



*Helping to 'close the gap' by providing the evidence base to inform practice and policy in Aboriginal and Torres Strait Islander health*

## **Media Release – New review confirms that community involvement is the most important factor determining the success of Aboriginal and Torres Strait Islander food and nutrition programs**

8 October 2018

The Australian Indigenous HealthInfoNet (HealthInfoNet) at Edith Cowan University has published a new *Review of programs and services to improve Aboriginal and Torres Strait Islander nutrition and food security*. This review is a companion document to the recent *Review of nutrition among Aboriginal and Torres Strait Islander people* published in February 2018. It builds on the broad discussion in that review by capturing a wider sample of evaluated programs and services and providing more detail about successful programs.

Written by Amanda Lee from the Australian Prevention Partnership Centre, The Sax Institute and Kathy Ride from the HealthInfoNet, the review highlights that improving diets, food supply and food security to better prevent and manage poor nutrition and diet-related disease is vital to the current and future health of Aboriginal and Torres Strait Islander people.

HealthInfoNet Director, Professor Neil Drew says 'It is important to note that from all the available evidence reviewed, that the most important factor determining the success of Aboriginal and Torres Strait Islander food and nutrition programs is community involvement in the program initiation, development and implementation, with community members working in partnership across all stages of development'.

This review identifies that many Aboriginal and Torres Strait Islander communities are motivated to tackle diet-related health issues and they recognise the importance of improving nutrition to prevent and manage growth faltering and chronic disease. However, community effort needs to be supported through the building of an Aboriginal and Torres Strait Islander nutrition workforce, and adequate government investment of funds and policy commitment to sustain improvement of nutrition and diet-related health.

<https://healthinfonet.ecu.edu.au/learn/health-facts/reviews-knowledge-exchange-products/>

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**About the Australian Indigenous HealthInfoNet:** The HealthInfoNet is a massive Internet resource that informs practice and policy in Aboriginal and Torres Strait Islander health by making up to date research and other knowledge readily accessible via any platform. In this way, it contributes to closing the gap in health between Aboriginal and Torres Strait Islander peoples and other Australians. For over 20 years, working in the area of translational research with a population health focus, the HealthInfoNet makes research and other information freely available in a form that has immediate, practical utility for practitioners and policy-makers in the area of Aboriginal and Torres Strait Islander health, enabling them to make decisions based on the best available evidence. [www.healthinfonet.ecu.edu.au](http://www.healthinfonet.ecu.edu.au)