists for future dreams and needs.

Presenters

Cynthia Porter (Cindy) Organisation: Curtin University, GRAMS and Midwest GP Network Job Title: Consultant Dietitian and Credentialled Diabetes Educator Working as a consultant dietitian and credentialed diabetes educator in private practice in Geraldton and Carnarvon, WA, for 25 years. Completing a Master of Diabetes Education degree last year, focusing on chronic disease prevention and management at GRAMS. Currently Cindy supervisors final year dietetic students employed by Curtin University and is contracted by the Midwest GP Network to provide nutritional service to Geraldton Regional Aboriginal Medical Service.

Tony Dodd Organisation: Geraldton Regional Aboriginal Medical Service Job Title: Aboriginal Health Worker Chronic Disease Coordinator Born in Kalgoorlie, and living in Geraldton for 22 years. Tony has two children and family in both regions. Tony has worked at GRAMS for 13 years and completed an Aboriginal Health Worker Certificate 1998, Dip Mental Health 2000, BAppSc (Indigenous Community Health) 2003. Currently Tony coordinates the Diabetes Clinic and other chronic Diseases the other days. Tony is also a male trainer in the 'More than Medicine' program (an exercise program) and a prison health educator for men's health.

Contact

Cynthia Porter
Durlacher Dietetic Suites
PO Box 1235
Geraldton WA 6531

cporter@westnet.com.au

Making it happen: linkages between students and health workers create great nutrition resources

Cynthia Porter, Midwest GP Network, Curtin University, Geraldton Regional Aboriginal Medical Service, Combined University Centre for Rural Health, **Tony Dodd**, Geraldton Regional Aboriginal Medical Service, **Robynne Snell**, School of Public Health, Curtin University of Technology, **Deborah Woods**, Geraldton Regional Aboriginal Medical Service

A story

Strong links between Geraldton Regional Aboriginal Medical Service (GRAMS), Curtin University of Technology, Combined University Centre for Rural Health (CUCRH) and the Midwest GP Network (MGPN) has enhanced the capacity in the region to support postgraduate dietetic students undertaking community placements. This is the story of the development of nutrition resources and positive outcomes of these linkages.

Appointment by Curtin University of a non-government dietitian to supervise dietetic students' placements used established networks to broaden the scope of the placement. The dietitian employed by the MGPN to provide nutrition services to the local GRAMS, Curtin University and supported by CUCRH, provided invaluable opportunities for students to work with Indigenous people.

Dietetic students bring the ability to provide accurate resources for nutrition education, and have the luxury of time to develop resources identified by GRAMS. GRAMS brings cultural security and Indigenous knowledge to make resources culturally appropriate, focused on identified nutrition issues, and Aboriginal health workers to deliver nutrition messages on a permanent basis. Using 'train the trainer' approach students developed resources, trained health workers to deliver nutrition messages, and empowered them as experts in Indigenous health.

Cultural competency gained by working with Indigenous health workers was vital to students' training, and promoted a culture of respect and cooperation with Indigenous health workers. Cultural barriers, prejudices and stereotypes were crushed for students, many who had not left the security of the city, or interacted with Indigenous people.

Resources eventuated and great ideas and dreams of the health workers became a reality. With these resources specifically targeting local needs and having local content, there has been ownership. Resource topics include antenatal nutrition, diabetes and women's health screening series.

Students meet competencies required for entry level dietitians while completing the development cycle. Getting the job done has now become a 'work in progress' and a success story.

Presenter

Cynthia Porter (Cindy) Organisation: Curtin University, GRAMS and Midwest GP Network Job Title: Consultant Dietitian and Credentialled Diabetes Educator Working as a consultant dietitian and credentialed diabetes educator in private practice in Geraldton and Carnarvon, WA, for 25 years. Completing a Master of Diabetes Education degree last year, focusing on chronic disease prevention and management at GRAMS. Currently Cindy supervisors final year dietetic students employed by Curtin University and is contracted by the Midwest GP Network to provide nutritional service to Geraldton Regional Aboriginal Medical Service.

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Contact

Cynthia Porter
Durlacher Dietetic Suites
PO Box 1235
Geraldton WA 6531

cporter@westnet.com.au

The flour-drum stove

Roy Price, Remote Public Health Nutritionist, NT Department of Health and Community Services, **Alan Palmer**

It is a widely held view that the transition from a nomadic hunter–gatherer lifestyle incorporating a varied, nutrient-dense diet to a sedentary existence and an energy-dense diet, high in fat and refined sugars has contributed to the deterioration in Aboriginal health. In particular, Aboriginal people living in remote Central Australian communities generally have low intakes of both traditional and introduced vegetables and fruit, the absence of which in their diet contributes to endemic poor health.

While issues of availability, variety, quality and affordability of fresh produce are important and need to be addressed, a related issue that impacts on the demand for fresh produce is poor environmental health infrastructure. Housing in Aboriginal communities is highly problematic, with high rates of overcrowding in most areas. With this level of people pressure, there are high rates of utility failure, and in particular kitchen failure.

Another issue impacting on the demand for fresh produce is poverty. Hence, even in the rare circumstance of low people pressure, where a kitchen may be fully functional, the family occupying the house may not have sufficient money available to purchase a 'Power Card' so that they may use the electric stove for cooking. As a consequence, many houses in Indigenous communities have to rely on outdoor cooking areas for meal preparation.

Introducing the flour-drum stove

A flour-drum stove is a simple wood-fired cooking device made from an empty 10 kg flour drum. Using an angle grinder, the stove is constructed by making a large rectangular opening in the side of the drum to enable the addition of fuel, and making ventilation slits around the top and the bottom of the drum to facilitate airflow around the fire. While using a wok in combination with the flour-drum stove provides the greatest scope for use, many other cooking utensils can be used in combination with the stove.

The presentation will discuss how a flour-drum stove is made, how it can be used, and its potential value in nutrition work.

Presenters

Roy Price is a Remote Public Health Nutritionist and has worked in Central Australia for the past 18 years. In his current role he focuses on working with stores to improve the supply of healthy foods to the community, and cooking outdoors with community groups to help increase the demand for and use of healthy foods.

Alan Palmer is an Aboriginal Health Worker and, for the past 2.5 years, has been working as the Preventable Chronic Disease Men's Educator for the NT Department of Health and Community Services. When they are able, Alan and Roy use the flour-drum stove to help engage community men in the process of preparing healthy meals outdoors.

Contact

Roy Price
Remote Public Health Nutritionist
NT Department of Health and Community Services

08 8955 6114 [ph]
roy.price@nt.gov.au

Deadly Tucker—a story about a cookbook ...

Sandra Radich, North Metropolitan Health Service, Public Health Unit,
Janice Reidy, Diabetes Australia

This presentation will discuss the development of the program FOODcents for Aboriginal and Torres Islander People in WA Program (also known as ATSI FOODcents). This program is an adaptation of the 'original' FOODcents program developed in Western Australia in 1992. This program involved three components—budgeting, cooking and a supermarket tour. The basis of FOODcents is that healthier food choices are cheaper than less healthier choices—when compared on a per kilo basis. The program was adapted to address a number of key issues such as varying levels of literacy and numeracy skills within the Aboriginal community.

The project produced several resources and provided training during the project period. An education manual was developed that is flexible and can be adapted to the needs of the local community. It can be delivered as a 'one-off' session, as an ongoing program, or incorporated into an existing program. Following the completion of the project, a user guide was produced as a supplement to the education manual. This guide provides a mechanism to 'train' nutritionists and health promotion practitioners after the project had been completed.

Community consultation also identified the need for recipes to be included in the adaptation, especially recipes suitable for people with diabetes. The result was *Deadly Tucker*, a collection of 39 easy-to-prepare recipes—originally produced in text format only. With additional funding this resource was then produced as a cookbook in full colour, with step-by-step photos. *Deadly Tucker* has been extremely popular and is being used throughout Australia; not only within a nutrition context but as a way to bring together the Aboriginal community. Some of these '*Deadly Tucker* stories' will be shared.

Presenter

My name is **Sandra Radich** and I have a Croatian background. I was born in Perth, Western Australia. My professional career started in 1994 after completing a Bachelor of Science (Nutrition and Food Science) and Graduate Diploma in Dietetics, both at Curtin University. I have worked as a public health nutritionist in the Pilbara region for over four years where I had the opportunity to work with some amazing people and travel the Pilbara region. I was involved with the development of the Canning Stock Route Challenge program in 1996 and expanded the program until I left in 1999. It has been very rewarding to see the program still being implemented in primary schools, and that other Australian states have adapted the program to suit their local needs. My current position is Nutrition Coordinator with the North Metropolitan Public Health Unit in Perth, WA. My main programs include the FOODcents for Aboriginal and Torres Strait Islander People in WA Project, which includes the extremely popular cookbook called *Deadly Tucker*.

Janice Reidy is a Noongar woman from the Balardong Language group and grew up in a small wheat belt town called York. Janice has a Bachelor of Applied Health in Indigenous Community Health and an Aboriginal Health Course Associate Degree. She is currently working for the Diabetes consultation project. Previous positions were as an Administration Officer with Aboriginal and Torres Strait Islander Commission in South Hedland, as an Aboriginal Health Worker at Mirrabooka Community Health, as a Project Officer for the Aboriginal FOODcents Program, and as a Project Officer for the Living with Diabetes program for Aboriginal and Torres Strait Islander people at the South Metropolitan Health Service in Bentley.

Contact

Sandra Radich
Public Health Unit
North Metropolitan Health Service
PO Box S1296
Perth WA 6845

08 9224 1662 [ph]
sandra.radich@health.wa.gov.au

Janice Reidy
Health Worker in Aboriginal Health
Diabetes WA

08 9325 7699 [ph]
janice.reidy@diabeteswa.com.au

Bush tucker farm, Rutherford Technology High School

Lesley Salem, John Hunter Hospital Hunter New England Hospital,
George Salem, Rutherford Technology High School

Aim

Creation of a sustainable bush tucker garden to facilitate the opportunity for Aboriginal youth of Rutherford, NSW, to gain knowledge of the value of bush tucker as a food for personal consumption as well as its potential as an agricultural product and its applications in bush medicine.

Objective

- Have a sustainable and diverse bush tucker farm within access of three local mobs of Indigenous and local non-Indigenous children.
- To establish functional partnerships between the local Lands Council, Elders, bush tucker experts, TAFE and Rutherford Technology High School.
- To establish a resource for the local Lands Council, Elders, bush tucker experts and school teachers (agriculture, science and home economics) to teach urban Aboriginal youth and non-Aboriginal youth about bush tucker as a:
  - culture (involving Aboriginal families, their knowledge and Aboriginal students)
  - medicine (health)
  - food
    - for themselves (health and wellbeing)
    - for commercial purposes (job creation/employment).
- To gain knowledge of the cultural importance of Aboriginal art (that will define the farm) and its communication of message.

Result

The establishment of the farm has resulted in a functional partnership between the school, local health services, Aboriginal Elders and bush tucker experts, enabling perpetuation of knowledge surrounding Australian native flora 'bush tucker' that will endure through the Aboriginal youth and those undertaking TAFE horticultural courses.

The farm has provided a tool for teaching Aboriginal bush tucker knowledge thus producing greater cultural safety into secondary curriculum. There has also been an awareness created on a holistic view to addressing good health in society through nutrition.

Aboriginal culture is protected through knowledge of bush tucker and the associated art developed during the establishment of the farm. Of great importance though has been the improvement of communication between Elders and youth.

Presenter

Lesley Salem is a descendant of the Wonnarua people in NSW. She is married, the mother of four and a nephrology nurse practitioner, as well as a senior Aboriginal policy analyst for NSW Health. Lesley assists in the clinical management of over 300 dialysis patients in the 31 000 sq km in the lower sector Hunter New England Health Service. She also works part time with the Department of Health to develop Aboriginal health worker education and strategies for chronic disease management between primary and tertiary health services.

Contact

Lesley Salem
John Hunter Hospital Hunter New England Hospital

lesley.salem@hnehealth.nsw.gov.au

Bush tucker in kidney failure and diabetes

Lesley Salem, **Elizabeth Thompson**, John Hunter Hospital Hunter New England Hospital

Problem

Diet is an essential component to the treatment and management of renovascular (kidney, diabetes and cardiovascular) disease. A special diet can slow the rate of kidney failure and limit the build-up of waste products and fluid in your body.

For those people with chronic kidney disease and diabetes who wish to eat bush tucker (Australian native flora and fauna) there is a paucity of resource material that guides and encourages individuals to continue to do so. This includes consumer information or professional medical resources.

A penchant for bush tucker, for many, is as much about taste as is it about culture, comfort, and maintaining control over one of the many elements that chronic disease and its management intrudes upon.

Solution

A resource that could be used by clients and health care providers (nursing, AHW, dieticians), in the management of nutrition in chronic renovascular disease, which would enable the continued consumption of bush tucker.

The resource needed to be accessible in urban, rural and remote areas, affordable and user friendly.

Result

Together with a local Aboriginal artist Les Elvin and Amgen Australia, *Bush Tucker in Kidney Failure and Diabetes* has been produced and supplied free. This book provides information on selected elements of the nutritional content of bush tucker. The elements presented in the book are those that require specific consideration when maintaining nutritional balance in renovascular disease.

The book enables adherence to dietary limitations as outlined by the dietitian but rather than forfeit food preference it allows favoured foods in acceptable quantities.

Presenter

Lesley Salem is a descendant of the Wonnarua people in NSW. She is married, the mother of four and a nephrology nurse practitioner, as well as a senior Aboriginal policy analyst for NSW Health. Lesley assists in the clinical management of over 300 dialysis patients in the 31 000 sq km in the lower sector Hunter New England Health Service. She also works part time with the Department of Health to develop Aboriginal health worker education and strategies for chronic disease management between primary and tertiary health services.

Contact

Lesley Salem
John Hunter Hospital Hunter New England Hospital

lesley.salem@hnehealth.nsw.gov.au

South Australian Community Foodies: supporting communities to make healthy food choices

Liz Sanders, Southern Adelaide Health Services, **Jenni Glover**, Hackham South Primary School

The Community Foodies project aims to support disadvantaged groups to make healthy food choices via a peer education and community development model. The project has been implemented across South Australia since 2003 and there are now nine sites across the state with a total of 100 Foodies.

The project offers free training (24 hours) on basic nutrition and community education skills. Once graduated, Foodies work with health workers to promote and advocate for communities to make healthy food choices. This presentation will focus on how this project is having an impact on supporting Aboriginal and Torres Strait Islander people living in urban areas to make healthy food choices.

Six Aboriginal and Torres Strait Islander women have trained as Community Foodies and one of these Foodies will tell her story. The main outcomes for this Foodie include 1) individual and family dietary changes, 2) employment as canteen manager and Aboriginal education worker at her children's school and 3) empowering her daughter and local community members to do the Foodies training.

Evidence gathered from a multi-method approach (using quantitative, qualitative and realist approaches) shows that the project is reaching low socio-economic groups with almost 75% of adult participants of Foodies programs with an income less than $25 000 per annum. Statistically significant improvements have been reported for both Foodies and participants in nutrition knowledge, cooking skills, self-esteem and life satisfaction. Adult participants on lower incomes also appear to be benefiting more than those on higher incomes in relation to the number of serves of fruit and vegetables eaten per day.

Three of the six Foodies are now in paid employment, two as Aboriginal education workers and one as an Aboriginal liaison officer. All report that the Foodies program has had a significant impact on their success in gaining employment. The project is also establishing itself as a stepping stone into a nutrition pathway with points of entry being the school system and TAFE. Recognition of prior learning is now being offered for Foodies in four competencies that go towards a Health Support and Community Services Certificate.

The project is intending to expand in early 2008 into rural Indigenous communities in South Australia.

Presenter

Liz Sanders is the Project Manager Community Foodies SA. Liz is a dietitian/nutritionist and was an initiator of the Community Foodies program at Noarlunga, South Australia in 2001. Liz has a diversity of experience in nutrition with her career beginning in the clinical setting, then moving to overseas and then back to Australia and community and public health nutrition. Her recent experience in nutrition has been managing a statewide nutrition project—Community Foodies—that is now implemented in other states of Australia and New Zealand. Liz works half time in this role and half time as a community development officer for the City of Onkaparinga where her key focus is community gardens.

Jenni Glover is a Community Foodie. Jenni has Tasmanian Aboriginal ancestry. Jenni completed her Community Foodie training in 2003 and works as a Community Foodie at Hackham South Primary School were she is also now the canteen manager and Aboriginal education worker. Jenni is passionate about promoting healthy food and has a wonderful ability to work respectfully with children and families. Jenni has 8 children and 10 grandchildren and one of her daughters has just completed the Community Foodies training.

Contact

Liz Sanders
Project Manager Community Foodies SA
Southern Adelaide Health Services

08 8384 9266 [ph]
sanders.elizabeth@saugov.sa.gov.au

Expansion of the Indigenous nutrition workforce in Queensland Health

Amanda Lee, **Dympna Leonard**, **Simone Lowson**, **Anita Groos**, **Christina Stubbs**, **Angela Simons**, **Deanne Minniecon**, Queensland Health

Over the last 15 years there has been a concerted effort to increase the Indigenous nutrition workforce in Queensland. In 1994, Queensland Health funded the University of Queensland to develop the Queensland Aboriginal and Torres Strait Islander Food and Nutrition Strategy, which identified key areas for action including the establishment of an Indigenous-focused nutrition workforce. Funding to advance Indigenous health was secured in 1998, including the creation of two public health nutrition (Indigenous health) positions and two successful scholarships for Indigenous applicants to complete a Masters degree in community nutrition.

Eat Well Queensland 2002–2012 (EWQ), the Queensland Public Health Nutrition strategy developed by the inter-sectoral Queensland Public Health Forum, has been an invaluable tool for business planning and provided a framework for nutrition action to enhance nutritional status and prevent chronic disease in priority groups including Aboriginal and Torres Strait Islander peoples. Five advanced health worker (nutrition) and three Indigenous nutrition promotion officer positions were funded under the Queensland Health Nutrition and Chronic Disease prevention package in 2002–03; job descriptions specified that these positions work on local implementation of EWQ.

From 2005–2009 the Queensland Strategy for Chronic Disease presented a further opportunity to extend the reach of evidence-based interventions through a dedicated Indigenous nutrition workforce. An additional 23 advanced health worker (nutrition) positions have been funded under this strategy, and are being recruited progressively. The majority of these positions will be located in non-government organisations.

Advanced health workers qualified in nutrition contribute greatly to the development and expansion of an appropriately skilled Aboriginal and Torres Strait Islander nutrition workforce. However, there are currently no registered training organisations in Queensland that offer the Certificate IV in Aboriginal and Torres Strait Islander Primary Health Care (Nutrition) qualification that is required by those working in such positions. In order to ensure that the Indigenous nutrition workforce has the relevant qualifications and skills for their job requirements, Queensland Health is funding a registered training organisation to deliver a Certificate IV in Aboriginal and/or Torres Strait Islander Primary Health Care, Community Care (nutrition stream) to ten advanced health workers (nutrition promotion). This course will commence delivery in the 2007–08 financial year.

Presenters

Angela Simons is a Senior Project Officer in Indigenous Health Promotion in the Queensland Health Statewide Health Promotion Unit. Angela completed her BSC in Human Nutrition at the University of Otago in NZ and her Masters in Public Health at the University of Queensland.

Deanne Minniecon is a Principal Policy Officer with the Aboriginal and Torres Strait Islander Health Strategy Unit, Office of the Director-General, Queensland Health. Deanne completed her Masters in Health Science (Health Promotion) and a Graduate Diploma in Health Promotion through Queensland University of Technology. Deanne is of both Torres Strait Island descent (Erub and Mabuaig) and Gubbi Gubbi.

Contact

Angela Simons
Health Promotion Unit
Queensland Health
147–163 Charlotte Street
Brisbane QLD 4000

07 3234 0736 [ph]
angela_simons@health.qld.gov.au

Focus groups with Aboriginal and Torres Strait Islander people in Queensland: information to direct the development of future nutrition strategies

Angela Simons, **Kate Gellweiler**, **Maureen Chamberlain**, **Linda Medlin**, **Stephen Hogan**, **Amanda Lee**, Queensland Health

In 2005 Queensland Health commenced a four-and-a-half-year Go for 2&5® fruit and vegetable campaign, which aims to increase adult Queenslanders' fruit and vegetable intake by one serve per person a day. To date, evaluations have indicated the campaign has been successful in raising consumption and awareness of the importance of eating more fruit and vegetables. However, the evaluations have not been able to determine the extent that the messages have impacted on Aboriginal and Torres Strait Islander peoples.

Following a workshop with representatives from Aboriginal and Torres Islander communities, it was determined that research be conducted to direct the development of Aboriginal and Torres Islander strategies to be incorporated into Go for 2&5® and other nutrition and physical activity campaigns in Queensland.

The research, involving focus groups in urban, regional and remote areas, aims to determine the relevance and capacity of the current Go for 2&5® campaign to motivate/encourage Aboriginal and Torres Strait Islanders to achieve the campaign objectives. It will also examine Aboriginal and Torres Strait Islander peoples' attitudes, beliefs, behaviours, barriers and enablers towards fruit and vegetable consumption, and physical activity; and will look at opportunities for increasing fruit and vegetable consumption; types of media used; influencers of nutrition and physical activity; and the appropriate style and avenues for disseminating nutrition and physical activity information to Aboriginal and Torres Strait Islander peoples.

The findings of this research will be presented, including how the information will be used in the development of strategies for reaching Aboriginal and Torres Strait Islander peoples, within the Go for 2&5® fruit and vegetable social marketing campaign.

Presenters

Angela Simons is a Senior Project Officer in Indigenous Health Promotion in the Queensland Health Statewide Health Promotion Unit. Angela completed her BSC in Human Nutrition at the University of Otago in NZ and her Masters in Public Health at the University of Queensland.

Maureen Chamberlain is an Aboriginal and Torres Strait Islander Nutrition Promotion Officer with the Central Area public health nutrition team and is situated in Rockhampton in Central Queensland. Her work focuses on enhancing the health and wellbeing of Aboriginal and Torres Strait Islander mums and bubs.

Contact

Angela Simons
Senior Project Officer (Indigenous Health Promotion)
Health Promotion Unit
Queensland Health

07 3234 0736 [ph]
angela_simons@health.qld.gov.au

Good Food Great Kids

Jo Stanford, **Gail Crozier**, **Jane Judd**, Yarra Valley Community Health Service, **Doseena Fergie**, Indigenous Health Team

'Good Food Great Kids' was a three-year national child nutrition project aiming to improve the nutritional status of Indigenous children in the Yarra Valley. The project succeeded in its aim to build the community's capacity around nutrition, to increase awareness of the importance of nutrition, and to improve nutritional intake.

The program goals were

- to increase the use of healthier foods within Indigenous families
- to create an opportunity for local Indigenous children and their families to grow fresh, low-cost vegetables, fruits and native plant foods
- to improve nutritional intake of Indigenous primary school children.

Good Food Great Kids implemented multi-level strategies:

- engaging women with young children, low-income families, school children, and the Aboriginal and Torres Strait Islander community
- employed an Indigenous nutrition support worker to support low-income families, facilitating the Wise Women's Circle cooking group and the Spend Wisely Program
- developed a community garden and Down to Earth gardens in two local primary schools providing nutrition/gardening education within a culture, reconciliation and respect framework
- researched local access to healthy foods, provided supermarket education, and worked with emergency relief providers
- implemented canteen audits and promoted healthy food policies in schools.

In 2007, Good Food Great Kids won the Victorian Government Public Health Care Award for Community Engagement. Outcomes included increased knowledge about healthy foods and increased vegetables consumption. The Womenjeka Community Garden was built and promoted, and now forms the basis of an Aboriginal and Torres Strait Islander community-run food cooperative. The two primary schools that changed canteen menus and curriculum to support and promote healthy eating prompted the development of the Yarra Valley School Nutrition Network with 16 schools who meet each term with a dietitian. Six hundred community members were involved along with one hundred and twenty early primary school children, including Indigenous children. Since 2005, the project has been a foundation for the development of a community kitchens program, a new community garden and several food security initiatives.

Presenters

Jo Stanford is an Accredited Practicing Dietitian with 15 years' experience in community nutrition. She has a Certificate in Paediatric Nutrition and training in health promotion. Jo was the project manager for Good Food Great Kids. She currently facilitates the Yarra Valley School Nutrition Network, and is involved in implementing community kitchen and community garden projects in the Yarra Valley area.

Doseena Fergie is an Aboriginal and Torres Strait Islander, a mother of three and grandmother of two. Doseena is a registered nurse, midwife and maternal and child health nurse. Currently she is the Clinical Team Coordinator of the Indigenous Health Team. She is also involved with the Commonwealth Healthy for Life program in which nutrition plays an important part. Dorseena is also involved in the development of the Good Food Great Kids program, which was the recipient of a 2007 Victorian Health Care Award.

Contact

Doseena Fergie
Doseena.Fergie@easternhealth.org.au

Aboriginal and Torres Strait Islander Nutrition and Physical Activity Brief Intervention

Tanya Stiles, **Kaye Smith**, **Kym Blechynden**, Tropical Population Health Network, Queensland Health

Health workers and primary health care providers play an important role in increasing the awareness and importance of physical activity and appropriate nutrition choices. There are frequent requests for resources, but limited nutrition and physical activity resources for use with the Aboriginal and Torres Strait Islander population of north Queensland. This is a new approach to conveying nutrition and physical activity messages in a culturally appropriate way.

The Aboriginal and Torres Strait Islander Nutrition and Physical Activity Brief Intervention resource has been developed and piloted using best-practice principles. This resource takes into account specific barriers that exist within communities that prevent the consumption of a healthy diet, and prevent people from being sufficiently physically active. It is envisioned that the resource will be used in conjunction with adult health checks and other one-on-one client interactions.

The Brief Intervention resource consists of a nutrition flipchart with seven nutrition-related handouts based on the stages of change. Similarly, a physical activity flipchart is provided with accompanying handouts based on the stages of changes. These resources were focus tested in several community settings throughout north Queensland to ensure culturally appropriate graphics were utilised.

The Tropical Population Health Network will offer training and ongoing support throughout north Queensland in 2008. This training is available to Aboriginal and Torres Strait Islander health workers, including generalist health staff, community health services staff and other non-government organisations.

Presenter

Tanya Stiles (Nutrition Promotion Worker, Tropical Population Health Unit, Townsville). Tanya has been working in the area of nutrition promotion for 10 years. She previously co-developed resources such as Tuckshop Shortcuts (a guide for school tuckshops) and a nutrition and physical activity program for schools called 'Active-Ate'. Tanya belongs to the Bar-barrum people from the Atherton Tablelands in north Queensland.

Kym Blechynden (Senior Public Health Nutritionist, Tropical Population Health Unit, Townsville). Kym is a nutritionist employed with Tropical Population Health Network, based in Townsville, and a co-worker of Tanya Stiles. She has previously worked in Cairns, north-west of Western Australia and Alice Springs in remote and rural public health nutrition.

Contact

Tanya Stiles
Indigenous Nutrition Promotion Worker
Tropical Population Health Network
Queensland Health
Locked Mail Bag 4016
Townsville QLD 4810

07 4753 9035 [ph]
tanya_stiles@health.qld.gov.au

Growing Strong: Feeding You and Your Baby

Kani Thompson, **Joanna Boyle**, Tropical Population Health Network

The Growing Strong: Feeding You and Your Baby resource is used throughout Queensland for use with Aboriginal and Torres Strait Islander families. It provides consistent, evidence-based nutrition information for pregnant women, infants and young children. The aim of Growing Strong is to improve the quality and effectiveness of information delivered by health workers to Aboriginal and Torres Strait Islander clients.

The Growing Strong resources consist of a series of 22 brochures and an A3-size flipchart. These have been developed in response to the statewide evaluation in 2005 of the original Growing Strong resources. The brochures can be used in a clinical setting and the flipchart can be used in group settings. The resources use straight forward language and colourful illustrations that are appealing to Aboriginal and Torres Strait Islander people. The resources also include a manual that is used as a reference tool for health workers.

Topics addressed in the resources include breastfeeding, introducing solid foods, childhood overweight and obesity, and the use of tobacco, alcohol and drugs during pregnancy and breastfeeding. The role fathers and grandparents can play when providing food and care to children is also included.

The Growing Strong resources will be used in conjunction with the Northern Area Health Service Chronic Disease Child Health Checks (0–4 years of age) planned for 2008. It provides an opportunity to use the resources as a tool to conduct brief intervention to parents and carers.

To assist with the implementation of the *Growing Strong* program, a two-day training workshop for health workers will be delivered that will provide background information on maternal and infant nutrition.

The *Growing Strong* resources are in the final stage of redevelopment and will be implemented in 2008.

Presenter

Kani Thompson has worked in the Public Health Nutrition team at the Tropical Population Health Unit based in Cairns since 2005. Her focus work area is nutrition in early life, including nutrition during pregnancy. Prior to 2005, Kani worked as a health worker for Community Health in Gayndah.

Contact

Kani Thompson
Nutrition Promotion Officer (Indigenous Health)
Tropical Population Health Network
PO Box 1103
Cairns Qld 4870

07 4050 3655 [ph]
kani_thompson@health.qld.gov.au

Eat Well, Be Active, Healthy Kids for Life—Badu Island

Kani Thompson, Tropical Population Health Network, **Rita Kebisu**, Tagai State College—Badu Campus

The Eat Well Be Active project aims to increase physical activity and improve food choices amongst children. The Health Promotion Council Queensland has provided two years' funding for an urban, rural and remote location in Queensland to pilot the project. Badu Island in the Torres Strait has been selected as the remote site for this project.

The goal of the project is to develop, implement and evaluate strategies that promote healthy weight in children and young people living on Badu Island. The project primarily targets children aged 0–12 years, but also includes the wider community. The Eat Well Be Active project will encourage and support community-based initiatives, strengthen community capacity and build partnerships.

Community consultations were conducted in May and August 2006. The local Interagency Group, made up of various organisations, act as the steering committee for the project. Badu Island State School is the lead agency and have employed a project coordinator. External support is provided by Education Queensland and Queensland Health.

The consultations identified four priority action areas: mums and bubs; less junk and more healthy food and drinks; budgeting (including label reading); and more organised physical activity and sport (and education on importance of physical activity).

Nine objectives with corresponding strategies have been developed to meet the goal of the project. The objectives for the project are as follows:

- decrease the consumption of high-sugar drinks in children aged up to 12 years.
- decrease the consumption of high-fat foods
- increase the consumption of fruit
- increase the consumption of vegetables (not potatoes)
- increase the consumption of water
- increase knowledge about managing finances to purchase healthy food and drink choices
- increase the knowledge of nutrition and physical activity for mothers, babies and young children
- increase the level of physical activity
- create supportive environments to increase participation in physical activity.

Corresponding strategies focus on nutrition and physical activity and include classroom and after school activities and parent and community education and activities.

To establish baseline data, a survey to collect information on current weight, height, eating and physical activity practices amongst children aged from 5 to 12 years, living on Badu Island, was conducted in July 2007. The response rate for the survey was positive and the results are currently being analysed.

Presenter

Kani Thompson has worked in the Public Health Nutrition team at the Tropical Population Health Unit based in Cairns since 2005. Her focus work area is nutrition in early life, including nutrition during pregnancy. Prior to 2005, Kani worked as a Health Worker for Community Health in Gayndah.

Rita Kebisu has worked at Tagai State College – Badu Campus as the Project Coordinator for the 'Eat Well, Be Active, Healthy Kids for Life' Pilot Project since April 2007. Since starting the project Rita has organised a monthly 'Walk to School with Your Child Day', where parents are encouraged to walk to school with their children and also share a healthy breakfast at school. Rita's involvement in the Western United Sports and Recreation Association since 1999 has shown her passion for children and sports.

Contact

Kani Thompson
Nutrition Promotion Officer (Indigenous Health)
Tropical Population Health Network
PO Box 1103
Cairns Qld 4870

07 4050 3655 [ph]
kani_thompson@health.qld.gov.au

Which way public health nutrition in Brisbane?

Raima Toolis, Population Health Services—Central Area Health Service, Queensland Health, **Bronwyn Fredericks**, Monash University and CCRE, Queensland Aboriginal and Islander Health Council, **Dallas Leon**, CCRE, Queensland Aboriginal and Islander Health Council

In some parts of Australia, 'which way' is used in a general way in Aboriginal and Torres Strait Islander conversation to imply where to now? Which way do we go? Where are you going or we going? How is that person connected? Where are they positioned within the community? How does that work? By asking 'Which way public health nutrition in Brisbane?', we are questioning how does and where does Aboriginal and Torres Strait Islander public health nutrition fit in Brisbane? How is it positioned? What are the connections? What are the gaps? This presentation will attempt to answer some of these questions in describing a public health nutrition project undertaken within the greater Brisbane Aboriginal and Torres Strait Islander community (encompassing Brisbane, Ipswich, Logan, Pine Rivers, Caboolture, Beaudesert, Redcliffe and Redlands local government areas). The geographic area includes 23% of the total Queensland Indigenous population as identified at the 2001 census. This project sought to develop a holistic picture of issues affecting the nutritional health of this community and this will be reflected in the presentation. It additionally had as an intention to build relationships with key partners and peak agencies for future public health nutrition interventions. The presentation will conclude with recommendations developed from the project.

Presenter

Raima Toolis is originally from Erub (Darnley Island) in the Torres Strait. She has worked as an Aboriginal and Torres Strait Islander Nutrition Promotion Officer for six years with the Nutrition Team, Population Health Services—Central Area Health Service, Queensland Health. Prior to this Raima worked as a health worker in the Torres Strait. She holds a Bachelor of Community Development from Curtin University. Raima now lives in Brisbane.

Contact

Raima Toolis
Aboriginal and Torres Strait Islander Nutrition Promotion Officer
Nutrition Team
Population Health Services—Central Area Health Service (PHS-CAHS)

07 3624 1137 [ph]
Raima_Toolis@health.qld.gov.au

Consulting with Aboriginal communities: finding out about the facilitators of, and barriers to, healthy eating for our children

Scott Trindall, **Luke Allan**, **Lynde Bartel**, **Jackie Trapman**, **Renae Draws**, **Colin Bell**, Hunter New England Population Health

Poor nutritional status is often reported for Aboriginal children but little is known about the physical, economic, policy or socio-cultural factors that may be barriers to, or facilitators of, healthy eating.

As part of planning for the NSW Hunter New England Area Health Service childhood obesity prevention program 'Good for Kids. Good for Life.', (www.goodforkids.nsw.gov.au), an Aboriginal community consultation project was conducted. Sites were selected based on high numbers (>2000) or a high proportion (>50%) of Aboriginal people. The consultation involved networking, formal consultation (groups of up to 8 people), informal consultation (groups of 2 to 3) and questionnaires (individuals). Over 40 community and stakeholder consultation sessions were held.

Barriers to healthy eating included the cost and availability of fresh fruit and vegetables as well as difficultly in accessing these foods. The unhealthy nature of the foods available outside of home, the lack of culturally appropriate and realistic dietary advice and limited knowledge about healthy foods and cooking practices were also identified as barriers. Facilitators were harder to identify but included provision of fruit by active after school programs, support from community dietitians and incorporation of nutrition in Aboriginal Medical Service. Barriers and facilitators varied considerably by community, highlighting the importance of taking the local context into account during program planning.

The consultation not only provided Good for Kids with valuable information for developing locally relevant activities but also with a model for giving Aboriginal communities a voice in program delivery. We consider both essential for the program to have a meaningful and sustainable impact.

Presenter

Scott Trindall is a Gomeroi Murri, whose people are the traditional owners of the country around Narrabri (northern NSW). Scott has a range of experience working with Aboriginal people at community level; particularly in promoting equity for Aboriginal people through government employment, education and health programs. As the program manager for the Aboriginal health stream of Good for Kids, he provides direction on program delivery in Aboriginal community settings.

Contact

Scott Trindall
Program Manager
Hunter New England Population Health

02 6767 8637 [ph]
scott.trindall@hnehealth.nsw.gov.au

Plenty Valley Community Kitchen project with urban Aboriginal and Torres Strait Islander families

Glynis Vickery, **Emma Hughes**, Plenty Valley Community Health

We are based at Plenty Valley Community Health (PVCH), in the outer north-western suburbs of Melbourne, and work with local Aboriginal and Torres Strait Islander families. We work with a supported parent group model, providing concurrent activities for adults and children. When Glynis started working in this area at a local playgroup she talked to the parents about what they would like to do more of and cooking was talked about frequently. So, this year, we began a cooking group for the adults, with kids activities provided in a room next door. We meet once a fortnight and we have a volunteer who buys the ingredients and demonstrates the recipes. Everyone cooks in pairs, and we eat together at the end. There is usually enough left over for everyone to take some home.

While cooking and eating discussions naturally come up about recipes, in particular recipes for healthy food children might like to eat, where to buy good value ingredients, and how to get kids to eat healthy meals. Everyone contributes to these discussions, sharing their own ideas and suggestions. At the end of the session participants help choose what to cook next time. Everyone gets a copy of the recipes from each session and a folder to keep them in. We hope eventually to add shopping for ingredients into the sessions.

The most valuable aspects of the sessions are the discussions about affordable healthy eating, trying new foods, and the friendships that grow while we cook and eat together. Evaluation questions include how often participants buy takeaway, how often they budget, how often they cook at home, and how they rate their cooking skills.

Presenters

Glynis Vickery is a Yorta Yorta woman, who grew up in the northern area of Melbourne with her mother. At PVCH Glynis runs concurrent activities for Aboriginal and Torres Strait Islander parents and their children. Activities focus on building a sense of community. As trust and safety develops the activities become more targeted, and as the confidence of the parents and the group as a whole develops, they have begun to make requests that suit their needs. Also, as trust in Glynis develops, parents bring their problems to her, and, in turn, use the services she refers them to.

Emma Hughes' parents are English, they arrived in Perth in the 1960s. She has lived in Melbourne for 12 years. Emma supports Glynis' work at PVCH, she also uses her skills as a qualitative social researcher to write up the good work Glynis does.

Contact

Glynis Vickery
Plenty Valley Community Health
187 Cooper Street
Epping VIC 3076

03 9409 8740 [ph]
glynis.vickery@pvch.org.au

Yalu'Marnggithinyaraw and the Yolnguy Walngakum Yolngu life project

Dorothy Yunggirrnga (Yalu'Marnggithinyaraw), **Jean Rurrukunbuy** (Yalu'Marnggithinyaraw), Galiwin'ku community

Young people are growing up in two worlds, where choices are available that did not exist in the past. These choices are taking young people on a different journey to their parents and to the people of their past. The structures that have been maintained over thousands of years to guide choice are being challenged in contemporary society like never before. These structures guard the fundamentals of health: Gurrutu (family), Rom (law) and Wanga (land and country) and are pivotal to our present and future health. Within the steadfastness of these structures there are opportunities and ways to nurture, guide and encourage choice to ensure better health. We will tell our story and provide stories of how choice is and can be supported within Yolngu structures.

These stories centre around an Indigenous organisation called Yalu'Marnggithinyaraw. Yalu means nest and marnggithinyaraw means to learn. Yalu'marnggithinyaraw currently supports a backyard garden project, a healing program and a Building Healthy Communities initiative to support healthy eating and physical activity. These activities have developed over the 7 years since Yalu was established in 2000. Key to the growth and sustainability of these activities has been the drawing on strengths in the community, the commitment to building a Yolngu workforce, the commitment of community members to their children's future health, grounding activities in a cultural framework, the support and participation of community elders and the long-term commitment and support from external organisations. These activities are supporting our children to make healthy choices for their future and for their children's future.

Presenters

Dorothy Yunggirrnga belongs to the Warramiri language group of north-east Arnhem Land. Yunggirrnga has extensive experience in community development, store retailing, health administration and has an interest in the use of multi-media in community education. For the last 6 years, she has worked with Yalu'Marnggithinyaraw, a community-based Indigenous organisation committed to strengthening community wellbeing within an Indigenous framework. Together with Yalu and other women, Yunggirrnga led a healing ceremony at the 2006 Garma festival, demonstrating the contemporary relevance and strength of traditional medicine and healing. Yunggirrnga is a project officer with an Australian government funded Building Healthy Communities project.

Jean Rurrukunbuy belongs to the Djambarrpuyngu language group of north-east Arnhem Land. Rurrukunbuy is a trained teacher and has extensive experience in primary school teaching, health administration, store operations and health promotion. In her position as health centre administration officer, Rurrukunbuy was involved in family-based health education and contributed to the development of two health education resources. After a period of working as the 'good food' person at the community store, Rurrukunbuy joined Yunggirrnga as a project officer with an Australian government funded Building Healthy Communities project. Rurrukunbuy is a strong advocate for better health for her community and is represented on the Miwatj board of directors.

Contact

Julie Brimblecombe
Menzies School of Health Research

08 89227879 [ph]
Julie.brimblecombe@menzies.edu.au

Poster abstracts

Healthy jarjums make healthy food choices—Gold Coast

Amanda Allen, Brisbane Southside Population Health Unit, **Maxine Daley**, Indigenous Health Service (Gold Coast), **Penelope Beatty**, Gold Coast Population Health Unit

Healthy jarjums make healthy food choices is a school-based nutrition and food hygiene program that targets children from preschool through to grade three. The purpose of the resource is:

- to provide educators with culturally appropriate information, enjoyable activities and relevant resources that will enhance, preserve and promote awareness of Aboriginal and Torres Strait Islander cultural values, identity and customs
- to increase knowledge, awareness and skills in relation to nutrition practices
- to assist students to demonstrate the core learning outcomes of Years 1–10 Queensland Health and Physical Education Syllabus, whilst addressing the goals of the National Aboriginal and Torres Strait Islander Education Policy (NATSIEP).

Healthy jarjums make healthy food choices was developed by the Inala Indigenous Health Program in 2001.

In 2002, Southern Public Health Unit Network (Queensland Health) evaluated the effectiveness of the program. Results showed that educators were very positive about the program and program resources, and that there were significant ($p<0.05$) increases in nutrition knowledge and food preferences for *everyday* foods.

A review of the program in 2006 showed that over half of all schools who had ordered the *Healthy jarjums make healthy food choices* program resources were not implementing the program. Therefore in 2007, the Gold Coast Health Service District (GCHSD) Indigenous Health Team, partnered with Southern Area Population Health Service and key members of the local Aboriginal and Torres Strait Islander community, to implement and evaluate the program in a selection of Gold Coast schools (*Healthy jarjums make healthy food choices* Gold Coast).

The *Healthy jarjums make healthy food choices* Gold Coast project involved consultation with stakeholders to encourage the development of relationships between the Aboriginal and Torres Strait Islander community, the Indigenous Health Service and the primary schools, to routinely implement the *Healthy jarjums make healthy food choices* program.

Preliminary results show that five out of the six schools implemented the program and each school ran the program differently, demonstrating its versatility and flexibility. All five schools were impressed with the resources and are planning to implement the program next year.

Presenter

Amanda Allen is a descendent of the Yandruwandha and Yawarawarrka people. Amanda is the Indigenous Nutrition Promotion Officer for the Southern Area Population Health Unit and has an eclectic background, in both her study and employment, which gives her an unusual perspective on Aboriginal and Torres Strait Islander Public Health Nutrition programs. Amanda is passionately committed to reducing the social and health inequalities disproportionately experienced by the Aboriginal and Torres Strait Islander people.

Contact

Amanda Allen
Indigenous Nutrition Promotion
Brisbane Southside Population Health Unit
PO Box 333
Archerfield Qld 4108

07 3000 9148 [ph]
AmandaL_Allen@health.qld.gov.au

Additional evaluations are planned to obtain feedback from the others stakeholders on the capacity and commitment towards ongoing support and partnerships with other stakeholders involved in the project.

Future plans in Southern Area Health Service are to create a framework to provide access and promote sustainable implementation of *Healthy jarjums make healthy food choices* program to all primary schools. This framework should include: program resource provision; program promotion; program evaluation; recommendations on how to implement the program as it was originally intended i.e. incorporating the program into the school curriculum; protocols for accessing Indigenous health services and the Aboriginal and Torres Strait Islander community.

Nutrition issues in urban areas—making healthy choices easy choices for Indigenous people in south-western Sydney

Natalie Burak, Aboriginal Chronic Care Program, Liverpool Hospital,
Clive Carroll, Miller Community Health Centre, Sydney

As identified in NATSINSAP, limited statistics available indicate that the health outcomes for urban Indigenous people are as poor as their rural and remote counterparts. The Aboriginal Chronic Care Program (ACCP), coordinated by Sydney South West Area Health Service, aims to reduce chronic disease in Aboriginal and Torres Straight Islander people in the urban area south-west of Sydney. A multidisciplinary team of two Aboriginal health workers, diabetes nurse practitioner, primary health nurse and dietitian at Miller Community Health Centre run the program. The dietitian's role is to increase the awareness of the importance of healthy eating and lifestyle choices. The risk of chronic disease is lowered, as healthy choices become easy choices in urban areas. Both individual and group education sessions are used and include healthy cooking classes to improve cooking skills and food choices through practical application. Client progress towards lifestyle changes and healthy choice goals are monitored through dietary assessments, anthropometric measurements and continual review. Evaluation revealed increased awareness of better food choices when shopping and cooking, and healthier cooking techniques. Improved clinical outcomes such as weight reduction, improved glycaemic control and improved blood pressure were noted. Hence, through a combination of team and community involvement, Aboriginal and Torres Straight Islander people have been able to make positive changes towards healthy eating and lifestyle.

Presenter

Natalie Burak is a dietitian from Liverpool Hospital in Sydney. Natalie obtained a Bachelor of Science (Nutrition and Dietetics) with Honours from the University of Sydney in 2004. She has been working in the Sydney South West Area Health Service Aboriginal Chronic Care Program for the last three years. Natalie enjoys the challenge of working with the Indigenous communities in the Liverpool region. She finds the mix of clinical and health promotional work, both individual and team based, very stimulating. Natalie has previously had an abstract published in the *Journal of Nutrition and Dietetics*. This was on the dietary management of clients presenting to the Aboriginal Chronic Care Program. Natalie hopes to continue to work with Aboriginal health in the future.

Clive Carroll is a 30-year-old male who was born in Sydney. He is of Aboriginal descent from the Wiradjuri tribe from Cowra in NSW. Clive has a Diploma of Health Science (Mental Health) from Charles Sturt University; he is also currently studying a Bachelor of Nursing externally at Charles Darwin University, and has also completed the certificate 3 in Business Admin. Clive has been an Aboriginal health worker for the past nine years. He has worked in the city, rural and remote areas and has experience in mental health, drug and alcohol, general health, chronic care and management with small and large teams. Clive has worked in Sydney within NSW Health and with Qld Health at Brisbane, Bundaberg and a remote Aboriginal community called Cherbourg. He also worked in Alice Springs about 12 months ago managing a large disability team. Clive has been in his current position since May 2007, employed as the Senior Aboriginal Chronic Care Project Officer based at Miller Community Health Centre—Sydney South Western Area Health Service.

Contact

Natalie Burak
Dietitian
Aboriginal Chronic Care Program
Liverpool Hospital
Liverpool NSW 2170

natalie.burak@sswahs.nsw.gov.au

Dental Dreaming

Tracey Hearn, **Andrea Whyte**, **Maggie Kirby**, **Sue Mason**, Rumbalara Aboriginal Co-operative Oral Health Centre, **Cathryn Carboon**, Hume Hygiene

Dental Dreaming is an oral health promotion strategy developed in partnership by Hume Hygiene and the Rumbalara Oral Health Centre. Hume Hygiene received some funding assistance through Dental Health Services Victoria's oral health promotion seed funding program.

However, Rumbalara is supported by the community, which is crucial for success and received no funding.

Dental Dreaming incorporates an innovative concept called 'DATA' (**D**ental **A**wareness **T**hrough **A**rt). DATA integrates Aboriginal dreamtime culture and art with contempory dental health messages. DATA has been utilised to develop a culturally sensitive oral health resource kit, which includes a rainbow snake brushing chart, message stick story box and snack pack. The aim is to nurture leadership and build the capacity of local oral health professionals to deliver culturally appropriate oral health education resources.

Rumbalara initiated the concept of establishing a framework to implement such community supported oral health promotions linked to remedial treatment and oral health maintenance strategies. The strategy integrates education with treatment facilitation, and encourages behavioural change by recall and repetition.

Presenter

Tracey Hearn is an Aboriginal woman and is currently Practice Manager for the Wanya Oral Health Centre at Rumbalara Aboriginal Health Services located in Mooroopna, Victoria. Tracey has been directly involved in Indigenous oral health for 10 years, working with urban and rural communities. Tracey holds qualifications in dental assisting and is currently undertaking a Diploma in Practice Management. The Wanya Oral Health Centre has been established since 2003 and offers a unique opportunity and alternative settings approach for the Bachelor of Dental Science and Oral Health Therapy student placement program. The unit supports a holistic approach to health working closely with other health programs and has a strong focus on health promotion.

Contact

Tracey Hearn
Rumbalara Oral Health Centre
20 Rumbalara Road
Mooroopna VIC 3629

03 58251333 [ph]
ohc@raclimited.com.au

Aboriginal and Torres Strait Islander Nutrition and Physical Activity Brief Intervention

Tanya Stiles, **Kaye Smith**, **Kym Blechynden**, Tropical Population Health Network, Queensland Health

Health workers and primary health care providers play an important role in increasing the awareness and importance of physical activity and appropriate nutrition choices. There are frequent requests for resources, but limited nutrition and physical activity resources for use with the Aboriginal and Torres Strait Islander population of north Queensland. This is a new approach to conveying nutrition and physical activity messages in a culturally appropriate way.

The Aboriginal and Torres Strait Islander Nutrition and Physical Activity Brief Intervention resource has been developed and piloted using best-practice principles. This resource takes into account specific barriers that exist within communities, which prevent the consumption of a healthy diet, and prevent people from being sufficiently physically active. It is envisioned that the resource will be used in conjunction with adult health checks and other one-on-one client interactions.

The Brief Intervention resource consists of a nutrition flipchart with seven nutrition-related handouts based on the stages of change. Similarly, a physical activity flipchart is provided with accompanying handouts based on the stages of changes. These resources were focus tested in several community settings throughout north Queensland to ensure culturally appropriate graphics were utilised.

The Tropical Population Health Network will offer training and ongoing support throughout north Queensland in 2008. This training is available to Aboriginal and Torres Strait Islander health workers, including generalist health staff, community health services staff and other non-government organisations.

Presenters

Tanya Stiles has been working in the area of nutrition promotion for 10 years in March 2008. She has previously co-developed resources such as Tuckshop Shortcuts (a guide for school tuckshops) and a nutrition and physical activity program for schools called 'Active-Ate'. Tanya belongs to the Bar-barrum people from the Atherton Tablelands in north Queensland. She is currently a Nutrition Promotion Worker for the Tropical Population Health Unit in Townsville.

Kym Blechynden is a nutritionist employed with Tropical Population Health Network, based in Townsville, and a co-worker of Tanya Stiles. She has previously worked in Cairns, north-west of Western Australia and Alice Springs in remote and rural public health nutrition.

Contact

Tanya Stiles
Indigenous Nutrition Promotion Worker
Tropical Population Health Network
Queensland Health
Locked Mail Bag 4016
Townsville Qld 4810

07 4753 9035 [ph]
tanya_stiles@health.qld.gov.au

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