



Guiding principles

- Community values
 - Community voice for nutrition at all levels
 - Community engagement. I.e. community people are consulted, make decisions, guide strategies, understand information and lead programs for their communities
 - Community consultation, participation and ownership are part of program planning

- Relationships
 - Foster, formalise and maintain relationships between, and within government, non-government organisations and ACCHO's
 - Value the role and responsibilities of the broader family, including men in a family centred approach to improve health rather than sole focus on maternal and child health

- Cultural values
 - Recognise that Aboriginal and Torres Strait Islander cultures are different from one another and value this diversity
 - Value the role of bush foods and traditional food systems
 - Consider an ecological approach and sustainability

- Equal funding for Aboriginal and Torres Strait Islanders and non-Indigenous employed in nutrition positions
- Recognise and respect the needs of urban, rural and remote Aboriginal and Torres Strait Islander communities.
- All social marketing nutrition strategies are inclusive of Aboriginal and Torres Strait Islander people.
- Equal funding for Aboriginal and Torres Strait Islander community controlled initiatives as for government departments.



- Equal value for Aboriginal and Torres Strait Islander culture and voice in guiding programs

1 Progress the NATSINSAP in line with current government policy and ‘Close the Gap’ led by the federal government, in partnership with State governments and Community Controlled Organisations

- Establish a national nutrition unit, with responsibility for the evaluation and revision of the NATSINSAP, development of new goals and targets, securing funding for next phase and leading implementation with accountability to the relevant government departments.
- Strengthen cross jurisdictional arrangements to monitor, report, place remedial action around the implementations of NATSINSAP.

2 Early Life

Guiding principles:

- Targets to be developed for reducing low birth weight, increasing breastfeeding initiation and duration, reduced anaemia, improved child growth (both underweight and overweight)
- Nutrition initiatives are holistic in nature with consideration for approaches that address other determinants of health, including smoking, alcohol, and food security more broadly than solely for mothers and children. Need for supportive environments, and approaches addressing whole family and community food security
- Early childhood nutrition strategies also aim to improve educational outcomes and reduce chronic disease.

2a All pregnant women, breastfeeding mothers, babies and children have access* to enough# available and affordable nutritious food.

* Access = availability, affordable, knowledge, skills

#enough – ‘according to recognised principles such as Dietary Guidelines’



- Nutritious food is provided to 'top up' Aboriginal and Torres Strait Islander mothers, babies and children to reduce low birth weight and promote healthy growth (ie not overweight or underweight) (proportion of requirementswhen required.....make available to all ...choice....'at risk'not free.....acceptable to local need)
- National breakfast/lunch initiatives eg programs e.g. women's centres, childcare, preschools, schools. ?co-payment....local needs.....sustainability.... influencing policy... community involvement, participation
- Support for community led initiatives to achieve positive outcomes to promote breastfeeding healthy birthweight and childhood growth

2b Nutrition is embedded at all levels of early childhood nutrition workforce

- Creation and ongoing support of dedicated Aboriginal and Torres Strait Islander nutrition positions prioritising early life, linked with pre-existing programs and structures
- Dedicated nutrition positions are needed for the development and delivery of maternal and child health programs

3 Food Security. Address the underlying food security issues facing Aboriginal and Torres Strait Islander people in urban, rural and remote Australia.

Guiding principles

- To ensure food security in all remote and urban Indigenous communities, regardless of population size and the store's capacity to be economically viable.

3a Research

- Research, including an economic analysis is conducted to identify effective strategies of applying subsidies to achieve equity in the costs and availability of basic foods including fresh fruit and vegetables for Aboriginal and Torres Strait Islander people. This research will include, but not be limited to, subsidies on freight in remote settings and will include application of subsidies at critical life-stages such as pregnancy and lactation and early childhood.
- Food security issues impacting on Aboriginal and Torres Strait Islander people living non-remote and remote locations are researched and reported and food security indicators developed for routine monitoring and reporting nationally.



- A framework for monitoring and evaluation of the performance of the food system and key foods be developed, and implemented and supported at the community level with a feedback mechanism to national policy development

3b Funding and Subsidies

Guiding principle: The idea of targeted food subsidies has been raised with government by Mai Wiru previously, and not seen favourably. Funding and subsidy for infrastructure is considered the preferred approach

- Better road infrastructure to small remote areas to ensure accessibility of good food supplies all year round (eg. Dirt roads inaccessible for long periods of time in wet weather)
- Explore opportunities to subsidize store infrastructure to support stores to purchase ovens, fridges and other infrastructure, including wages, maintenance and other associated costs eg. Grant schemes
- Freight subsidies for essential foods in remote communities
- That the governments, both state and federal, provide subsidies to remote stores on the APY lands in accordance with the recommendations of the Mai Wiru Stores Policy, a COAG Trial Initiative
- Increase funding for improved access to food supply for school settings with focus on remote areas
- Support for a co-ordinated approach to addressing food security at the household and community level. This needs to complement store-based strategies to improve the food supply
- Investments made in household infrastructure include appropriate food storage, preparation and cooking facilities.
- More community lunch programs

3c Monitoring and evaluation

- Remote areas are included in a national food pricing enquiry with a plan for ongoing food price monitoring (national MBS)
- Outback Stores continues to prioritise and is held accountable to nutrition and health indicators; as well as business outcomes.
- Nutrition and health expertise is sought in the developmental stages of the mandatory store licensing program for remote Northern Territory communities with consideration of broadening this program to other States of Australia.

Other



- Education of store owners on correct storage of fruit & veg and nutritional value of canned and frozen foods
- Legislation be considered that will enable local government and councils to be monitored in their town planning activities re the effect of food supply for Aboriginal communities, and the impact on health.
- Subsidising cost of low GI/high fibre white bread sold in small food outlets that service Aboriginal communities in rural Australia

4 Aboriginal & Torres Strait Islander Nutrition Workforce and training

4a Address the lack of current Aboriginal and Torres Strait Islander nutrition positions

- More recurrently funded, permanent AHW (Nutrition Promotion), Indigenous Nutrition Promotion Officers and Aboriginal and Torres Strait Islander Nutritionists (Community and Public Health) are required.

4b Requirement for funding new positions

TARGET: 100 nutrition positions per 100,000 Aboriginal and Torres Strait Islander population by 10 years

- Recurrent funding for community based Aboriginal & Torres Strait islander people to support families and promote health in their communities
- Create positions specifically for men

4c Nutrition training needs

- Review the scope and role of NGO's in addressing training needs
- Sustainability of funding for new nutrition positions
- Cultural awareness training for all nutrition work-force, including undergraduate and postgraduate nutrition training. All nutrition courses Australia wide include foundation principles set out in the ANAPHI Indigenous Public Health Curriculum Framework document to address cultural competencies.



- Better recognition of cultural skills and experience for incorporation into position descriptions and workplace practices. Eg Better recognition of local staff on ground, both in paid and unpaid positions. Ensure effectiveness 2-way learning partnership (2 way mentoring and capacity exchange ie. between Nutritionists and Aboriginal and Torres Strait Islander Nutrition workers) and mutual respect of roles and responsibilities to acknowledge local communities are a source of cultural and nutrition capacity.
- Support for Aboriginal and Torres Strait Islander people to undertake tertiary training:
 - Scholarships for undergraduate and postgraduate training
 - Cadetships for undergraduate training to ensure positions available following graduation
 - Recommendation to create positions for 2-3 Aboriginal and Torres Strait Islander students in each undergraduate nutrition program year (not just one unsupported position)
 - Better support systems in university for first year students; mentoring and tutoring
- Nutrition units be included as core units in the community care stream of the National Aboriginal and Torres Strait Islander Health Worker training package
- Clarify a skills set for the nutrition workforce in the primary health care qualification
- Funding for programs that increase knowledge and skills of Aboriginal and Torres Strait Islander people in the areas of food preparation, food safety and nutrition (cooking skills)
- All community health workers be trained in health promotion (wider than nutrition)
- Training opportunities are made available across Australia to Aboriginal and Torres Strait Islander people who wish to become Aboriginal and Torres Strait Islander health workers (nutrition). Should be a certificate IV, diploma, advanced diploma levels and should articulate with university courses for those wishing to progress to degree level qualifications.

4d Ongoing support of workforce

- Establish career pathways, and increase retention rates for Aboriginal and Torres Strait Islander staff in the nutrition workforce; providing support through mentoring programs and formal accredited training
- Aboriginal and Torres Strait Islander people work at all levels and roles including in policy development in state and federal government.
- Encourage nutrition workforce through targeting education and career promotion programs in schools and existing workforce through:
 - Inclusion of nutrition in 'career day' opportunities similar to the promotion of Aboriginal and Torres Strait Islander Doctors and Nurses.
 - Identify ways of incorporating VET sector nutrition training into years 11 and 12 curriculums through traineeships. Ie NT currently have years 11 and 12 Aboriginal and Torres Strait Islander students undertaking VET training



through a traineeship arrangement as part of secondary qualifications to lead into a Tertiary qualification. This training to lead into career pathing, jobs and further studies.

- Nutrition 'site' on the Health Infonet to include a prompt/ area 'want to become a nutritionist' and links to Nutrition courses, availability of financial support – scholarships, etc.
- Address employment inequity issues. I.e. Criteria for Nutritionist positions to be flexible around necessity for individual to hold a DAA membership.
- Ensure that AHW award wages are uniform nationally and across employment agencies.
- Other equity issues are employment packages for certain professions include incentives to retain staff. I.e. Bonuses, accommodation, freight subsidy for those living in remote areas. Need to make this available to AHWs and Allied Health professionals.
- Review STEP guidelines to facilitate increased flexibility leading to sustainable jobs (linked to positions and not people)

5 Urban issues - A priority for NATSINSAP not previously addressed.

- Need strong data on nutritional status in urban areas and evidence on effective programs
- Introduce nutrition early in high schools
- Dedicated funding for nutrition positions including nutritionists partnered with AHW's specialising in nutrition appropriately funded to deliver health promotion programs from ACCHS in urban settings
- Make cooking groups available to urban Aboriginal and Torres Strait Islander people.

6 Monitoring and Surveillance

- Establish national monitoring and surveillance indicators for Aboriginal and Torres Strait Islander health, including child growth and nutritional status and oral health indicators
- All information is owned by the community, is fed-back and informs community-run initiatives.
- National market basket surveys



7 Research

- Research/data collection on how often risk factors eg: smoking, alcohol and drugs impact on or divert 'nutritional funds' (money spent on family nutrition) for families – particularly in urban settings
- More research on traditional bush tucker and its nutritional value and link with chronic disease
- Extend the Many Rivers Diabetes Prevention Project to be completed for the adult population
- Financial support for the ongoing development of a core set of dietary measuring tools which have been validated in an Aboriginal population

8 Communicating and disseminating good nutrition practice

- Funding to ensure that programs at all levels (local, statewide, national) are well evaluated, findings communicated and shared, and ongoing funding is secured for such programs. E.g. Brief Interventions Program (Qld Health). Eg Lockart River Eg; Badu Island project. Eat well Be active Healthy kids for life
- Increased use of media and marketing to increase profile and participation, ensuring focus testing and piloting of program resources prior to implementing.
- Increase bush tucker information eg analysis for nutrient profile and education resources, free resources containing information on bush tucker foods and their health/disease benefits for Aboriginal & Torres Strait Islander people and health care professionals dealing with these issues
- The Mai Wiru Stores Policy by John Tregenza be recommended for the OATSIH Excellence in Aboriginal and Torres Strait Islander Health Award

9 National Networking and Collaboration

- Improved systems for communication and sharing of technical, operational and financial resources across states and territories. Opportunities are needed to work together not only at the policy and management level, but also at the program level. This particularly needed to progress maternal and child health issues.



10 NT Intervention

- refocus/re-allocate \$88million for income quarantining to expanding Centrepay, financial literacy/budgeting, child and family services, re-engagement of young men.

11 Other

- Ongoing financial support for healing programs for women to continue running for eventual community ownership
- Gender equity in funding emotional wellbeing treatment facilities
- All Aboriginal and Torres Strait Islanders living in rural, remote and urban areas have access to good oral/dental treatment and health promotion to improve their nutritional intake that will influence their health and wellbeing